

Quillen's Quirks:

*A Guide to 1<sup>st</sup> Year*



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QUILLEN  
COLLEGE *of* MEDICINE

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EAST TENNESSEE STATE UNIVERSITY

*14<sup>th</sup> Edition: Revised by the Class of 2022*  
*Created by the Organization of Student Representatives (OSR)*

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## ***Welcome to Quillen College of Medicine!***

Congratulations on entering medical school! You have overcome a huge obstacle. Many challenges still await you, and each of you has the skills and abilities to overcome them. You also have a unique and significant support system in this school that may be quite different from any that you have encountered so far. The administration, faculty, staff, upperclassmen, and your classmates are all valuable assets to you. Everyone here wants you to succeed! This manual has been created to help your transition into medical school. Our desire is for you to be as prepared as possible for your courses, and we also hope to help you avoid some of the pitfalls that those before you encountered.

This resource has been compiled by the Organization of Student Representatives (OSR). At Quillen, this organization functions as a liaison between the student body and administration, promotes camaraderie among the classes, and keeps abreast of student needs in order to affect change. It also has the responsibility of representing Quillen to the National OSR, which is a branch of the Association of American Medical Colleges (AAMC). The AAMC directs much of academic medicine, including medical school licensing and the USMLE exams. We are here to serve you in any way possible, so please feel free to contact us.

If you have concerns about classes, teachers, staff, etc. please contact Dr. Tom Kwasigroch, Associate Dean for Student Services. Together, we strive to make improvements in any way possible, but we must be aware of issues before changes can be made.

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# **I. How to Study During the First Year**

The first thing to remember is that you made it into medical school, and despite the feelings of fear and inadequacy that every one of you will have, you are extremely intelligent and can make it through medical school. Most of the concepts presented in your classes will not be very difficult, but the sheer volume is challenging. **YOU CANNOT AFFORD TO GET BEHIND.** Unlike college, you don't have lulls in the semester that allow you time to catch up. This becomes especially true after anatomy is over.

There is no magical way to study. You must find what methods work best for you as an individual. Be flexible; be willing to try new techniques to determine what will be the most beneficial. Upperclassmen are always available and happy to give you information and advice about professors, classes, etc., but remember that *everyone is different*, so you have to identify what is best for you. Below are some of the most common approaches to studying. You won't use them all, but these are some methods to consider:

**Notes:** Knowing the notes is the key to success in the first two years of medical school. We are fortunate at Quillen to have notes provided by the faculty, and this is where nearly every test question will come from. But know this: every portion of the notes is fair game, including figures, graphs, and tables. Know them well, and you will do well. Also note that although the notes are provided by the faculty, they are not free. The price can range from \$7 to \$15 depending on the length of the section and whether they're colored or not. If you do not wish to purchase the printed notes, they are available for free on the Ecourseware site for each class.

**Old Tests:** For several years, Quillen has had a policy of not returning old tests, so those that are available are at least 10 years old. Information covered on old tests may not coincide with the order in which the material is tested now. It will be made clear to you which exams are "fair game" to use as study resources. Many of the professors are still teaching the same sections as when old tests were written, and often several questions or ones very similar will appear on your tests. More importantly, previous tests can serve as a good indicator for assessing your areas of weakness, as well as highlighting the recurrent and most essential concepts to understand.

**Study Groups:** For some people, studying together can be very productive. Group studying can be beneficial, especially for Anatomy. Going through Grant's dissector or the class notes and asking questions of each other has proven helpful for many people. This may also be a good approach for Cell and Tissue. Talking about Kodachromes and using the group microscopes can help in recognizing structures and learning concepts more quickly.

**Other Common Suggestions:** Read or look over notes before class, rewrite class notes, make your own study guides or condensed notes to look at right before tests, write your own note cards or make/use online notecards such as flashcard exchange, quizlet, or anki, use colored pens or pencils, write and draw things out using white boards, get a tutor, use short review books like the Board Review Series (a.k.a. "Grid Books"), which are good for sample questions and emphasizing the "must know" material, or use online resources for practice questions or tests from other schools.

The bottom line and the most common advice you will hear is this: **DON'T LET**

**YOURSELF GET BEHIND.** Try to be organized, manage your time wisely, and keep up with the material as it is presented. Although the amount of material will seem overwhelming at times, remember to take it all one page, one lecture, and one day at a time. You will be surprised by how much you can and will (and must!) learn.

## **II. General Information**

### **What to Buy and What Not to Buy:**

- **Laptops:** Laptop computers are required for all incoming students. If you have questions about specifications, the IT department will probably be able to serve you best. Many students have no problems with their Apple computers even though IT discourages Apple; however, it may be in your best interest to adhere to Quillen's computer policy just to be safe. Every exam you will take next year is given in a secure online format. The standardized NBME Shelf exams are always administered in an online format. Many students found tablet PCs or iPads to be particularly handy for in-class note taking, but it should be noted that iPads are not compatible with testing software. The type of laptop you buy is completely up to you, so feel free to ask other students about their preferences. It's helpful to know that there is a sales tax holiday in Tennessee. You can buy a computer tax-free if it costs \$1500 or less. See <http://www.tennessee.gov/revenue/salestaxholiday/> for more information. Google Chromebooks are also useful for notetaking, but like ipads, they are not compatible with the exam software, examsoft. For more information about the exam software and computer requirements, contact Daniel McLellan, [mclellan@etsu.edu](mailto:mclellan@etsu.edu)
- **iPads:** Every dissection group has its own personal, mounted iPad that can be used for the group. The Anatomy Atlas/Handbook, web access for accessing course documents, image capture, and note taking are all available on the iPad. The last two features can be used to record material for the Cadaver Case Presentation at the end of the first year. Anatomy Apps are available on every dissection group's iPad. These currently include Quillen's Dissector, Netter's Atlas, Visible Body, numerous radiology apps for cross-sectional anatomy references, quizzing applications, and clinical reference applications. However, these iPads can't be removed from the lab. Some students in the class of 2022 found having personal access to these apps helped them streamline their studying.
- **Diagnostic Equipment:** For the Physical Examination class, it is recommended by the faculty that every student purchase a diagnostic kit. However, very few students purchase these expensive kits. If you decide to purchase a diagnostic kit, you will need to consider how you will go about financing these purchases; students in the past have felt rushed into purchasing this expensive equipment. Don't forget you'll be buying books around this time too. Very few students in the Class of 2022 purchased an ophthalmoscope. During your physical exam course, these will be made available to you. Diagnostic Kit – A few options to consider (These diagnostic kits are not required, but are useful to own if you're on your own or doing mission trips):
  - Standard ophthalmoscope head vs. the PanOptic- The PanOptic is more expensive but provides a better view of the optic fundus. If you opt to use

only the PanOptic, you will be doing yourself a disservice, however, as most offices, including hospitals, still use the standard head. The PanOptic is a luxury, and it is recommended that you familiarize yourself with both models.

- **Grip/Battery Pack:** This is truly a personal choice. The lithium grips are smaller and lighter. They can only be charged by plugging them into the wall, but they charge faster and don't have memory. The NiCad battery grip is larger and heavier, but it is cheaper. Also, it can run on two C batteries in addition to the battery pack, so if you plan on practicing in developing countries, this is probably the grip you want to purchase.
  - **Stethoscope** – **This is *the* must-have piece of equipment.** For quality of sound, you should purchase a cardiology-level stethoscope. The most commonly used brand by students seems to be Littmann (Cardiology III, Classic II S.E.).
  - **Pen light** – These are made available for your use by the Physical Exam course, so you don't have to buy one unless you want one for your personal use.
  - **Blood Pressure Cuff** – These are also provided for you, so there is no reason to purchase one unless you just prefer to have your own.
  - **Snellen eye chart, tuning fork, reflex hammer (a heavy one)** - These items are also optional. A Snellen chart may be included with the purchase of a diagnostic kit.
- **Anatomy Equipment:**
    - Old/ cheap scrubs: Most people in lab choose to wear **old or inexpensive** scrubs, or something you don't care about getting dirty and smelly. Some people may want to wear a plastic apron over their clothes or scrubs. You can buy aprons at the bookstore, though few people buy one.
    - Gloves: Preferably, you should purchase non-latex gloves because there are some faculty members and other students with latex allergies. There are cheaper places than the bookstore to buy gloves (e.g., Wal-Mart or most drug stores).
    - Lab Coat and Goggles: It is an OSHA requirement to wear goggles when using any power tools. A lab coat is not a necessity, but some students prefer to wear one. To save on cost, some students choose to wear an old long-sleeve shirt. Changing into old pants or scrubs is a personal preference. Each of you will have a locker outside the anatomy lab, where you can keep your 'lab clothes.'
    - Scalpel Blades: It's a good idea to buy a large box of scalpels and gloves for use to share with your anatomy group. They are relatively inexpensive and it's good to have plenty of them. The Anatomy faculty has information about which size scalpel blade you should purchase.
  - **Textbooks:** Some of the required textbooks and most of the recommended ones are on reserve in the Library. Aside from the ones listed below in course descriptions, we recommend that you ***refrain from purchasing every single book on the list***, as most of them you will open once or not at all. Information about which books to purchase is

included with the discussion of each course.

- Something to become familiar with are “grid books” or BRS books. They are Board Review Series books on medical school courses, known as grid books for the characteristic grid on the front. Many students find these helpful to go through as the course progresses, and they are good review books for the shelf and board exams.
- Even though it is convenient to buy all your books at the bookstore, they don’t have the best prices. If you plan ahead and know which books you are definitely going to use, Amazon is a great place to find better prices. **Your Big Sib may give you a few books for your first year as well.**

### **Clothing:**

Come prepared to dress professionally. You will be required to dress professionally a couple of times a week during the first year, as well as during orientation. Composite pictures will be taken on the first day of orientation. ***Men are required to wear a SUIT and TIE and women are to dress accordingly on this particular orientation day.***

### **Big Sib/Lil Sib:**

The Big Sib/Little Sib program was established to provide each incoming MS-1 with a MS-2 mentor. Each student will be matched with a Big Sib in the summer based on personality and common interests. The goal of this program is to provide the MS-1s with an MS-2 whom they can build a relationship with and look to for advice on classes, what books to buy, what apartments to rent, etc. Since the MS-2 just finished their first year of medical school, they have the most recent experience with changes that have been made at Quillen. Some MS-2's choose to pass on books and old practice tests to help with classes; however, since some big sibs have multiple little sibs, textbooks may not be passed down. Nevertheless, this relationship can be very beneficial throughout the year as it is always nice to know that you have someone you can count on for advice and help.

### **General Resources that Are Beneficial:**

- **First Aid for Step 1:** You will probably want to wait until January, when the new edition of this book is released. It is a helpful in studying for the Physiology Shelf and several of the Shelf exams in your second year. Also, this is a resource that you will use in studying for Step 1, and it is a good idea to become familiar with it early. You don’t need to buy the new edition that will come out before your Step 1 Exam.
- **Stedman’s Dictionary:** In the past, the AMA gave this book out as a sign-up gift, but don’t join any organization just for the bonuses. You can always buy a Stedman’s on your own. It is a resource you will use throughout your medical education and career, but don’t feel pressured to buy one at this time.

### **Diagnostic Kit Pricing Information:**

Vendor sales – Representatives from Welch Allyn and Littman may visit during orientation

and offer you the option to buy a diagnostic kit, a stethoscope, and other medical equipment that day. They may offer reduced prices to incoming students. The internet is also a useful shopping center. The following is a list of prices of Welch Allyn from [www.themedicalstore.biz](http://www.themedicalstore.biz) –Amazon is also a useful website, especially when purchasing a stethoscope.

Regular Diagnostic Kit	
• NiCad Handle	\$504.00
• Lithium Ion Handle	\$605.00
PanOptic Kit	
• NiCad Handle	\$651.00
• Lithium Ion Handle	\$748.00

### ETSU Quillen Bookstore

824 West Walnut Street  
Phone 423.926.0833  
Email: [rbrundige@nebook.com](mailto:rbrundige@nebook.com)

The bookstore will have a sale on select items at the beginning of classes. The store will be open the Friday of the White Coat Ceremony. Additionally, the bookstore offers a member card program, which awards \$5 of store credit for every \$150 spent. Textbooks are sold free of tax. Please call or email the store with any purchasing or ordering questions, as they will order specialty items upon request.

### **Shelf Exams:**

Shelf exams, which serve as your final exam in most courses, are created by the National Board of Medical Examiners (NBME), the same organization that creates the USMLE Step exams (i.e., “Boards”). These exams often employ old Board questions, which are very clinically oriented. As you will hear from the faculty many times throughout the year, the best way to study for these exams is to study hard and do well in the classes. The notes are dense and time-consuming, so many students study for the shelf from a Board Review Book (often referred to as “grid books” because of the grid pattern on the front of all Board Review Series books). The bookstore may carry some of these. The ones we recommend will be discussed with each course. It is best to buy these books early in the course and familiarize yourself with them throughout the course.

### **Curriculum Vitae (CV):**

A Curriculum Vitae is essentially a resume, and you will be required to submit one to residency programs. Your CV acts as a vehicle to record your extracurricular activities and achievements, and includes items such as activities, community service, honors, research experiences, etc. You should start working on it early in your medical career and add to it as you participate in more activities. The Career Exploration class requires you to start your CV and submit it to the drop box. You will also need it when you meet with your advisor second semester to discuss your career choices. If you put it off, it may prove difficult to remember all the activities in which you were involved when you start applying for residencies, so the best

advice is to start it as early as possible in your medical school career. The Career Exploration webpage on D2L contains links to sample CV's, or you can search "Curriculum Vitae" to find other examples.

### **III. First Year Schedule**

#### **Fall Semester:**

Block 1 – First 13 weeks: Human Anatomy & Embryology  
Weeks 4-7: Life Span and Development  
Weeks 5-22: Biostatistics and Epidemiology

Block 2- Weeks 14-23: Cellular and Molecular Medicine  
Weeks 14-21: Genetics

#### **Spring Semester:**

Entire Block – 18 weeks: Cell and Tissue Biology and  
Physiology/Immunology

#### **Year-Long Courses:**

DOCTORING: Doctoring includes the individual separate components of: Case Based Learning, Career Explorations, Clinical and Community Experience, Communication Skills, Physical Exam Skills, Professionalism and Ethics, and Rural Programs

**\*This schedule is still in the final stages of being finalized by MSEC. Go by what is given to you during orientation if the two differ.**

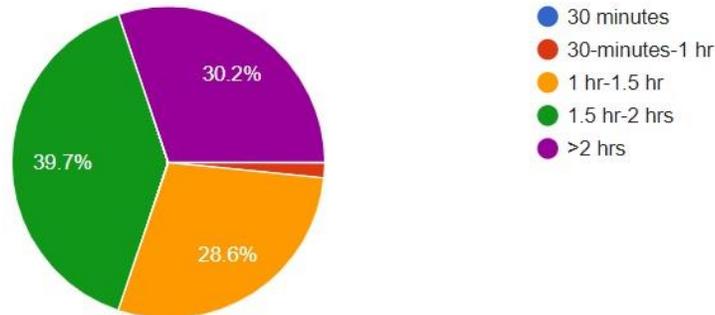
- *M1 academic schedules can be found on QCOM's website under Academic Affairs*  
<http://www.etsu.edu/com/acadaffairs/studentinfo/education/mdcurriculum.php>

## IV. Fall Semester Courses

### Flipped Classroom Approach

In general, how much time did you spend previewing the material before flipped classroom classes (Anatomy & Biochem)?

63 responses



Beginning in the fall of 2013, certain courses at Quillen began utilizing the “flipped classroom” approach. Flipping the classroom requires that students watch either lecture recordings or podcasts before the material is presented in class the following day. For example, students watch and preview Tuesday’s lecture material on Monday night. On Tuesday, a short quiz is given at the beginning of class. Lecture is then abbreviated, and professors only touch on key concepts and answer student questions. Therefore, it is important to preview the material to succeed on the quizzes. Flipping the classroom gives students an opportunity to preview information before it’s presented. Students see the material for the second time in class rather than the first. Theoretically, this helps to improve retention. Also, in Anatomy, flipping the classroom was aimed toward enabling students to spend less time in lecture and more time in lab. The courses that currently utilized the Flipped Classroom Approach are Anatomy and Cellular and Molecular Medicine.

### Recorded Lectures

Another aspect of Quillen education is that a lot of the lectures are being recorded. With the “flipped classroom” aspect for Anatomy and Cellular and Molecular Medicine, all lectures were prerecorded so that students can preview the material before class. Dr. Monaco in Cell and Tissue Biology made free podcasts on iTunes which cover all lecture material. A lot of students chose to listen to those instead of attending class because there are no in class quizzes in Cell and Tissue (it is not a “flipped classroom” course). Some lectures for Physiology and Genetics (also not flipped classroom courses) are recorded. Each student learns differently, and once you figure out your learning style, make the decision that is best for you on whether to come to class or not. If you learn best by listening and interacting with the professor, then going to class would benefit you. If you learn by handling the notes and pausing the recordings (or listening at a faster speed), then watching the recorded lectures would benefit you. Ultimately, do what suits your learning style the best.

## Medical Human Gross Anatomy & Embryology

This will be the most challenging and time-consuming course during your first semester. The material progressively becomes more difficult with each section, but over time, you learn how to study more effectively. There is an incredible amount of information packed into this course and it is crucial to keep up with the material as you go. The flipped classroom approach will help with this. You will take the first exam (embryology) within two weeks of starting school, which will allow you to gauge the efficiency of your study methods. The faculty is very willing to help you, and you should feel free to ask questions, especially to gain clarification in the lab.

With the Flipped Classroom, the aim is to spend less time in lecture (~90 minutes) and more time in lab (~2 ½ hours). For lab you will need scalpel blades, at least one box of non-latex/nitrile gloves, and a pair of old clothes or scrubs and old shoes. Inexpensive scrubs are available at Wal-Mart or other retailers. You will be assigned a locker near the lab, so you may change into scrubs or old clothes for lab, then change back into your regular clothes before your next class.

Embryology will be taught the first two weeks by a guest lecturer, Dr. Sadler. He is the author of the Medical Embryology text you will be using for the course. Having him come here to lecture is a huge privilege. His text is the most commonly used among medical schools in the country. Although embryology will be taught the first two weeks and will be focused primarily only on the first exam, it will be incorporated into the rest of the course. It is **VITAL** to get a good grasp of embryology, as it will be helpful to you in other courses (such as Genetics, Physiology, and Cell and Tissue) during Spring Semester.

### Faculty:



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## How to Study for the Course:

- **Lecture:** It is important to know every detail included in the lecture handouts. The fact that a point was not emphasized in class does not mean that it will not be on an exam. Reviewing old exams will give you an excellent indication of how effectively you have been studying. There is a group quiz before every lecture that will highlight main points/concepts/“body parts”. This is where previewing the lecture material is important! The quizzes usually require identifying images taken from *Netter's* or may include clinical vignettes that require you to apply information from the notes. The quizzes are given in a group format, and you may work with the members of your lab group. Besides helping you prepare for exams, quizzes may also improve your overall score; if you do well, your quiz average can bolster your final grade. The BRS review tests are also very helpful for this course.
- **Test:** There will be one test per section. The sections are Embryology, Back & Thorax, Head & Neck, Abdomen & Pelvis, and Extremities. The test will be split into a practical and a written exam (Embryology is just a written exam). The practical will be taken in lab with each student at a station for a timed period to answer approximately two questions about two tagged structures. You will rotate from station to station when a timer goes off. The timing may seem stressful, but do not worry. There is plenty of time at each station to identify the structure and answer the questions. The best advice is to orient yourself and relax when you approach a station. You will have studied hard. Be confident and remain calm. You will become more familiar and comfortable with the lab exams as the course progresses. The other portion of the exam is a written part that is taken online with a lockdown browser.
- **Lab:** The lab is typically closed the day before tests for the faculty to set up the exam. Otherwise it is open, and students have access at all times. To utilize class lab time effectively, it is helpful to look ahead and be somewhat familiar with the dissection for that day. The professors are present during this time and are able to answer questions. Make sure the lab is clean before they close it, as you don't want them to have to clean up before they set up the exam.
  - Know your own cadaver very well, but ***also study other cadavers***, as structures do appear differently in different dissections. Be courteous when using others' cadavers. Don't alter someone's dissection, and always spray the bodies with diluted preservative before recovering. Spraying the cadavers is to your benefit! The dissections look much better for the exam if they aren't dried out.
  - ***If a cadaver in the lab has an anomaly, make sure to look at it because these structures may appear on exams.*** Your class may choose to keep a running list of any good examples of structures or irregularities on one of the white boards in the lab.
  - Study in groups in the lab, even if you generally do better studying alone. It forces you to think through what you are looking at, stimulating a testing environment. Friendly questioning of each other over minute points you have discovered in the notes and dissector may also pay off. The prosected cadaver (dissected by the faculty) will provide good examples of the structures for you

to look at.

- If there is a structure that no one in the class has dissected, it is very likely to appear on the exam. The professors do extensive dissections the day before the exams and may dissect out items to include on the test.
- Old exams: Items that appeared numerous times on old practical exams are likely to reappear on yours. The relative orientation questions are also very beneficial to work through as these can be fairly difficult.
- Practice practicals: The second-year class will set up one of these before your first test. Your class will be responsible for setting up the others. These are usually organized by the class secretary and held the evening before the lab is closed. Good practice questions require identifying structures and answering questions about them on the cadavers, x-rays, models and cross-sections. ***This session is one of the best preparations for the lab exam***; it provides one last review of the structures and allows you to assess your performance before the lab closes.

### **How to Study for the Shelf:**

- Due to the volume of detail, it is important to learn the material thoroughly as you go. Don't wait until the end of the block to start learning details!
- Study a Gross Anatomy review book. The Gross Anatomy Board Review Series Book (Grid Book) provides an excellent review. Be sure to pay particular attention to any clinically relevant information in the BRS. The NBME website gives a breakdown of how many questions are expected to come from each section of the Gross Anatomy course.

### **Books to Buy/Not to Buy:**

- Essential:
  - Either *Netter's* or *Grant's*: Your personal preference determines which one you should use. Most pictures used in class PowerPoint lectures and on the quizzes come from *Netter's*. Cross-referencing your class notes with pictures from an atlas is an excellent way to study the material. *Netter's* was definitely the most preferred book in our class.
  - iPad Apps: Some of you may choose to purchase the Netter's and/or Visible Body Apps instead of the Netter's or Grant's textbooks. Most students with their own iPads chose this route.
- Recommended:
  - *Color Atlas of Anatomy*: This has pictures of actual dissections. It is a very helpful resource throughout the course, but especially the night before the exam when the lab is closed, and you are unable to look at a cadaver.
  - *Netter's Flashcards*: These provide you with Netter's images and allows you to ID anatomical parts with answers on the back of each card.
  - *Rohen's Flashcards*: These cards have actual pictures of dissections, which are very beneficial to supplement your studies in the lab.

- Optional:
  - Buy both *Netter's* and *Grant's*: There is a fair amount of overlap, but each has its strengths and weaknesses. You may find it helpful to have both.
  - There are “grease” copies of *Grant's Dissector* in the lab, but you might find it useful to buy a personal copy for previewing or reviewing dissections.
  - *Clinically Oriented Anatomy*: Most of the pictures in this book are also found in *Grant's*. It has some helpful tables and diagrams of muscle attachments. The clinical discussions in the blue boxes can be interesting and useful.
  - *Acland's Anatomy Videos*: This guy has the best dissections known to man! There are DVD's of him talking through real prosections in the medical library. His prosections are literally perfect. Although a bit lengthy, you will know the material very well!

## Cellular & Molecular Medicine

This course combines aspects of medical biochemistry, cell biology and molecular genetics. Not much will change in regard to the time-consuming nature of this course. The class teaches the underlying basis of the interactions going on within the body, and accordingly, the material is extremely intricate and complicated. If you hope to be prepared for the tests and quizzes, you absolutely must keep up with the material as you go.

Notes are put up online and cover all of the material you need to know. You can also purchase colored notes, distributed by the faculty albeit, these will be a little pricier. They are detailed and thorough, containing clinically relevant information. The format of this class changed starting in 2018. This class operates under a flipped classroom approach. Each professor will have their own modules, notes, or videos to work through each night before class. There will be a quiz before each lecture on this material, and it is vital that you are prepared. Unlike anatomy, the quiz will be taken twice. The first time you take the quiz, you will take it alone (called the IRAT). The second time you take the quiz, you will work with your assigned biochemistry group (called the GRAT). After this, you will review the quiz as a class and participate in a Team Based Learning (TBL) activity. The two quiz scores and TBL score will be combined to give you a daily grade. Class attendance will help supplement the information by highlighting the most important concepts. A great deal of information will be compacted into this course, and it will be absolutely essential to keep up with the material daily.

### Faculty:



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### **How to Study for the Course:**

**KNOW THE NOTES!** Any small detail may show up on the exam. The course requires a great deal of memorization. As a result, how well you do will directly correlate with how much you have studied. You may want to go over the PowerPoint presentations and clicker questions from class. The handouts are very important and will provide all of the information needed for the tests. Old tests for the biochemistry course may be of some use; however, this is a newer course. Therefore, you may have to skim through the tests to find questions that pertain to the material you will be tested on.

### **How to Study for Final:**

The Biochemistry Shelf Exam is included in the final grade. Since Biochemistry is such a broad topic, the Shelf Exam seemed harder to most of the students than the Shelf for Anatomy. To prepare for this you should spend time reviewing all the material to re-familiarize yourself with what has been covered over the course of the block. You may want to go through your old notes or use a grid book. Pay attention to disease origins, major control steps in pathways, and points that were emphasized in class. Focus on what you have been taught in class, and study that hard. Our faculty chose to emphasize this material because they feel it is the most relevant to the medical profession. Also, we strongly encourage you to take the Practice Shelf Exam the professors make available a few days before the actual Shelf. Some questions from the practice may be repeated on the actual Shelf.

### **Quizzes:**

There is a quiz given before each lecture (flipped classroom approach). The first attempt is an individual effort. The second attempt is taken with your group. Then you will do a Team Based Learning (TBL) Activity. The daily quiz grade is the average of the two quizzes and the TBL score. These quizzes cover the lecture material for that day. The quizzes will be taken online and are multiple choice. ***You must take the quizzes in the small auditorium.*** You are not allowed to take the quizzes from home, the library, etc.

To prepare for the quizzes, you must know the general details of the notes. Your performance will directly correlate to how much time you spend studying. The class tended to think these quizzes were reflective of the exams.

### **Practice Tests:**

There is a practice test given the Friday before each Monday exam. The practice test is shorter than the actual test, but it does provide an accurate representation of the question that will be asked. The practice test can be used as a barometer to measure how prepared you are for the exam.

### **Tests:**

Tests are administered online in the small or large auditorium. You will take them on your laptop using a lockdown browser. The quizzes are extremely similar in style and substance to the questions you will see on tests, and your performance on them should be a fairly accurate indication of how you will perform on the exams. It would be a good idea to study your quizzes and lecture notes.

**Books to Buy/Not to Buy:**

- *The notes are sufficient for this course.*
- Optional:
  - If you choose to purchase a book, buy one that you can use in preparing for your final and Step 1 (i.e., a review book). Explore the review books in the bookstore and identify the one that best fits your study style.
  - Biochemistry Grid Book: *This BRS is similar in setup to the other grid books you'll likely use for other classes.* It allows for a pretty rapid review when you're trying to go over all of the material, but the figures are often times too small to be really useful.
  - No book is essential for the cell biology and molecular genetics sections of the course, but some students found the 3<sup>rd</sup> edition of Jorde's Medical Genetics to be helpful.
  - Lippincott's *Illustrated Reviews*: This text is probably the most popular choice because the text and illustrations are helpful in reviewing the large amount of material covered. Many of the pictures and figures in the PowerPoint presentations come from *Lippincott's*. Be careful about spending too much time studying it, though, as the text frequently has more information than is requisite for the tests.
- Do Not Buy:
  - Lehninger's *Principles of Biochemistry*: Very few people purchase it, and even fewer use it. It is too dense. If you need to reference it, use the copy on reserve in the medical library.

## **Lifespan Development**

This is an online hybrid-course (few class sessions) that focuses on human physical, cognitive, and psychosocial development that is pertinent to medical practice. It will also include discussion of psychosocial issues that affect patient health behaviors. Some outside of class preparation and activities will be required. You should use this opportunity to learn as much as you can about human development. You will find yourself reviewing much of this material for Step 1, and you will use the information during your MS-3 pediatrics rotation.

Most students find the material interesting and enjoy the break from hard science.

### **Faculty:**

Dr. L. Carlos Isaza  
Course Director  
isazal@etsu.edu

### **How to Study for the Course:**

- There is only one test in this course, a multiple-choice final exam.
- You will have several online open book quizzes in the course.
- There are online discussion posts that you will have to write and respond to.

### **How to Study for the Shelf:**

There is not one for this course. However, this course material is tested on the shelf exam given at the end of the Introduction to Clinical Psychiatry course in the spring of the MS-2 year.

### **Books to Buy/ Not to Buy:**

All material for this course is posted on the Lifespan Development link in D2L.

## Clinical Epidemiology and Biostatistics

This course is basically a typical undergraduate statistics course with a directed approach toward the study of disease and research applications. This course is aimed at giving students tools to help read medical reports and articles. You will find yourself moving pretty quickly through the material during this class. Make sure to stay up to speed or you may end up trying to cram numerous equations and statistical information in at the end of the sessions. There are multiple homework assignments to complete that can be time consuming. Dr. Mullersman, however, is more than willing to help to with any student concerns.

### Faculty:



Dr. Jerald Mullersman,  
Course Director  
[mullersm@etsu.edu](mailto:mullersm@etsu.edu)

### How to Study for the Course:

- The course is divided into three sections. Part one is focused on epidemiologic principles, statistical concepts, and experimental study designs. Part two focuses on observational study designs and inferential statistics, and part three shifts to studying the use of evidence, bias, significance, and evaluation of diagnostic tests and patient outcomes.
- At the end of each section there is an in-class quiz.
- The final grade for the course is an average of the 3 in-class quizzes, 8 exercises to be completed before the final exam, and a final exam consisting of 60 multiple choice questions.

**How to Study for the Shelf/Final:** There is no Shelf exam. See above for information about the final.

### Books to Buy/Not to Buy:

- The book for the course has changed since last year. Dr. Mullersman is now using *Clinical Epidemiology: The Essentials*. The ISBN is 978-145114447. The texts are different; however, many people found the text from last year very useful when studying for quizzes and the final exam.

## Genetics

This course will be taught during the second block of the fall semester. It will run concurrently with Cellular and Molecular Medicine. The class explores the basic concepts of cytogenetics, classical and nonmendelian patterns of inheritance, and the impact of genetic diagnoses. Many of the lectures are entirely clinically based and taught by a clinician. Most find them very interesting. Dr. Monaco has a number of lecture podcasts available to preview before attending class or for review. Attendance is required for clinical presentations, however.

### Faculty:



Dr. Paul Monaco  
Course Director  
[monacop@etsu.edu](mailto:monacop@etsu.edu)

**Test:** In the past, the grading has been solely based on two exams. There is not a shelf exam; however, many genetic questions are found on the Cellular and Molecular Medicine shelf. With thorough study of PowerPoint presentations and completion of the study guide, the tests should be relatively straight forward. Many questions come from the clinical presentations as well. Attending and listening to the clinicians will usually suffice to answer these questions.

**Books to Buy/Not to Buy:** Although you will be able to get through the class with the notes and material presented in lecture, Dr. Monaco will highly suggest you get the book (and also the Medical Embryology book used previously) to have and review over the summer for Step 1. The book is *Medical Genetics* 5<sup>th</sup> edition by Jorde et al. (2016).

## Physical Exam (Included in the Doctoring Course)

This course will provide you with the basic skills you need to examine a patient. These are *skills* you are learning, and it takes practice to become better at them. Remember, almost everyone starts off being completely incompetent. If you find yourself in this situation, don't feel inept; we've all been there. If you don't know how to do an exam, ask the faculty or your classmates. Don't just pretend to do the exam. You will not be looked down upon for seeking help to learn these skills; that is the purpose of the class.

A common complaint about this course is that it is required too early in your training, before you know enough to understand what you are doing. Learning these skills early, however, allows you the opportunity to hone them throughout the first two years. It also facilitates understanding in some of your future courses and will certainly come in handy during your first-year preceptorships.

### Faculty:



Dr. Jason Moore  
Course Director  
[moorej@etsu.edu](mailto:moorej@etsu.edu)



Dr. Peter Bockhorst  
Co-Director  
[bockhors@etsu.edu](mailto:bockhors@etsu.edu)

Other presenters may include Drs. Reid Blackwelder (Fam Med), Caroline Abercrombie (Anatomy), Mark Howell (ENT), Mark Brummel (Fam Med), and Paige Gilbert-Green (Fam Med).

### How to Study for the Course:

- Before class, read the detailed checklist that pertains to the assignment you're doing that day.
- Read the assigned sections in the text book.
- Watch the physical exam videos posted in D2L pertaining to the exam you are covering that day. They show a physician performing the exam while explaining each step.
- This course is often put on the back burner because the other basic science classes take up so much of your time. The content of this class is just as important, if not more important than all of the classes in the fall semester. Try to make time to read the chapters and keep up with the skills for the class; however, do not stress over the small details of the course.
- There will be quizzes to be completed after each class.

**How to Study for the Final:**

The final exam given this year was presented as the OSCE. The OSCE is composed of a checklist of all of the physical exam skills acquired throughout the course. For the exam, you are expected to perform a subset of the checklist on a standardized patient. The best way to study is to memorize each exam and practice within a group. While the number of steps to remember may seem daunting at first, with a little practice you will become comfortable. Standardized patients grade the exam and are often lenient.

**Grading:** Pass/Fail, but strive to do your best.

**Books to Buy/Not to Buy:**

The assigned book may be helpful for the quizzes and general knowledge, but you'll learn the basics of what you need to know from lecture, handouts, and standardized patients. You may also use it regularly in the first two years, especially during your preceptorships. The book can also be downloaded for free off of the Medical Library's website. You will get more information on that as the course begins.

## **Communication Skills for Health Professionals (Included in your Doctoring Course)**

This course will teach you general principles of communication which you can build upon to form your own interview style. You may never actually interview a patient the exact way you are taught in this course, but try to understand the important principles and determine how you can incorporate them into a real life interview. As your medical education progresses, you will often revisit and build on these fundamental principles. As an MS-3, you will be surprised by how often you find yourself relying on and practicing strategies you learned in this class. You will eventually learn how to adapt and modify these skills based upon the clinical situation and pathology presented.

This is a multi-disciplinary course, which means you will be accompanied by nursing, psychology, and pharmacy students in a small group. There are normally one or two members from each discipline in each group. The course not only allows you to practice your communication skills but gives you the chance to work with other professions that you will be working with later in your career.

### **Faculty:**

You will be assigned to a small group with a faculty leader. The faculty member will determine the dynamics of the course. You must adapt to the expectations of the faculty member you receive.

### **How to Study for the Course:**

Attend class, try to employ the strategies you discuss, and read the notes posted. There will be a short quiz to take at the end of each module before each class session. The class only meets every other week. The quizzes are not difficult, but you must remember to complete them. If you do all these things, you should have no trouble passing the course. Remember to keep a positive attitude. Faculty ultimately just want to see that you can approach and communicate with a patient with compassion. One of the biggest goals is picking up on patients' cues. Be curious and LISTEN.

**OSCE:** At the midterm and end of the semester, you will be expected to interview a patient on a chief complaint. It is your duty to explore the complaint using the skills you obtained throughout the course. The OSCE's will be filmed and graded by your small group leader. Interview the patient like you practiced in class, and you will do fine! It is a fun course.

**Grading:** Pass/Fail but strive to do your best.

### **Books to Buy/Not to Buy:**

No texts are required for this course.

## **Case-Based Learning (Included in the Doctoring Course)**

During Case-Based Learning sessions, you are placed in a group with two faculty members. Each week you are presented with a case that usually pertains to what you are studying in the basic science courses. The dynamics of this course will very much depend on the faculty your group is assigned. Typically, you read and discuss the case one week, specifically focusing on possible learning objectives for self-directed study. Over the course of the week, you research the learning objective you have chosen and present it to your group the following week. Use this class to your advantage. It is a nice break from lecture and requires you to access resources you will use in your future clinical life.

**Faculty:** Varies.

Typically, two faculty members are assigned to each group, usually one clinician and one PhD. Your group may or may not change for second semester.

### **How to Study for the Course:**

- Every other week you will have to prepare a PowerPoint presentation on topics covered in the previous week's case study. Complete them on time and be prepared to present.
- The Medical Library's website has numerous sources to help you attain the information you need.
- A few of useful resources are PubMed, Up-to-Date, and MDConsult. There are also several online textbooks such as Harrison's *Internal Medicine* as well as countless journals. Most students used Google to help them navigate to accredited journals.

**Grading:** Pass/Fail, but strive to do your best.

### **Books to Buy/Not to Buy:**

- Recommended:
  - Stedman's Dictionary: This is a resource that you will use throughout your first two years to lookup medical terms. There are some online medical dictionaries you may want to try before purchasing this. It isn't at all necessary though.
- Do Not Buy:
  - Harrison's *Text of Internal Medicine*: This is available for free online through the COM library's website, and you can get all the information you need through other resources on the library's website.

## **Professionalism and Ethics (Included in the Doctoring Course)**

This course aims to address the role of a physician in contemporary society. It will span the entire first year and will address important topics related to professionalism, ethics, patient-centered care, and other issues pertinent to the practice of medicine. A major aspect of the course will be to address real-world, relevant topics to help you develop the perspectives necessary to make better decisions as medical professionals in the future.

A variety of teaching formats will be used throughout the year, including presentations, panel discussions with patients and practicing physicians, independent learning, and community activities.

It is unlikely there will be any text or notes to study from. Be open minded; the course is meant to be meaningful and fun. Course attendance will be required for most sessions. The course will be "pass/fail" overall.

Grading is dependent upon the completion of some outside activities, a small service-learning project consisting of 10 contact hours with a community organization, a couple of quizzes taken on reading assignments, and your participation. It is not a demanding course. Once again, the course is to benefit you in your careers as professionals.

### **Faculty:**



Dr. Theresa Lura  
Course Director  
[lura@mail.etsu.edu](mailto:lura@mail.etsu.edu)



Dr. Ramsey McGowen  
[mcgowen@etsu.edu](mailto:mcgowen@etsu.edu)

## V. Spring Semester Courses

### Physiology

This course combines the need to understand discrete concepts and absorb a tremendous amount of material in its pursuit of teaching you the normal functions of the human body. The faculty is very willing to help. Most students will love this course as it entails a lot of conceptual learning as opposed to memorization.

#### Faculty:



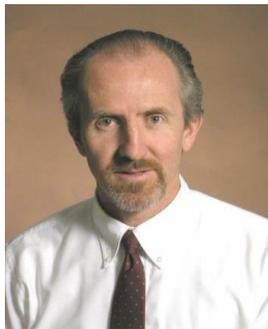
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Dr. Brian Rowe  
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Dr. Valentin Yakubenko  
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Course Director  
[ecay@etsu.edu](mailto:ecay@etsu.edu)



Dr. Aaron Polichnowski  
[polichnowski@etsu.edu](mailto:polichnowski@etsu.edu)

### **How to Study for the Course:**

As with all the courses, you must know your notes. Anything in the notes is fair game for exams. Different lecturers present material in various ways. You may find you need to utilize different strategies to study depending on the section. This is a course you must keep up with due to its conceptual nature. The book is very helpful to read before class to gain a background understanding. If you encounter questions about diseases you haven't studied on exam, don't be startled. You should be able to answer the question based on knowledge presented in lecture. This course is currently not utilizing the "Flipped-Classroom" Approach.

### **How to Study for the Final:**

The course usually has a shelf exam. The exam will help you prepare for Step 1. Reviewing the physiology grid book (Board Review Series) is probably the best way to study. This is an excellent and concise resource that reviews most of the material covered in class. You could also spend a few hours looking through the Physiology and related Pathology sections (pathophysiology) in the First Aid book. Your notes are too voluminous to go back through.

### **Books to Buy/Not to Buy:**

- Recommended:
  - Physiology Grid Book (Board Review Series): This is an excellent book that provides clear and concise explanations.
  - *Physiology* by Costanzo: The author of this book also writes the BRS book. The textbook covers topics in more detail than the grid book. Some find it helpful to have both, and some just use the BRS, but most consider this book a must have. Most professors get their information, as well as figures and tables used in the PowerPoint slides, directly from the textbook. This is probably the most widely used textbook. The chapters are short, concise, and easy to read; yet, it provides plenty of information to understand the material fully.

## Cell and Tissue Biology (Histology)

This class has both lecture and lab components, and the material usually coincides with the physiology course. The faculty is extremely helpful, so feel free to ask any questions.

### Faculty:



Dr. Paul Monaco  
Course Director  
[monacop@etsu.edu](mailto:monacop@etsu.edu)



Dr. Jia Cuihong  
[jiac01@etsu.edu](mailto:jiac01@etsu.edu)

### How to Study for the Course:

- Lecture: *Know the notes.* You need to know everything because minute details from the PowerPoint slides will be included on the exam.
- Lab: It is helpful to look through slides in lab while the professors are there. The professors often provide easy ways to distinguish tissues that may not be covered in lecture. Write these tips down; they will be useful during practical exams.
  - Going through the Kodachrome slides as a group before going to the glass slides is helpful. Using the multihead microscopes and the TVs is also beneficial. While doing so, you can talk with your classmates about a tissue while looking at the same section.
  - Don't forget to look at the EM images. Several of these will appear on every exam, but it should be noted that the number typically diminishes as the semester progresses.
  - An additional resource that was very beneficial for some people is the online virtual slide box. Most slides found in lab are also in the virtual collection.
  - There are many other helpful histology websites and videos online. One of the best set of videos is called "Shotgun Histology." It can be found on YouTube. The professor covers a specific tissue and describes everything there is to know in a matter of minutes. The Histology Guide provided by the University of Minnesota is also useful to gain a background before going into lab or to combine lecture and lab material.

### How to Study for Final/Shelf:

- Lab Final: Study the practice tests. Review the Kodachromes. Attend any review sessions Dr. Monaco holds. Despite the fact that none of the exact images are on the exam, it is a quick and efficient way to review the tissue systems.
  - Skim through the notes or read a review book. Dr. Monaco's review handout is sparse on information; but if you are pressed for time it is a good resource.

- If you have time, it is a good idea to go back through all the slides in the slide box. If this doesn't seem feasible, take a slide from each category, mix them up, and try to identify them and the major features of the tissue.
- Shelf Exam: Typically, students at Quillen do well on this exam. By studying for the course final, you are adequately prepared for the shelf. Spend some time after your practical touching up on information. You can use the BRS grid book or Dr. Monaco's review material.

**Books to Buy/Not to Buy:** The *notes for this course are largely sufficient*, but you may find a textbook helpful to clarify details.

- Optional:
    - *Histology. A Text and Atlas* (5<sup>th</sup> edition, 2006, by Ross and Pawlina) this is probably the most up to date histology text available.
    - *Basic Histology* Textbook: You likely will not use this book much, and it may be better to look at the reference copy in the library if you need it. It will provide more in-depth discussion of histology topics.
    - *Atlas of Histology*: This is a text you will use occasionally in lab, but there are several copies that have been left in the drawers in the lab. Check to see if you have one already there before purchasing one. If you don't, you may want to consider sharing one with a lab partner.
    - Histology Grid Book: This is a decent review source for the shelf, but it is not essential. If you choose not to buy it, you can always use Dr. Monaco's Shelf Review Handout and reference the notes for areas with which you have difficulty.
  - Do Not Buy:
    - Any cell biology textbook. You will not use it. The notes are more than sufficient.
-

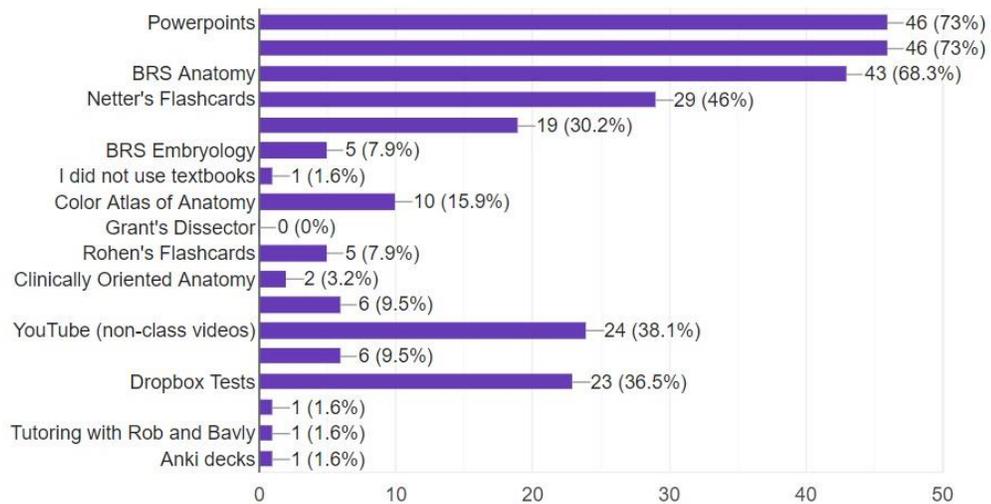
## VI. More about Books to Buy

Below is a list of books, some required and some recommended, for the courses in the first-year curriculum. A short description follows each title. In some courses, you will have multiple choices as to which book will suit your learning style the best. The Class of 2022 was polled following the end of their courses in order to provide the most recent and relevant information regarding what resources were or were not useful. The graphs represent these findings. This is only meant to serve as a guide as you decide how to study for your classes. **Your Big Sib is also an excellent resource for both books and advice on which books to buy, use, or ignore.**

### Human Anatomy/Embryology

Which resources did you find useful for anatomy and embryology?

63 responses

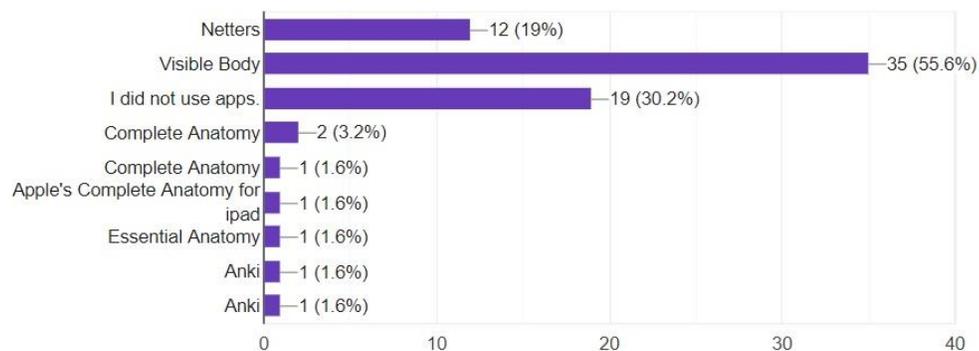


1. Netter's *Atlas of Human Anatomy*: A very complete visual aid. Does not include any text other than labels. Commonly used in lecture and quizzes. This book rocks!
2. BRS Anatomy- A board review series book good for review, test, and shelf preparation.
3. Netter's Flashcards- Includes images often used in the Anatomy quizzes. The flashcards can be useful for memorizing and familiarizing yourself with the information when first studying.
4. Langman's *Medical Embryology*: A somewhat simplified explanation of the embryology portion of the course. Dr. Sadler would highly encourage you to read this book.
5. BRS Embryology- A board review series book good for review, test, and shelf preparation.

6. *Color Atlas of Anatomy*: Includes photographs of actual cadavers in different stages of dissection.
7. Grant's *Dissector*: A useful companion in lab to guide dissection. Used more toward the beginning of the course. All information in the dissector is fair game for exams. "Grease Copies" are located in lab for your use.
8. *Clinically Oriented Anatomy*: An anatomy textbook that can be used to supplement the lecture if necessary. Many images are from Grant's *Atlas*.
9. Grant's *Atlas of Human Anatomy*: Another option. Includes more text and tables to accompany images.

### What apps did you find useful for anatomy and embryology?

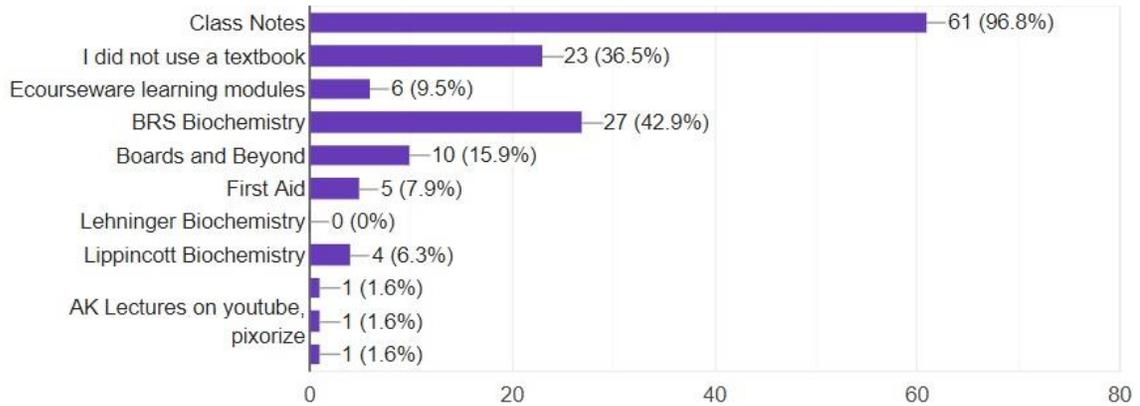
63 responses



## Cellular & Molecular Medicine

### Which resources did you find useful in biochemistry?

63 responses

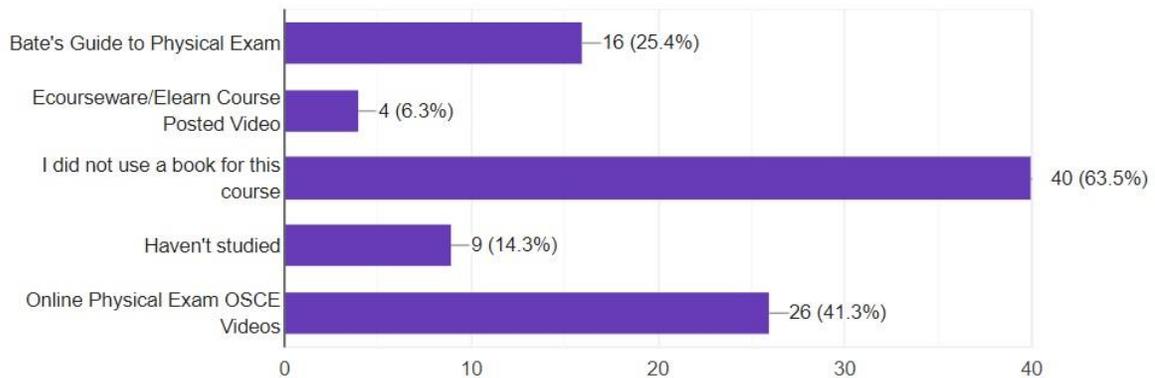


1. BRS Biochemistry- A board review series book useful for consolidating information and preparing for the shelf.
2. Ecourseware learning modules- These are provided on D2L by the professors to help in preparation for the daily quizzes.
3. Lippincott's *Illustrated Reviews of Biochemistry*: A course aid to help with some pathways and enzymes presented.

## Physical Exam Skills

What resources did you use in Physical Exam Skills?

63 responses

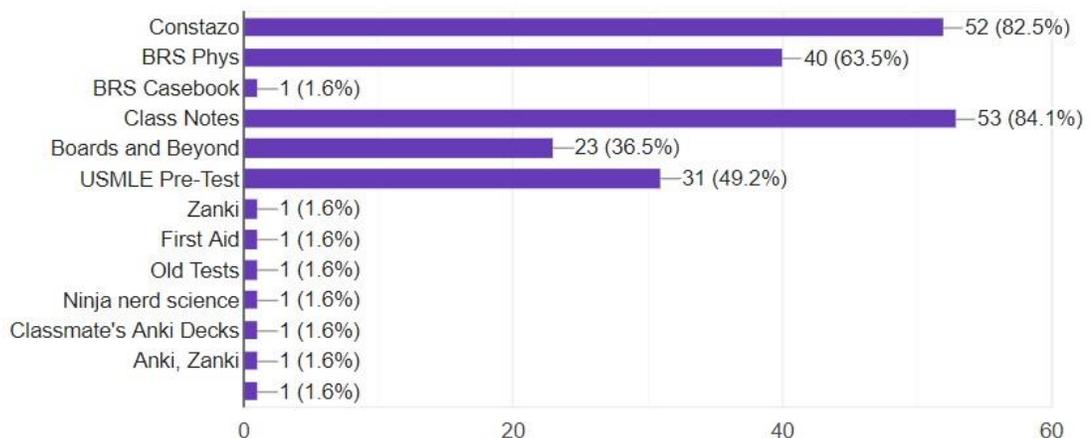


1. Bates Guide to Physical Exam- a thorough text where information for quizzes can be found. It is useful to review prior to class sessions.
2. Ecourseware/Elearn videos- These are provided on D2L by professors and give an overview of each exam to be performed.

## Physiology

What resources did you use in physiology?

63 responses

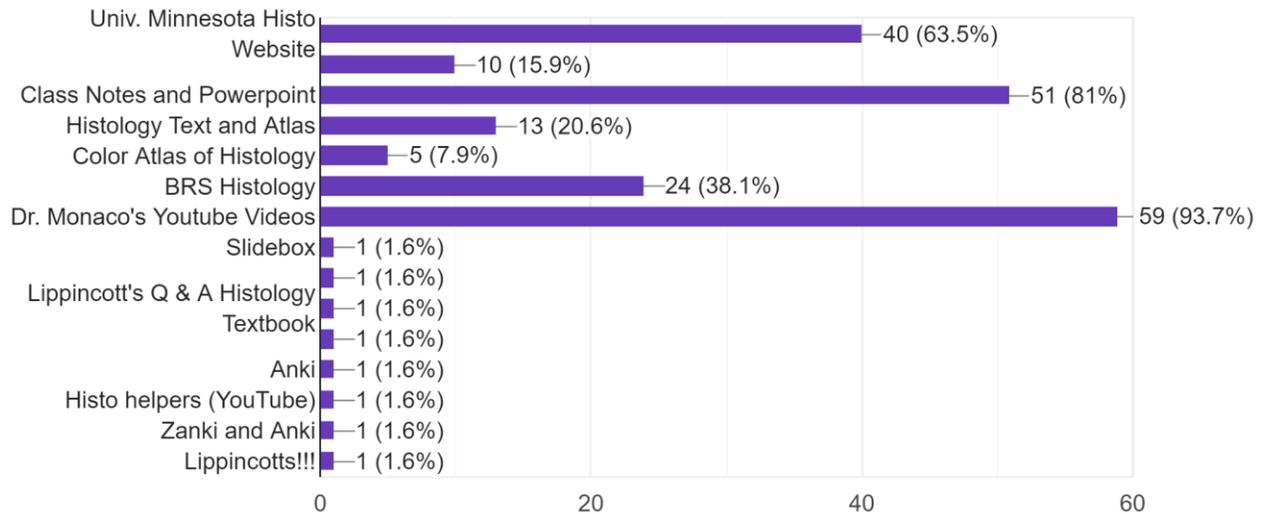


1. Costanzo's *Physiology*: A very useful companion to the course. Gives GREAT clarification in many areas and offers an alternative view for some of the information presented in the course.

## Cell and Tissue Biology (Histology)

### What resources did you use for Cell and Tissue Biology (Histology)?

63 responses

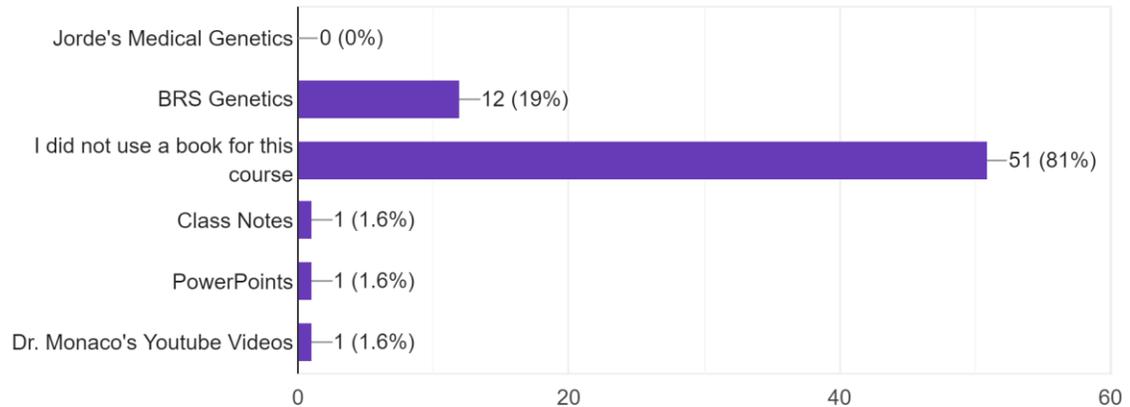


1. Dr. Monaco's videos- Podcasts posted on YouTube
2. BRS Histology- A board review series book useful for consolidating information and Shelf study
3. *Color Atlas of Histology*: A lab aid to highlight certain traits of the cells in a particular organ system. Includes both diagrammatic images and true microscopic photographs.
4. *Histology*: A new optional aid textbook. Has very detailed descriptions that are beyond what is needed to pass the class, but sometimes helps supplement the lecture.
5. Shotgun Histology- youtube videos showing detailed microscopic images on the various organ systems
6. University of Minnesota Website- Website arranged by organ system that gives descriptions of organs, tissues, glands etc. It is useful in lab to serve as a baseline and give comparisons.

## Medical Genetics

### What resources did you use for genetics?

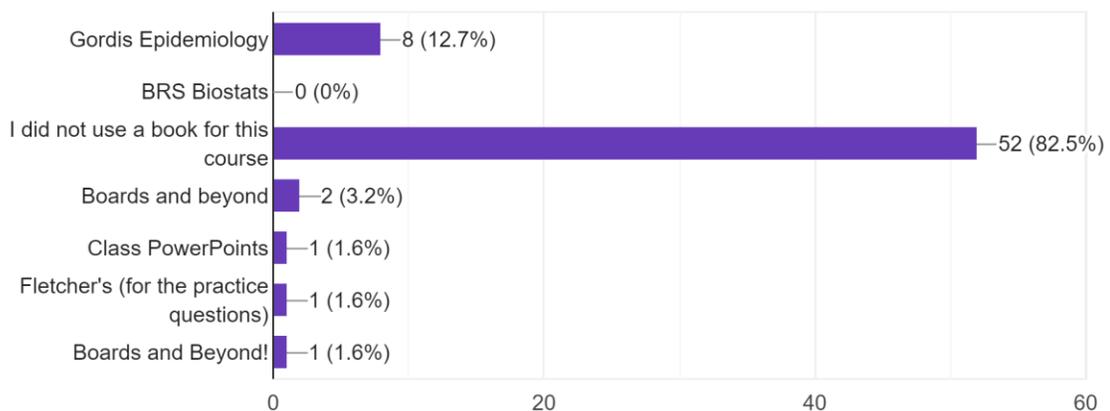
63 responses



## Clinical Epidemiology and Biostatistics

### What resources did you find useful for Biostats and Epidemiology?

63 responses

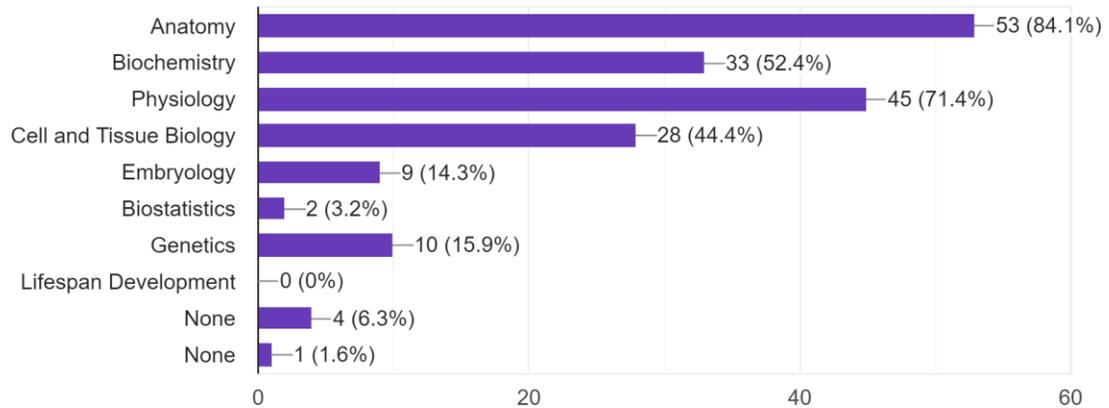


1. *Gordis Epidemiology*- This book can be found online through the medical library website; so, there is no need to purchase. It gives descriptions to supplement class material and helps on quizzes.

## Board Review Series

### Which BRS books did you use?

63 responses



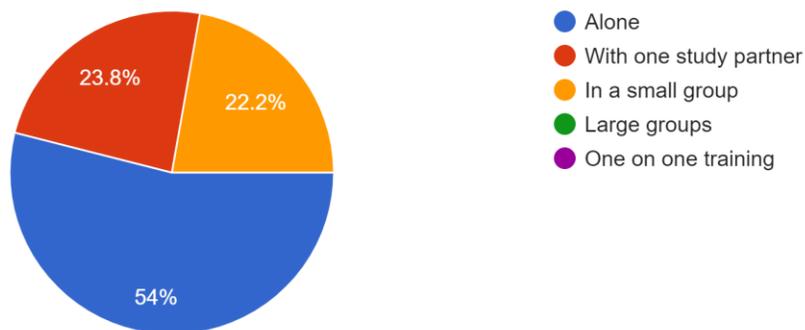
The board review series is a collection of subject-based books designed for Step 1 preparation (and beyond). Many classes have found some of the volumes useful throughout the course as additional study aids or as useful study methods in preparing for the shelf exams. Above are the ones that were applicable to the first year and how the class ranked their respective degrees of usefulness.

## VI. Study Methods & Locations

The first year of medical school will be the most academically challenging part of your education thus far. Old study methods that you used during undergraduate courses may not be effective this year. You must be willing to try new methods of studying even if it brings you out of your comfort zone. Studying is also a very personal thing. What works well for some may not necessarily work well for others. Find the way that suits your learning style the best and use it to help you master the material.

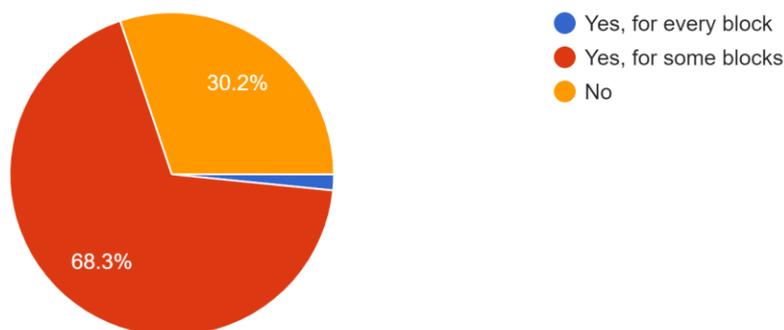
What did you find to be the most effective way to study?

63 responses



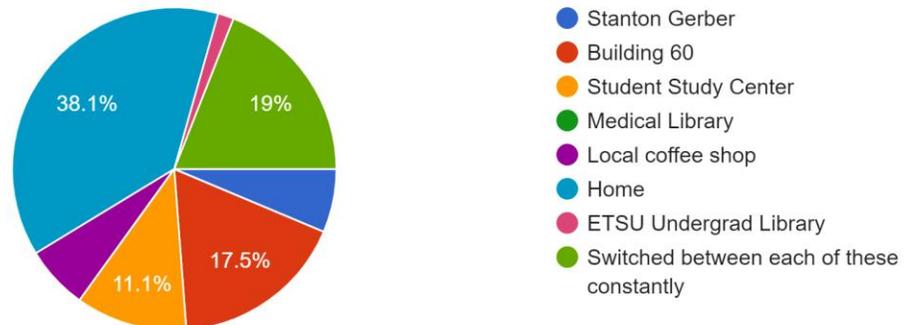
Did you utilize a Quillen tutor?

63 responses



## What was the best place you found to study?

63 responses



An effective study location is a necessity during medical school. During your first year you will not only discover how you study best, but where you study best. The following are locations around campus and Johnson City that are all frequently used by students.

### Campus:

- **Stanton-Gerber**
  - Study rooms and the Biochemistry Reading Room are available on the ground floor and are open 24 hours/day.
  - Classrooms are available on the ground floor and close at 11pm.
  - The Histology/Anatomy Lab on the ground floor is available 24 hours (you will get a key to the lab second semester).
  - Department break rooms are available in the evenings on the first floor.
  - Large rooms used for study are available on the second floor, as well as break room areas.
  - The Office of Student Affairs and Academic Affairs conference rooms have generously been made available for afterhours study and daytime study when not in use. Your ETSU ID will grant you access to these rooms.
- **Medical Library**
  - Study rooms, large open tables, and study carrels are all available. Starting in the fall, all medical students have access to the downstairs 24 hours/day.
  - Dr. Kwas has set up a spinning room for a quick exercise break during studying in the Medical Library.
- **Building 60/Interprofessional Building**
  - A new building opened in 2018. There are various study rooms with TV screens available to students. This is a shared study space between all interprofessionals on campus. Students have access 24 hours/day.
- **Student Study Center**

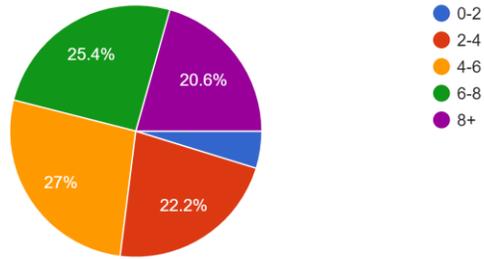
- A new building with single, double, and group study rooms. It features a fully equipped kitchen, open dining area, full feature patio, and cozy lounge area with leather furniture and a TV. ONLY Medical students will have access 24 hours/day. No one else is allowed inside the SSC, keep that in mind.
- **Sherrod Library (ETSU Main Campus)**
  - Study rooms, large open tables, and cubicles are all available, for hours go to <http://sherrod.etsu.edu/>
  - A 24-hour study room is available. Check it out, but you may find the noise of the undergraduates distracting. This is a great place for weekend study.

### **Around Town with Free Wireless Internet:**

- **Johnson City Public Library**
  - 100 W Millard Street
  - (423) 434-4450
  - For hours, go to <http://www.jcpl.net/>
- **Panera Bread**
  - 3140 Peoples Street
  - (423) 952-2253
- **Willow Tree Coffee House**
  - 216 E Main St
  - (423) 631-0600
- **Dos Gatos Coffee House**
  - 238 E Main St
  - (423) 630-0120
- **Starbucks**
  - 2008 N. Roan Street
  - (423) 283-0818
- **Barnes & Noble Booksellers**
  - 3030 Franklin Terrace Drive
  - (423) 952-5577
- **Open Doors Coffee House**
  - 101 E 8<sup>th</sup> Ave
  - (423) 268-2997

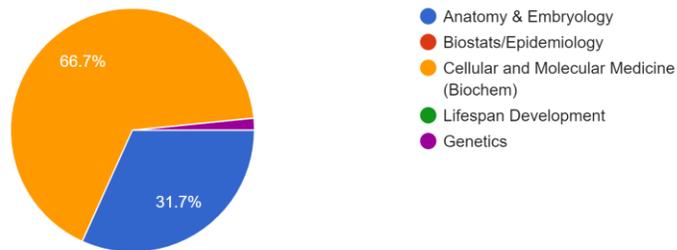
### On average, how many hours did you spend studying per weekday?

63 responses



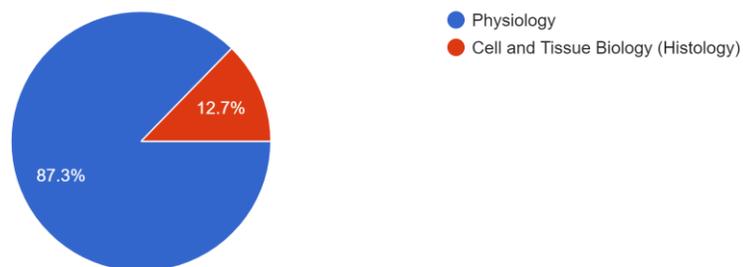
### What basic science course was harder? (Fall)

63 responses



### Which basic science course was harder? (Spring)

63 responses



## **VIII. Student Positions**

There are many opportunities to get involved throughout your years at QCOM. The school prides itself on involving students on every level. The compiled list below will give you a sense as to what positions may be of interest to you. The MS-2 OSR reps will be handling class elections for the incoming class. Feel free to ask the current MS-2 class officers questions if you are interested in running. Keep in mind that Dean's evaluations and recommendations are not based solely upon your academic performance. So, get out there and get involved!

### **Class Officers**

The MS-1 class elects officers early in the fall semester for the first year. Re-elections for class officers happens in the late spring. *The officers elected in the spring will hold their positions through graduation. Keep this in mind as you run/vote.*

- President:
  - The president serves as the conduit through which class information and issues are passed back and forth between faculty/administration and the student body. He/she will automatically become a member of OSR and serve on a range of committees as the class representative.
- Vice President of Social Events and Functions (VP1)
  - This position involves planning events with the class and social gatherings. The VP is responsible for planning The Fall Ball and any other class functions. He/she is also responsible for the Big Sib/Little Sib program.
- Vice President of Fund Raising and Community Involvement (VP2)
  - The vice-president is mainly responsible for fund raisers such as golf tournaments, dragon boat races, Relay for Life, ping pong tournaments, etc. In addition, he/she plans community events for the class to engage in. Through these events, the class (and school) remain actively involved in the community. He/she is also responsible for doing merchandise fundraising to boost the class budget.
- Secretary
  - Classes first year in which notes are mass printed: Anatomy, Cellular and Molecular Medicine, Physiology/Immunology, Cell and Tissue Biology.
  - The secretary is also responsible for setting up the anatomy practice practicals, sending out the task list to the class every week, and being the liaison between the class officers and the class.
- Treasurer
  - The treasurer is entrusted with the task of maintaining class finances, collecting dues, establishing a class bank account, and allocating funds

for class events.

- The class treasurer is responsible for printing notes for the class. Notes are printed for each individual section or test; therefore, the price for each note set varies (anywhere from \$5 to \$25).

- Current Class officers:

	<u>MS-2</u>	<u>MS-3</u>	<u>MS-4</u>
<b>President:</b>	Gina Botsko	David Taylor	Kendra Henderson
<b>Vice Presidents:</b>	Heather Grubbs Andersen Estes	Katie Patterson Leslie Stroud	Iulia Basaraba Hannah Richardson
<b>Secretary:</b>	Autumn Conger	Kayla Watson	Caroline Mercer
<b>Treasurer:</b>	Angela Hacksel- Newmark	Karlee Gibon	Emily Hamby

### **Organization of Student Representatives (OSR)**

- OSR (<https://www.aamc.org/members/osr/>) is the student branch of the Association of American Medical Colleges (AAMC). The OSR is charged with representing the national medical student body to the academic medicine community. Unlike other student organizations (e.g., AMA-MSS, SNMA, or AMSA), who represent their membership, the OSR's constituency is comprised of only medical students. The concerns of the OSR lie exclusively within academic medicine and medical education.
- The mission of OSR states: "The purpose of this organization will be to serve as a liaison between the student body and administration and promote camaraderie among the classes; to keep abreast of student needs and serve as change agents/troubleshooters."
- The president from each medical class shall serve a four-year term. Two members from the first-year class will be elected to serve a four-year term on OSR.
- Other committee members such the Community Service Representative, MSEC liaison, and SGA liaison from the MS2 class will attend each OSR meeting. The MS2 representatives for these positions are then held responsible for relaying the information presented in the OSR meetings to the MS-1 representatives.
- AAMC Representative: OSR members may make a recommendation to the COM Dean for an OSR member to serve as an AAMC representative. The AAMC representative will receive monthly AAMC mailings and disseminate information as needed to OSR and others in the COM and attend AAMC meetings.
- For OSR Constitution and By-Laws go to: <http://www.etsu.edu/com/studentsvcs/lifeoutside/osr.aspx>
- **Current OSR Members**
  - President: Abbi Laszacs, MS-2
  - Vice President: Rex Siu, MS-2
  - MS-3: Brooke Baxter, Lawrence Parawan
  - MS-4: Ansley Ricker, Austin Witt, Kendra Henderson

### **Admissions Committee**

- During the Spring, M1's are given the opportunity to submit a letter to the Dean expressing their desire to become a member of the Admissions Committee. Once appointed by the Dean, the students will be apprentice members until July 1, and after this date they become full-voting/participating members. Appointments are for two-year terms, and reappointments after the completion of their term are at the discretion of the Dean of the College of Medicine.
- For more information contact Stephanie Cole in Admissions at 423-439-2036.

### **Committee Supporting Student Health (CSSH)**

- Includes two student representatives for each class, the Dean of Students and other members of the Quillen Community. Its mission is to support the total health of the student population which includes support in dealing with stress, family crisis, mental illness, and substance abuse. Actions of the committee may include hosting lunch-and-learns about common med school stressors, planning activities for students that promote good total health, planning interventions and scheduling treatment for students with potential substance abuse problems and reintegrating students into the student body after receiving treatment. Committee members are elected by their class during the first semester and serve for a period of four years.
- For more information contact Haley Porter ([porterh@etsu.edu](mailto:porterh@etsu.edu)) or Taylor Harris ([harrism@etsu.edu](mailto:harrism@etsu.edu).)

### **Financial Aid and Scholarship Committee**

- Joyce Underwood, Director of Financial Services, emails the class in January or February asking for volunteers and gives them a deadline to respond. The email explains that the commitment to participate as part of the Financial Aid & Scholarship Committee continues until their class graduates, and that the committee normally meets twice per year.
- The Director of Financial Services and Associate Dean for Student Affairs review the volunteers and select an individual whose name they forward to the Dean for approval. Once approved by the Dean of the College of Medicine, the individual is informed, counseled about the importance of confidentiality and given a copy of the committee's Charge and Structure.
- For more information go to: <http://www.etsu.edu/com/sa/comfinaid/> or contact Joyce Underwood at 439-2018.

### **Gold Humanism Honor Society**

- The Gold Humanism Honor Society (GHHS) honors senior medical students, residents, and faculty for demonstrating excellence in clinical care, leadership, compassion, and dedication to service. Election to membership in the GHHS is a significant honor. The inductees have demonstrated exemplary attitudes and behaviors characteristic of the most humanistic physicians.
- A multi-step process is used to select no more than 15% of the fourth-year class for

induction into the GHHS. The selection process includes peer and clinical faculty nominations.

- Membership in GHHS is automatically awarded to students receiving the Leonard Tow Humanism in Medicine Award.
- The GHHS chapter at QCOM is made possible with a grant from The Arnold P. Gold Foundation. The chapter promotes humanism and professionalism in the field of medicine through a variety of activities such as community service projects and academic events.
- See <http://www.etsu.edu/com/studentsvcs/ceremoniesawards/goldhumanism.php> for more information.

- **Gold Humanism Honor Society Selection Committee**

The selection committee consists of the Associate Dean for Student Services, Executive Associate Dean for Academic Affairs, GHHS Faculty Advisor, two faculty recipients of the Gold Foundation Leonard Tow Humanism in Medicine Award and a fourth-year student who is a member of OSR, a member of AOA, or the winner of the QCOM Humanism Scholarship Award. The Office of Student Services selects a student to serve on the committee.

### **Learning Resources Advisory Committee**

- The primary function of the learning resources advisory committee is to advise the Assistant Dean for Learning Resources and the Dean of the College of Medicine on medical library and learning resources programs and policies. The committee also serves as a channel of communication between the department of learning resources and its users by assisting in the explanation of the needs of each group to the other and in the interpretation of policy decisions. Members are appointed from the basic and clinical sciences, college of medicine administration, one medical student and one graduate student.
- For more information go to: <http://www.etsu.edu/com/dean/learningresadv.php>

### **Medical Student Education Committee (MSEC)**

- The Medical Student Education Committee serves as the institutional body that, together with the Executive Associate Dean for Academic and Faculty Affairs, is responsible for the development, management, and evaluation of the undergraduate medical curriculum, designed to provide an integrated and relevant general medical education.
- One student from each class is elected to serve a four-year term as a voting member. The election for this position occurs during the first semester of medical school, and the elected member will serve four years alongside a member from each class.
- For more information go to: <http://www.etsu.edu/com/dean/medstudedcomm.php>
- Contact: Sarah Allen Ray (raysa1@etsu.edu).

### **Student Promotions Committee**

- The Student Promotions Committee is to review on a continuing basis the total performance of each individual student, including all cognitive and non-cognitive

- evaluations which have been submitted. The committee will meet and review progress of students each mid-semester, at the end of each semester and prior to commencement.
- There will be one student appointed by each class to the committee. Although they are consulted, student members do not vote.
  - For more information go to: <http://www.etsu.edu/com/dean/studentpromotions.php>
  - Contact: Alora Ricker (rickerka@mail.etsu.edu)

### **Public Relations Committee**

- The PR committee works to showcase students and faculty at Quillen through periodic blog posts, maintenance of the student website and social media accounts, and through a yearly publication; Moments in Medicine.
- *Moments in Medicine*: a yearly newsletter and yearbook meant to provide a snapshot of the year. This publication is gifted to the graduating seniors and is distributed to faculty and students during the month of May. Students across all levels write reflections and articles and class historians provide photographs. While students provide all of the written material for *Moments in Medicine*, members of the committee serve as the staff consisting of an editor, a publisher, and several student contributors.
- Two M1 coordinators will be appointed to the committee by his/her class.
- Contact: Jae Maeng ([maengj@etsu.edu](mailto:maengj@etsu.edu)) and Nancy Claire Smith ([smithnc1@mail.etsu.edu](mailto:smithnc1@mail.etsu.edu))

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

- One member from the first-year class will be elected to serve a two-year term on the OSR committee. Together, they will work with the current M2 to represent QCOM on the main ETSU campus. Duties include writing legislation to benefit the medical school, looking into possible sustainability projects, relaying important information from the main campus, and educating student organizations about registering with the SORC and applying for B.U.C. fund.
- Contact: Stefan Pienkowski ([pienkowski@etsu.edu](mailto:pienkowski@etsu.edu))

### **Caduceus Awards Committee**

- The Caduceus' Club Award ceremony was founded at Quillen in 1998 by the graduation class of 1999. Since then, every year the faculty, staff, and students have gotten together in some form or fashion to have a dinner and awards ceremony as the year comes to a close. It honors the Quillen faculty and staff, including residents and fellows that excel at teaching, mentorship and service to the students, and is based on student vote. Each of the four classes nominates, votes and presents the winners with their awards. The evening is planned and put on by the students. Previously, funds to sponsor the event have been donated by departments within the college of medicine, but this is changing. There will be an election to vote on two representatives for the first class to join a committee of 6 other members (two from each of the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> year class). The committee will be held responsible to collect funds, organize the event, and hold votes for the professors.

Contact: Jaclyn Corso ([corsoj@etsu.edu](mailto:corsoj@etsu.edu)) or Naveed Nordin ([noordin@etsu.edu](mailto:noordin@etsu.edu))

### **Continuing Medical Education (CME) Student Liaison**

- The role of the continuing medical education (CME) liaison is to be the student resource to the CME office, as well as making classmates aware of CME activities that would be pertinent to them. The office of CME develops and sponsors medical-based lectures to promote the lifelong learning that is required of physicians; all physicians must pursue CME credits in order to retain their medical license. While medical students cannot use CME credits necessarily, it is important for the CME liaison to impart the concept of CME to his or her fellow medical students, ensuring that they understand the requirements of lifelong learning. As such, the CME department will sponsor hundreds of events throughout the year, and the CME liaison will promote and advertise certain events of particular interest to medical students. Additionally, the CME liaison will serve on the CME committee, which meets on the first Thursday of every month. As a CME committee member, you will observe the approval process for CME events and provide input from a medical student's perspective as needed.
- For more information, contact Sarah King (kingsa4@etsu.edu)

### **Community Service Liaison**

- The Community Service Liaison acts to organize service projects in the community involving medical students, residents, and faculty to improve Quillen's community outreach. This position helps to ensure Quillen's involvement with community agencies, such as Carver Rec and the Corazon Latino festival. The M1 CS Liaison works to assist the M2 with potential projects and organization. The M2 CS liaison organizes at least one project each semester and attends the OSR meetings to inform the student body about projects.
- For more information, contact, Natalie Ellis (ellisna@etsu.edu)

### **Honor Council Committee**

- The Honor Council is composed of 3 elected representatives from each class. The Council was founded to allow student oversight and maintenance of the Quillen honor system. The Council has one scheduled meeting each semester to discuss the application of the Honor Code. If a possible violation of the Honor Code is reported, the Council meets to investigate the allegation and act as a fact-finding board.
- There are many resources available to students, both print and digital. Moreover, many of these resources— particularly digitally shared resources— are either copyrighted or outright forbidden to be shared. While helping classmates is encouraged, it is strongly discouraged that a class-wide dropbox or distribution system for these materials be established, as it potentially puts students and the College of Medicine at risk of copyright infringement. Furthermore, if a digital dropbox were established, copyrighted material should be absolutely prohibited, as the sharing or piracy of copyrighted content might be considered a violation of the Honor Code
- MS2 representatives: Britt Huskey (huskeybs@etsu.edu), Joey Miller (millerjw3@etsu.edu), Aaron Floch (flocha@etsu.edu)

## **IX. Student Organizations and Interest Groups**

QCOM supports many nationally recognized organizations and student interest groups (IGs). These opportunities are designed to expose students to a variety of career opportunities while still in the basic science years of medical school. The information below should give you a sense as to which groups are present on campus and what activities and projects they do throughout the year. These groups run off of student ideas and enthusiasm and offer an excellent way to become more involved in life at QCOM. On average, each organization has a meeting and/or activity about once a month. The IG meeting schedule is to be coordinated by the Student Leadership Committee. There will be a Student Interest Group Fair held at the beginning of the school year.

### **American Medical Association (AMA)**

- As the nation's largest physician group, the American Medical Association advocates issues vital to the nation's health. The AMA Medical Student Section (MSS), with nearly 50,000 members, is one of the largest and most influential organizations of medical students in the country. Your participation is critical to the collective voice of our membership.
- As an advocate for medical students, the AMA develops future physician leaders by offering a wide range of leadership opportunities and promoting medical student involvement at the local, state and national level.
- The AMA serves as a parent sponsor of the Liaison Committee on Medical Education (LCME), which is the accrediting body for medical schools. An AMA-MSS member student serves as a member of the LCME board. Various community service and networking opportunities are also available, including public health activities offered through the MSS National Service Project.
- Annual and Interim meetings are held which provide policy-making opportunities through the AMA-MSS Assembly and which offer educational programming to supplement your training. The AMA provides assistance from medical school to residency and beyond, and current members of the AMA-MSS of ETSU Chapter look forward to working with incoming students.
- Dues: \$65 for four years
- Contact: Rocklin Shumaker, MS- 3 at shumakerm@etsu.edu
- [noldtr@etsu.edu](mailto:noldtr@etsu.edu)

### **American Medical Student Association (AMSA)**

- The American Medical Student Association (AMSA), with a half-century history of medical student activism, is the oldest and largest independent association of physicians-in-training in the United States. Today, AMSA is a student-governed, national organization committed to representing the concerns of physicians-in-training. AMSA members are medical students, premedical students, interns, residents and practicing physicians from across the country. Founded in 1950, AMSA continues its commitment to improving medical training and the nation's health.
- The local chapter here at Quillen has 91 active members. AMSA mission is towards

improving health care, and health care delivery to all people, promoting active improvement in medical education, involving its members in the social, moral and ethical obligations of the profession of medicine, assisting in the improvement and understanding of world health problems, contributing to the welfare of medical students, and advancing the profession of medicine. When you join AMSA, you become part of a vital force of future physicians who believe that patients and health professionals are partners in the management of health care and that access to high-quality health care is a right and not a privilege. At AMSA, student idealism is transformed into meaningful public service, innovation and institutional change.

- Members enjoy many benefits and service programs, including free online subscription to AMSA's award winning magazine *The New Physician*, \$10 – \$50 discounts on USMLERx Step 1 Question Bank, Bank of America credit card, 35% discount on Thieme book purchases, The New England Journal of Medicine subscription discount, medical instrument discounts, health, auto & renter's insurance discounts, car rental and hotel discounts, and more. The QCOM chapter's activities include collaborating with other student groups for National Primary Care Week, coordinating events for National PharmFree week, Lunch and Learn series on Healthcare Policy, bringing in keynote speakers on current health topics, Policy & A Pint and working with other Tennessee medical school chapters to plan the Tennessee AMSA Lobby Day at the state capitol, to name a few.
- Several members attended the national convention this past spring. Next year's national convention will be held in Washington, D.C., February 23-26, 2017 and will be the world's largest gathering of medical students as AMSA hosts the general assembly of the IFMSA. More than 2,500 physicians-in-training from more than 100 countries are expected to attend the event this year. There are two positions specifically for MS-1 students on the executive board of the chapter: a PharmFree Coordinator and Recruitment Coordinator. These positions will be in charge of coordinating various events throughout the year and will also be able to attend AMSA leadership conferences in the fall. There are also plenty of other ways to become involved both locally and nationally with many different committees and events.
- For more information please visit the website at <http://www.amsa.org/AMSA/Homepage.aspx>
- Contact: Alora Ricker, MS-2 at [rickerka@etsu.edu](mailto:rickerka@etsu.edu)

### **Cardiology Interest Group (CIG)**

- We are a newly established organization by the Class of 2021 and 2022. The overall goal is to expose medical students to cardiology as a field and inform them of the various sub-specialization fellowships.
- Recently, CIG established connection with the American Heart Association (AHA) for opportunities in volunteering and conference presenting that will be available to students over the year. We are also working opportunities for students to observe basic surgeries such as catheterizations.
- Contact: Sarah King, MS-2 at [kingsa4@etsu.edu](mailto:kingsa4@etsu.edu), Jay Davis, MS-2 at [davisjk1@etsu.edu](mailto:davisjk1@etsu.edu), Greylon Gawaluck, MS-2 at [gawaluck@etsu.edu](mailto:gawaluck@etsu.edu),

### **Christian Medical and Dental Association (CMDA)**

- CMDA is a national organization (Headquarters in Bristol, TN) comprised of healthcare professionals who desire to glorify God with their lives, including their careers. CMDA provides resources, networking opportunities, education, and a public voice for Christian healthcare professionals and students. CMDA strongly supports integrating your faith with your profession.
- CMDA began as a group of students, and student ministry continues to be at the heart of the organization. The ETSU student chapter of CMDA is designed to encourage spiritual growth through activities like monthly lunch meetings, retreats, bimonthly praise and worship times, and opportunities to go on mission trips through Global Health Outreach (GHO). GHO, a part of CMDA, provides opportunities for healthcare professionals, students and their families to serve.
- No dues
- Check out the website at <https://www.cmda.org/>
- Contact: Abbi Laszacs, MS-2 at Laszacs@etsu.edu or Daniel Badoe, MS-2 at Badoed@etsu.edu

### **Complementary and Alternative Medicine Student Interest Group (CAMSIG)**

- The Complementary and Alternative Medicine Student Interest Group seeks to educate students about other healing systems. Current topics of interest include Chinese medicine, Appalachian herbalism, Naturopathy and body/mind healing systems such as yoga and Tai Chi.
- We also seek to inform students of how these systems can complement allopathic medical treatments. Throughout the academic year, we sponsor lectures and demonstrations and hold discussion groups. Our group is constantly evolving and is driven by our members' interests and needs.
- No Dues
- Contact: Currently Inactive

### **Developing Leadership in Future Physicians (DLFP)**

- This is an interest group at Quillen that promotes leadership development for medical students.
- The group is guided by the notion that leadership is not necessarily an innate trait, but rather something that can and should be learned. The group's purpose is to facilitate discussions and activities that foster principles important to being a strong and successful leader. Given our eventual places as physicians in leadership roles within our own communities, defining, promoting, and implementing the characteristics of a good leader is a responsibility that must be fulfilled.
- Over the past year, DLFP has hosted many speakers who have each taught techniques and strategies to be an effective leader as a physician. Faculty members, community physicians and the Dean have all shared insight with the group. Group meetings focus on the numerous aspects of physician leadership and ways to develop those skills early on in the medical education process.
- No Dues
- Contact: Currently Inactive

### **Doctors Outside the Box (DOB)**

- This is an organization that was created three years ago by recent graduates of QCOM.
- The organization focuses on medical students providing education to the community about preventative medicine.
- We present fun, interactive and informative presentations to local schools and community programs in order to raise awareness about the prevention, to name a few.
- In addition, this year we had a group of students reach out to a senior citizens organization to teach them exercise that are catered specifically to their age group so that they can continue to be active, no matter their age, health or mobility limitations.
- With these community talks, our goal is to help people live healthier and happier lives and to help improve the community's overall health with time.
- No Dues
- Contact: Currently Inactive

### **Emergency Medicine Interest Group (EMIG)**

- Emergency Medicine (EM) is a relatively young and fast growing specialty. Quillen's Emergency Medicine Interest Group (EMIG) is dedicated to exposing medical students to the field of EM and its sub-specialties.
- EMIG strives to foster interest in this field by providing first-hand accounts of what life and work in EM entails, along with detailed information about residency programs. Some of EMIG's past meetings have featured talks about sports medicine, health policy, toxicology, residency life and emergency physician lifestyle issues.
- With activities including hands-on intubation and extrication workshops, helmet safety events, and ski trips with wilderness medicine talks, EMIG activities are not only informative, but fun and interesting as well.
- EMIG members and officers look forward to meeting the new first year students.
- Contact: Lucas Stiles, MS-2 at [stilesl@etsu.edu](mailto:stilesl@etsu.edu), Paul Kirby, MS-2 at [kirbyp@etsu.edu](mailto:kirbyp@etsu.edu), Morgan Howard, MS-2 at [howardme@etsu.edu](mailto:howardme@etsu.edu), or Michelle Kelley, MS-2 at [kelleym@etsu.edu](mailto:kelleym@etsu.edu)

### **Family Medicine Interest Group (FMIG)**

- The Family Medicine Interest Group (FMIG) at James H. Quillen College of Medicine provides students with many avenues of opportunity to increase their awareness and interest in Family Medicine. All students are considered members and able to participate in as many events as they wish. The Quillen chapter of FMIG has been nationally recognized for excellence by the AAFP as a Program of Excellence. Activities include noon-hour luncheon lectures, evening workshops (e.g., alternative/complementary medicine, splinting/casting, sports medicine), social events, and community engagement projects (see below for descriptions and contacts). Whether you want to pursue family medicine or not, FMIG offers opportunities to learn and serve that pertain to medical students of all interests.
- Website: <http://www.etsu.edu/com/familymed/>

- Facebook: <https://www.facebook.com/QCOMFMIG>
- Email: [qcomfmig@gmail.com](mailto:qcomfmig@gmail.com)
- Contact: Caleb Knisley, MS-2 at [knisleyc@etsu.edu](mailto:knisleyc@etsu.edu), Merkle Moore, MS-2 at [moorelm@etsu.edu](mailto:moorelm@etsu.edu), or Haley Porter, MS-2 at [porterh@etsu.edu](mailto:porterh@etsu.edu)

### **Global Health Interest Group**

- The Global Health Interest Group is dedicated to raising awareness about issues of global health and preparing Quillen students to work in medically underserved areas worldwide. Activities include lunch meetings with regional speakers who are involved in international medicine and public health, various service projects and opportunities to go to national conferences such as the Global Health and Innovation Conference at Yale University. No Dues
- Contact: Caitlin Nicholson, MS-2 at [nicholsonc1@etsu.edu](mailto:nicholsonc1@etsu.edu)

### **Hematology and Oncology Interest Group (HOIG)**

- Hematology/Oncology Interest Group functions to generate interest and provide exposure to Hematology/Oncology as well as provide learning opportunities for those interested in pursuing a career in this field. Throughout the semester, HOIG hosts lunch meetings to present a myriad of topics related to hematology/oncology. As HOIG progresses as a group, we hope to provide volunteering and service-learning opportunities for its members involving local hospitals and cancer centers to give back to the community.
- Contact: Taylor Harris, MS-2 at [harrism@etsu.edu](mailto:harrism@etsu.edu), Jaclyn Corso, MS-2 at [corsoj@etsu.edu](mailto:corsoj@etsu.edu), or Gina Botsko, MS-2 at [botsko@etsu.edu](mailto:botsko@etsu.edu)

### **Internal Medicine Interest Group (IMIG)**

- The Internal Medicine Interest Group is for anyone interested in learning more about internal medicine, both to provide information about IM career options as well as to expose students to physicians currently in the field who can provide a sense of what an internist does. Past meeting ideas have included how to get into residency, interpreting EKGs, the ABCs of ABGs, the “Gong Show” (a medical trivia game), ACLS basics, and the difference between IM and Family Medicine.
- Contact: Daniel Badoe, MS-2 at [Badoed@etsu.edu](mailto:Badoed@etsu.edu), Emma Zibas, MS-2 at [zibase@etsu.edu](mailto:zibase@etsu.edu), Lauren Hill, MS-2 at [hille4@etsu.edu](mailto:hille4@etsu.edu), or Megan Mastey, MS-2 at [mastey@etsu.edu](mailto:mastey@etsu.edu)

### **Medical Ethics Interest Group (MMIG)**

- The medical ethics student interest group is a student-led organization with the goal of facilitating discussion on current ethical issues. The past two years’ activities have included lunchtime forums on end-of-life issues, wrongful life lawsuits and the pharmaceutical industry. Speakers are drawn from both the faculty and community and have included pharmacists, lawyers, clinicians and former pharmaceutical reps.
- No Dues
- Currently Inactive

### **Medical Students for Choice (MSFC)**

- The Quillen chapter of Medical Students for Choice was started in the fall of 2013 as a

student-led interest group working to DE stigmatize abortion provision among medical students through education, awareness, and open discussion regarding issues of reproductive health. MSFC is dedicated to ensuring that women receive the full range of reproductive healthcare choices, including abortion, a part of standard medical education. MSFC hosts lunch and dinner meetings throughout the year to present a wide range of topics including, but not limited to, abortion provision, "Values Clarification Workshops," and "Meet the Doctor" events. Members also have the opportunity to attend MSFC's annual Conference on Family Planning. Membership to MSFC is open to all Quillen students, faculty, and staff, and we welcome members of all backgrounds and respectful opinions. No dues.

- Contact: Angela Hacksel-Newmark, MS-2 at [hackselnewma@etsu.edu](mailto:hackselnewma@etsu.edu), Rebekka Merrifield, MS-2 at [merrifield@etsu.edu](mailto:merrifield@etsu.edu), or Taylor Walker, MS-4 at [walkerat@etsu.edu](mailto:walkerat@etsu.edu)

### **Medical Students for Health Equity (MSHE)**

- MSHE's mission is to educate students about equal access to healthcare among all patient populations regardless of race, gender identity, socioeconomic status, faith, and/or sexual orientation. We host events surrounding issues in LGBTQ+ health, reproductive rights, harm reduction, homelessness, immigration, and others in order to produce a generation of providers who are committed to protecting the rights of all patients.
- Contact: Caitlin Nicholson, MS-2 at [nicholsoncel@etsu.edu](mailto:nicholsoncel@etsu.edu), Taylor Lapinski, MS-2 at [lapinski@etsu.edu](mailto:lapinski@etsu.edu), or Morgan Howard, MS-2 at [howardme@etsu.edu](mailto:howardme@etsu.edu)

### **Military Medicine Interest Group (MMIG)**

- The Military Medicine Interest Group is geared toward students who are participating in or interested in the Health Professions Scholarship Program (HPSP) that is offered by the Army, Navy, and Air Force. The MMIG aims to aid in networking with area physicians who have military experience, cultivate camaraderie as fellow officers, and educate its members about opportunities in the military. The MS-2s and MS-3s can offer help to anyone with questions about paperwork and logistics. We will also work closely with area medical recruiters from all branches to stay abreast of any changes or opportunities with the scholarship.
- Contact: Landin Sorenson MS-3 at [sorenson@etsu.edu](mailto:sorenson@etsu.edu) or Colin Rose, MS-2 at [rosecj@etsu.edu](mailto:rosecj@etsu.edu)

### **Neurological Sciences Interest Group (NSIG)**

- The Neurological Science Interest Group (NSIG) was formed in 2012 to meet the needs of students interested in specialties within the field of neuroscience including Psychiatry, Neurology, and Neurosurgery. This group also aims to enrich the neuroscience education of all medical students, regardless of specialty interest. NSIG is sponsored, in part, by both the Department of Biomedical Sciences and the Department of Psychiatry at Quillen. Because of the broad range of interests in this group, a variety of activities are offered including residency information for various specialties, physician lectures and workshops, and contacts for mentoring and research opportunities. For more information, find us on

Facebook at QCOM Neurological Sciences Interest Group  
(<https://www.facebook.com/groups/qcomnsig/>).

- Currently Inactive

### **Ob/Gyn Interest Group (OGIG)**

- The Obstetrics and Gynecology Interest Group strives to provide students with information about a potential career in OB/GYN. OGIG is open to all medical students regardless of their specific interests. We provide opportunities to learn about diversity in this specialty while dealing with current issues in the field. Focuses on issues in women's health such as pregnancy, fertility, eating disorders, STDs, etc. Activities include suture workshops, birth control presentations at local high schools, journal club with a faculty OBGYN, and lunch meeting presentations given by OB/GYN practicing physicians and residents. The interest group maintains a close relationship with the OB/GYN residents and faculty at JCMC.
- No Dues
- Contacts: Abbie Holt, MS-2 at [holtag@etsu.edu](mailto:holtag@etsu.edu) and Abbi Laszacs, MS-2 at [laszacs@etsu.edu](mailto:laszacs@etsu.edu)

### **Orthopedic Surgery Interest Group (OSIG)**

- The Orthopedic Surgery Interest Group serves to provide Quillen students with opportunities to learn about Orthopedic Surgery. Each year, we coordinate several activities that allow students to interact with orthopedic surgeons in the community. We also have meetings with fourth year students who plan to match (or have matched) in Orthopedic Surgery to provide counsel and advice to underclassmen. If you have any interest in exploring our pursuing a career in Orthopedic Surgery, come participate in our group.
- Contact: Ryan Serbin MS-2 at [serbin@etsu.edu](mailto:serbin@etsu.edu) or Jordan Newby MS-2 at [newbyj@etsu.edu](mailto:newbyj@etsu.edu)

### **Pediatrics Interest Group (PIG)**

- PIG functions to generate interest and prepare students for careers in pediatrics. Throughout the semester, PIG hosts lunch meetings to present a wide variety of topics related to pediatrics and evening workshops for students to learn physical exam techniques from pediatricians. PIG also provides volunteering and service-learning opportunities for its members, such as mentoring and tutoring for local school children and throwing a diabetic-friendly Halloween party.
- Contact: Anderson Estes, MS- 2 at [estesal@etsu.edu](mailto:estesal@etsu.edu) or Sarah Allen Ray MS-2 at [raysal@etsu.edu](mailto:raysal@etsu.edu),

### **Physicians for a National Health Program (PNHP and SNaHP)**

- The USA spends more of its GDP (17% versus the next highest, France's 11%) on healthcare, yet, with over 40 million uninsured citizens, it is the only major industrialized nation that does not guarantee health insurance as a right. A 2009 Harvard study concluded up 45,000 die each year from a lack of insurance and a separate study concluded over 2/3 of all personal bankruptcies were related to medical debts. Physicians for a National Health Program (PNHP) is a single issue

organization advocating a universal single-payer national health program that will, based on many peer-reviewed studies, significantly lower healthcare costs and increase insurance coverage. With more than 19,000 members in several chapters across the United States, the mission of PNHP is to educate physicians, other health professionals, and the general public on the need for a comprehensive, high-quality, publicly-funded health care program that is accessible and affordable for all residents of the United States. The Quillen branch of PNHP aims to mix activism and education by sponsoring debates, presentations from local physicians, movie screenings, lobby days, and more! No dues.

- Contact: Stefan Pienkowski MS-2 at [pienkowski@etsu.edu](mailto:pienkowski@etsu.edu), Ben Hopkins MS-2 at [hopkinsbw@etsu.edu](mailto:hopkinsbw@etsu.edu), Allee Maxwell, MS-2 at [maxwellac1@etsu.edu](mailto:maxwellac1@etsu.edu), or Morgan Howard, MS-2 at [howardme@etsu.edu](mailto:howardme@etsu.edu)

### **Psychiatry Student Interest Group (PSIG)**

- The Psychiatry Student Interest Group is for students who want to find out what psychiatry is all about. Past activities have included a lunch lecture on hypnosis and a movie night at an area psychiatrist's house.
- Combined with Neurological Sciences Interest Group (Currently Inactive)—please see above

### **Quillen High School Outreach Program (QHOP)**

- Appalachia through high school visits and events. We offer the unique perspective of having been in their shoes and can speak to the importance of cultural competence in medicine. By visiting high schools throughout the region and hosting an annual Health Careers Leadership Summit for 40 students, we encourage students to consider careers in healthcare. This organization has the support of ETSU President, Dr. Brian Noland, the Vice President for Health Affairs, Dr. Wilsie Bishop, and the Deans of each college represented by the Academic Health Sciences Center given its focus on the healthcare team. Given our perspective, we prefer that Planning Committee members (elected August) have graduated high school within a 50 mile radius of Johnson City, TN. However, we will not restrict membership based on this.
- Contact: Naveed Noordin, MS-2 at [noordin@etsu.edu](mailto:noordin@etsu.edu), Morghan Jameson, MS-2 at [jamesonm@etsu.edu](mailto:jamesonm@etsu.edu), Mayuri Jagadish MS-2 at [jagadishm@etsu.edu](mailto:jagadishm@etsu.edu), or Haley Scarbrough, MS-2 at [scarbroughha@etsu.edu](mailto:scarbroughha@etsu.edu)

### **Student National Medical Association (SNMA)**

- The mission and goal of SNMA is to promote and aid in the education of culturally competent doctors while also addressing the health disparities and needs of medically underserved communities. SNMA is not just an organization for minority students, but all students that wish to get to know the needs of different patient populations and want to positively impact these communities. The Quillen College of Medicine's SNMA chapter is part of a national organization that was first established in 1961 and whose headquarters is located in Washington, DC.
- Some of our most recent chapter events have included Crafts for Charity, a Valentine

Fundraiser for Haiti Relief, and participation in National AIDS Awareness Day to name a few. Also, SNMA has chartered an undergraduate organization known as MAPS. At regional and national conferences, ETSU College of Medicine is usually represented. Along with having an opportunity to listen to outstanding professionals in their fields at the conferences, you have an opportunity to network with other students and physicians on a regional and national level. Lastly, as quoted in SNMA's history, "community service is the heart and soul of the SNMA and eliminating disparities in health care delivery, disease morbidity, and disease mortality are among our highest priorities." If you are interested in making an immediate difference in your medical and local community, this organization is for you. For more information about SNMA's history, membership benefits, conferences, scholarships, and official policy statements, please visit [www.snma.org](http://www.snma.org).

- Dues: \$100
- Contact: Currently Inactive

### **Student Physicians Interested in Anesthesiology (SPINAL)**

- SPINAL is an organization for students who are interested in pursuing Anesthesiology as a career. This organization is open to all students, and it is not required that Anesthesiology be a top choice as a student's specialty interest. It is the goal of SPINAL to provide an extensive perspective of the field of Anesthesiology and how this field integrates into the realm of medicine.
- Contact: Ross Morgan, MS-3 at [morgantr@etsu.edu](mailto:morgantr@etsu.edu)

### **Student Women in Medicine (SWIM)**

- SWIM is open to all medical students, residents, and ETSU faculty—regardless of gender—who seek to learn more about women's issues in medicine, whether as healthcare providers or patients. Meetings are held at least twice per semester with various community outreach events interspersed throughout the year. Speakers include community physicians from various specialties and representatives from regional organizations. Recent programs include preparing Christmas baskets for Safe Passage Women's Shelter and Violence Sensitivity Training. A dinner is held every year for SWIM members and significant others with varying topics such as financial planning, balancing kids with a family, and legal protection.
- Contact: Abbie Holt, MS-2 at [holtag@etsu.edu](mailto:holtag@etsu.edu), Haley Porter, MS-2 at [porterh@etsu.edu](mailto:porterh@etsu.edu), Haley Scarbrough, MS-2 at [scarbroughha@etsu.edu](mailto:scarbroughha@etsu.edu), Judy Latta, MS-2 at [lattaj@etsu.edu](mailto:lattaj@etsu.edu)

### **Surgery Student Interest Group (SSIG)**

- The Surgery Student Interest Group is for all students, not only those who are interested in pursuing a surgical career. It is a good place to learn about the field of surgery and to meet some of the residents and attendings.
- The group meets at least every other month. Meetings generally consist of a meal followed by a workshop or a speaker and a discussion. Topics in the past have included: new trends in surgical training, the life of a surgical resident, orthopedic surgery and a breast cancer clinical case scenario. SSIG has also hosted various

- workshops, including a suture workshop and a trauma ultrasound workshop.
- Dues: Covered by the Department of Surgery
- Contact: Joey Miller, MS-2 at millerjw3@etsu.edu, Naveed Noordin, MS-2 at noordin@etsu.edu, or Morgan Howard, MS-2 at howardme@etsu.edu

#### **Wilderness Medicine Interest Group (WMIG)**

- The Wilderness Medicine Interest Group is for anyone who is interested in the outdoors and would like to be prepared in the event of an emergency. We are an active group with several members pursuing the Fellowship in Wilderness Medicine. We hold monthly meetings, but also host weekly lunch session taught by our own medical students in an area of interest. This past year ten members attended a conference at Wake Forest and had a lot of fun learning new techniques in wilderness medicine. We have several members attending the World Conference in Whistler, BC in July. Furthermore, we get together to camp, hike and just have fun and practice our WM skills. Currently we are active in a community project to help clean up Buffalo Mountain; we also have great opportunities for small scale research projects and are planning to attend a variety of exciting conferences this fall.
- Dues: \$10/semester (which helps fund community service projects and group activities); **Website:** <http://www.facebook.com/groups/227775453950010/>
- Contact: Danny Raley, MS-2 at raleyd@etsu.edu, Nancy-Claire Smith, MS-2 at smithnc1@etsu.edu, or Jae Maeng, MS-2 at maengj@etsu.edu

#### **Women's Health Student Interest Group (WHSIG)**

- The Women's Health Student Interest Group is a student-run group that focuses on current issues in women's health such as eating disorders, teenage pregnancy, stopping the spread of STD's and HIV among young people and breast cancer awareness. We also provide information to those who are interested in a career in women's health, including Ob/Gyn and other fields such as Family Medicine.
- Service-oriented events in which we participate throughout the school year include supporting the Young Mom's Program at JCMC (educating teenage mothers), raising money for the Susan G. Komen Breast Cancer Association and giving lectures on STDs and HIV at a local high school. We are not the "Ob/Gyn Student Interest Group." In fact, we have two faculty advisors and one is a family medicine doctor.
- Joining this group provides a great opportunity to become involved at the College of Medicine. We pride ourselves on not only organizing lectures at lunchtime, but also the community service activities that we do each year.
- Currently Inactive

#### **Ophthalmology Interest Group (OIG)**

- The Ophthalmology Interest Group was started in the Spring of 2015 to help provide Quillen students with information and networking within ophthalmology, as there is generally only scant information about the field in medical school. Meetings are held once every month to two months with the purpose of bringing in local ophthalmologists, residents, or future residents (current MS-4's) to speak about their subspecialty, starting a practice in ophthalmology, finding a residency, etc. Dr. Judaun Allison is our faculty

sponsor as of the fall of 2015.

- Contact: Josh Coleman MS-3 colemanjb@etsu.edu

### **Oncology Interest Group**

- The Oncology Interest Group is open to all medical students, residents, and ETSU faculty who are looking to learn more about the specialty of hematology/oncology. We recently formed this group and have had an adult hematologist oncologist speak to our group in addition to a retired pediatric oncologist. Our aim is to further inform students about the oncology specialty and to connect them with resources to determine if a career in oncology would be a good fit for them. We plan on meeting at least twice each semester. For the upcoming semester, we will hopefully have a Child Life Specialist come present and explain their critical role in a pediatric cancer patient's treatment.
- Not Currently Active

### **Minorities and Allies in Medicine**

- Minorities and Allies in Medicine is open to any and all medical students interested in learning more about the intersection of medicine with health care providers and patients from different backgrounds and orientations. Past topics of discussion include: "Medicine, Diversity and the Physiological Aspects of Racism," "The Street Medicine Movement," and "Physician Advocacy: Diversity and Interprofessionalism in Medicine." Other events include multi-cultural pot luck dinners, a privilege walk, and participation in Corazón Latino. We will aim to host 1-2 events per semester.
- One of our main events revolve around talking with undergraduate students at the ETSU campus and guiding them in regards to the medical school admissions process and other related aspects such as the MCAT exam. To this end, each semester we plan to host a medical student Q&A panel at the undergraduate campus and provide mentorship.
- Contact: Naveed Noordin, MS-2 at noordin@etsu.edu

## **X. Community Service Opportunities**

### **Tar Wars – A Youth Tobacco-free Education Program**

Teach kids in the local school district about the dangers of smoking by teaching them from a designed curriculum, showing them lungs from the anatomy lab, and encouraging them to participate in an anti-smoking poster campaign. To participate, contact Sarah Allen Ray at raysa1@etsu.edu, Megan Mastey at mastey@etsu.edu, or Natalie Ellis at ellisna@etsu.edu

### **Church Hill Free Medical Clinic**

The Church Hill Free Medical Clinic is a volunteer-run Family Medicine Clinic for underserved and uninsured families and individuals. Medical students may shadow the volunteer physicians. In some cases, there may be opportunities to assist with patient care, translating, and clinic operations. To participate, please contact Anderson Estes at estesal@etsu.edu or Febronia Dawoud at dawoudf@etsu.edu

### **Migrant Camp Clinics**

Rural Medical Services (RMS) has a long history of reaching underserved migrant farm workers in Northeast Tennessee with the mobile Migrant Camp Clinics. There are opportunities available for students to participate in screening, delivery of primary care and outreach programs. To participate, please contact Rebekka Merrifield at merrifield@etsu.edu, Sarah King at kinsa4@etsu.edu, or Abbi Laszacs at laszacs@etsu.edu

### **Remote Area Medical (RAM)**

RAM is an organization dedicated to providing free health, dental, veterinary, and eye care to low-income rural communities. RAM expeditions occur on weekends, mostly in Eastern Tennessee and Southwestern Virginia. For the interested medical student, there are a range of potential jobs through a partnership with the ETSU Rural Programs Coordinator. To participate, contact Carolyn Sliger at sliger@etsu.edu.

### **Meet the Doctor**

Groups of medical students to go to Carver Recreation Center to do one-hour presentations for children in an after-school program. The program teaches the children about what to expect when they go to the doctor, such as why the doctor needs to listen to your heart and breathing with a stethoscope, what blood pressure is, how to check their reflexes, etc. To participate, contact Morgan Howard at howardme@etsu.edu, Morghan Jameson at jamesonm@etsu.edu, or Kaitlyn Wise at wisekj@etsu.edu

### **Nutrition Program**

The nutrition program works with the children at Carver Recreation Center and focuses on teaching long-term healthy eating habits. Each 30-minute pre-designed lesson has its own theme that builds on the previous session. To participate, contact Caitlin Nicholson at nicholsonce1@etsu.edu or Megan Mastey at mastey@etsu.edu

### **Anatomy on Display**

Volunteer for to this great event, and you will get to show organs and models from the cadaver lab to the kids at the Carver Rec Center. To participate, contact Nancy-Claire Smith at smithnc1@etsu.edu, Danny Raley at raleyd@etsu.edu, or Logan Deyo at deyoj@etsu.edu

### **Community Garden**

The Community Garden provides organically grown, fresh produce to local food pantries as well as the Nutrition Program at Carver Rec. Volunteers are needed to help water and weed the garden in addition to picking ripe produce for delivery to our sponsored food pantries. To help with our garden, contact Nelly Grigorian at grigorian@etsu.edu

### **Ready, Set, Fit**

Come and help teach kids at Carver Recreation Center the value, importance, and enjoyment of physical activity. To participate, contact Febronia Dawoud at dawoudf@etsu.edu or Merkle Moore at moorelm@etsu.edu

## **XI. Class Budget**

- **General:** The treasury was founded with the primary intention of serving as an emergency class fund and to finance “class-related” events. The class voted and a \$50 per semester (per student) “dues” fee was established to set up the class treasury. This money is handled by the class treasurer and used for traditional QCOM events throughout the four years of medical school, as well as class-approved expenditures. Currently, the class of 2021 has elected to pay these dues for at least the first two years, when the majority of class expenditures are necessary, totaling to \$200 per student.
- Several of the expenditures include:
  - **Annual Ball:** A ball put on in collaboration between M1/M2 classes. Open to be attended by all 4 classes.
  - **Annual Quillen Classic Golf Tournament:** A new tradition established in 2011, the M1 class hosts a charity golf tournament held in the latter part of the spring semester. This event wasn’t held this past year.
  - **Class Cookouts/Parties:** Various out-of-school gatherings for students and their families, funded primarily by the class treasury.
  - **Senior Gala:** A party for the M4s to celebrate graduation, and partly paid for by the class.
- It is recommended to collect the dues in a one-time payment. However, if necessary, students may pay in semester installments.
- Each class spends a variable amount of money for each of these events. It is the duty of the class treasurer to ensure class funds are sufficient throughout your four years at Quillen.

## **XII:Summer Research**

- Should you do it? This is a personal decision you must make. For most people, the decision comes down to whether they want to spend their last real summer doing something “fun” (or at least non-medical), or whether they should do something to help their CV. If you are in this boat and are extremely interested in research, go for it. There are some tremendous opportunities here. If you do find yourself in this quandary, the following are some things you may want to consider: research is something that competitive residency programs, especially at academic centers, look for applicants to have. If you don't do it, you aren't preventing yourself from getting into those programs, but you may need to do some research while going through your clinical rotations or make up for it in some other way. With the summer research, the money is substantial, and the work usually is not too strenuous. However, on the other hand, people who do summer research do not receive a break from their studies and may not be as rejuvenated when the second year begins.
- What's Available?
  - You will start receiving emails about research opportunities at the beginning of your second semester about opportunities at other institutions
  - Typically, sometime in February, an email will be sent out about research opportunities around Quillen
    - Quillen Summer Research Fellowship
      - Quillen funded opportunity to perform research over the summer for 6-7 weeks
      - Wide ranging opportunities from bench to clinical research
      - Stipend provided
    - The Department of Family Medicine typically sponsors several research fellows.
      - Funding dependent
      - Stipend provided
    - Kingsport Anesthesiology Research Internship
      - Takes 1 student for the summer and will work under an anesthesiology group for 6 weeks
      - Stipend provided
- There will likely be a meeting at the beginning of the spring semester that will help you make a more informed decision about whether or not to do research.
- Whatever you decide to do, enjoy your summer!

### **XIII. Class Notes**

**General:** The class secretary has been delegated the task of having notes printed for the class. However you may choose to print your own.

#### **CopyMax:**

Instead of having to spend valuable time waiting to print off notes in boring old black-and-white (as well as hoping that all the equipment in the computer room is fully functional), the Library staff provides each class's notes **IN COLOR** for only a nominal fee. By using this service, you have all notes for each section of each class before that particular section begins! They are three-hole punched, back-to-back notes that are not bound, offering further flexibility for organization and addition of other materials. Money and orders are collected via the class secretary and treasurer. Take advantage of this service and save yourself a lot of time and frustration!

## XIV: Personal Finances

By now you have probably come to the realization that medical school student often equals broke. Don't worry though, you can make your limited budget work and not eat Ramen noodles every day. The Financial Services Office will provide you with an estimated budget workup that looks similar to the one below, which is from 2016-2017 school year. Numbers for your actual budget will be slightly different, and tuition will most likely--and unfortunately--be a little higher.

Note: A student's Educational Expense Budget is not a Family Budget, which would reflect life-style choices and expenses associated with family members. Tuition and fees are subject to change by the Tennessee State Board of Regents and additional budget items may be added. See the Office of Financial Services for updated information.

As you glance over the budget, one of the first things you may notice is that it is only representative of ten months. Unfortunately, you are only eligible to receive aid for the months actually spent in school. However, there are several ways to approach this predicament. For example, you can stretch your budget to 12 months, take a research opportunity with a stipend in the summer, take a part-time summer job, or various other opportunities. Any of these will work to supplement your budget.

**JAMES H. QUINN COLLEGE OF MEDICINE  
ANNUAL STUDENT BUDGET WORKSHEET**

		M-1 10 MONTHS 7/29/2016 thru 6/30/2017	M-2 10 MONTHS 8/01/2016 thru 6/30/2017
<b>A: TUITION AND FEES</b>			
COMMON EXPENSES		\$33,939	\$33,939
OUT OF STATE TUITION		\$33,000	\$33,000
PROGRAM SERVICE FEES		\$2,009	\$2,009
HEALTH INSURANCE		\$2,150	\$2,150
DISABILITY INSURANCE		\$48	\$48
<b>TOTAL TUITION &amp; FEES IN STATE</b>		<b>\$35,145</b>	<b>\$35,145</b>
<b>TOTAL TUITION &amp; FEES OUT OF STATE</b>		<b>\$67,267</b>	<b>\$67,267</b>
<b>B. INDIRECT COSTS</b>			
BOOKS AND SUPPLIES		\$1,360	\$860
EQUIPMENT RENTAL FEE		\$250	\$0
DIAGNOSTIC EQUIPMENT		\$700	\$0
LEGISLATION		\$0	\$600
TRANSPORTATION		\$3,229	\$3,229
MISCELLANEOUS		\$2,015	\$2,015
<b>TOTAL B</b>		<b>\$7,561</b>	<b>\$6,736</b>
<b>C: ROOM AND BOARD</b>			
RESIDENT		\$5,000	\$5,000
FOOD/HOUSEHOLD ITEMS		\$3,656	\$3,656
LONG DISTANCE PHONE		\$2,151	\$2,151
<b>TOTAL C</b>		<b>\$11,407</b>	<b>\$11,407</b>
<b>SUBTOTAL:</b>	<b>IN STATE</b>	<b>\$54,133</b>	<b>\$53,288</b>
	<b>OUT OF STATE</b>	<b>\$88,255</b>	<b>\$85,410</b>
<b>D: ESTIMATED FEDERAL LOAN FEES</b>			
<b>TOTAL FEDERAL LOAN FEES IN STATE</b>		<b>\$911</b>	<b>\$908</b>
<b>TOTAL FEDERAL LOAN FEES OUT OF STATE</b>		<b>\$2,318</b>	<b>\$2,290</b>
<b>TOTAL BASE BUDGET IN STATE</b>		<b>\$55,044</b>	<b>\$54,196</b>
<b>TOTAL BASE BUDGET OUT OF STATE</b>		<b>\$88,571</b>	<b>\$87,699</b>

\* Allowance includes gas, insurance, books, general maintenance. M2 Year includes funds for rotation to Greenville, TN.

\*\* Maximum student contribution for housing.

Additional budget items may be added. Contact Financial Services at 435-3033

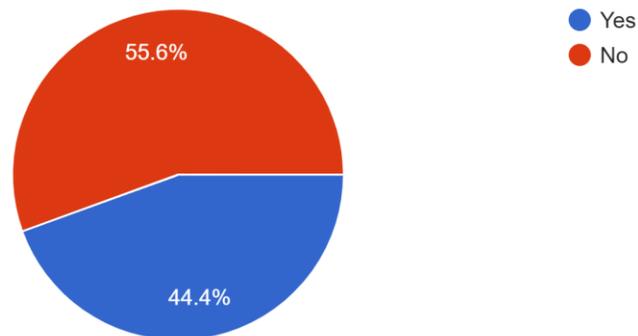
Tuition and fees are subject to change by State Board of Regents

8/2017

To help make your financial life a little easier, we surveyed the 2022 class to determine how most students were handling their budget. The following survey questions attempt to answer some of the common question that several of us had when trying to budget our money.

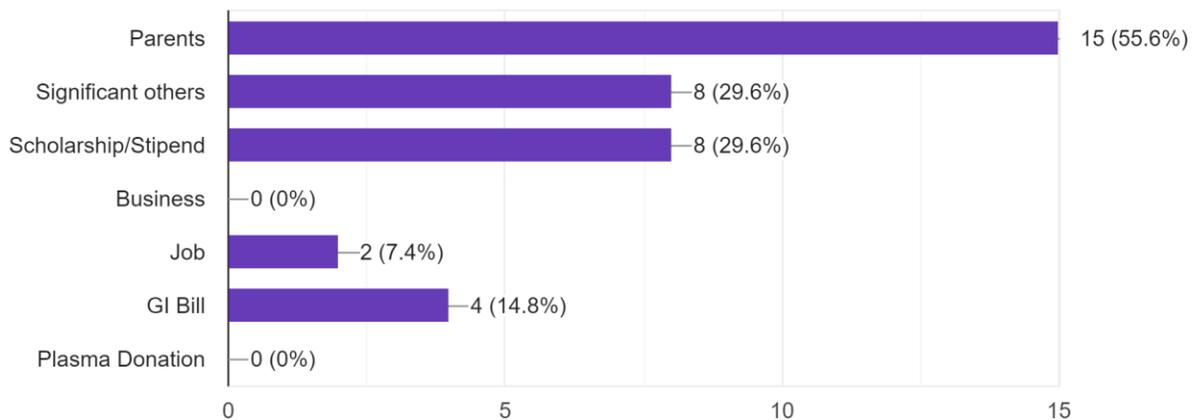
### Do you have another source of income?

63 responses



### If you answered yes to the previous question, what is the source(s) of income?

27 responses

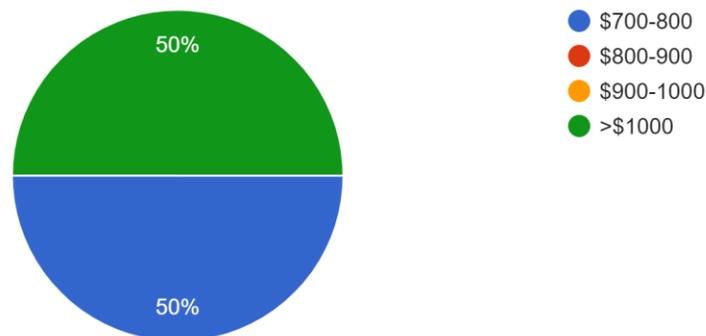


## Housing

Another decision that takes thought and preparation is deciding whether to rent or to buy. Buying a home can be a great investment, but you must be able to work it into your budget. You should consider that you will be living in Johnson City for at least four years and buying a house, if you can afford it, might be profitable in the end. See our housing section for suggest

### If you purchased a home, what was your monthly mortgage?

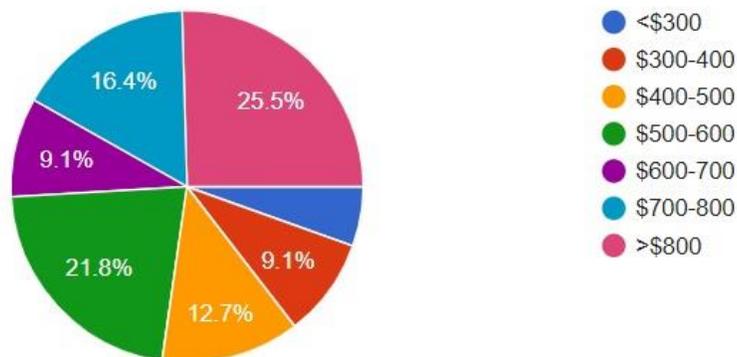
4 responses



About 87% of the class of 2022 decided that renting was the best option. The most common range for monthly rent fell into the \$500-\$700 category (next page). The school budget example only allots about \$500 per month for rent; however, the rent amount can certainly be increased by adjusting spending in other categories.

### If you rent, how much is your rent per month?

55 responses



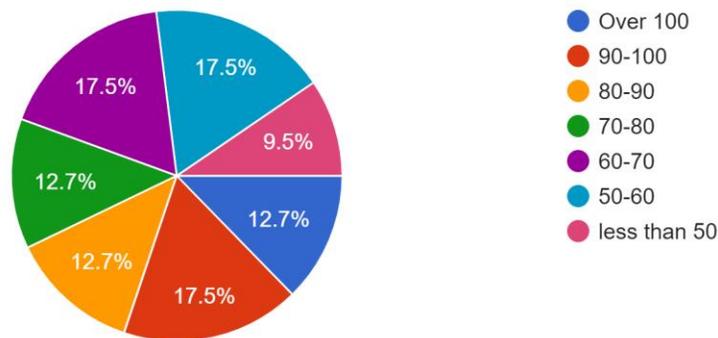
### Household Utilities and Phone/Cable:

The school budget allots about \$200 per month for household utilities and phone/cable. The average monthly electric bill costs covered a wide price range so it might be in your best interest to ask about these costs when looking at housing options. For almost half of the class, their monthly water is included in their monthly rent. Many apartments around the area are organized this way and also include trash pick-up.

Phone/cable is another issue entirely. Many members of the class chose not to have phone/cable. For the students who do have either phone or cable, they spend anywhere between \$30 to over \$110 per month on their cable/phone bills depending on the services they choose. One suggestion if you are not sure whether or not you want cable/phone service would be to order one of the 3-6 month (low-price) trials. If you decide to rent, many places have deals worked out with the local cable companies for introductory prices. Another alternative is to purchase an antenna and get local channels (CBS, ABC, NBC) for free.

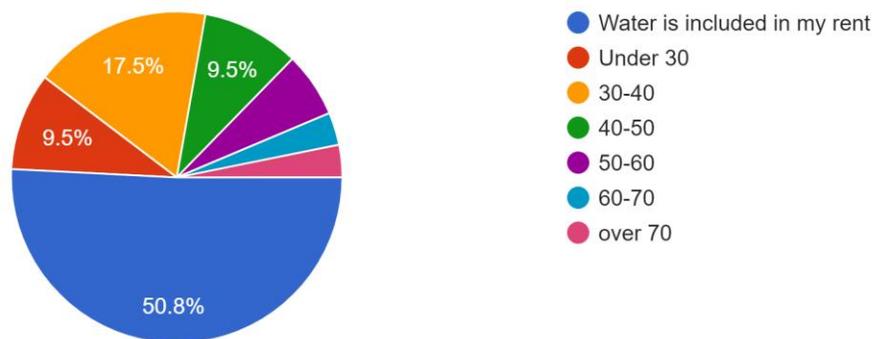
### What is your average electric bill?

63 responses



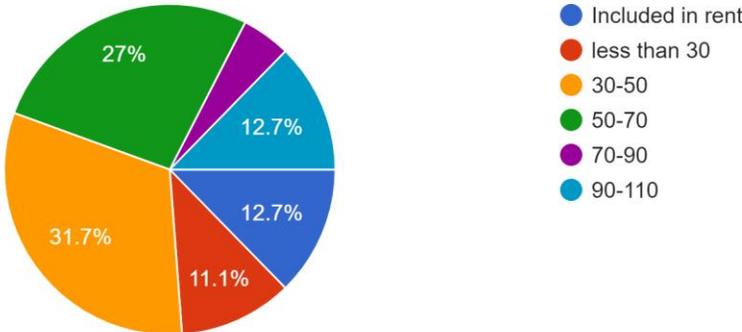
### On average how much is your monthly water bill?

63 responses



# How much do you spend on cable/internet?

63 responses

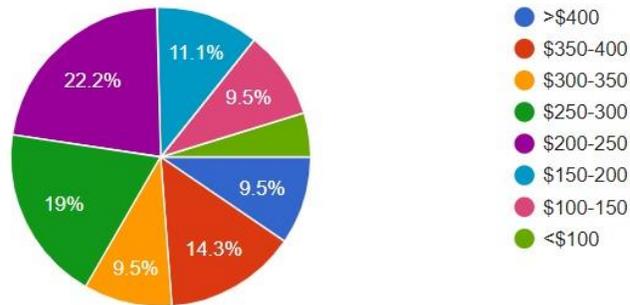


## Food

Next to housing, your food budget will be the largest area for spending. With a standardized budget around \$350 per month, this may seem like more than enough, but this also includes household items such as toiletries, detergents, etc. Most students spend less than the standardized amount, so this category may allow room for adding to other budget categories.

### What is your monthly grocery budget?

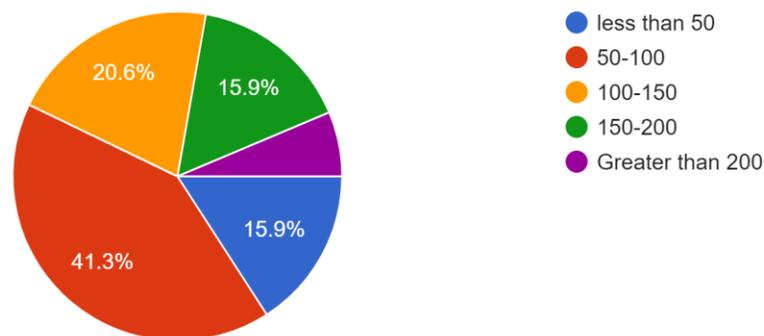
63 responses



Another big question you may have is whether or not you will be able to eat out. More than 70% of students spent over \$50 per month on eating out. Although cooking or bagged lunches may not seem ideal, it is a great way to help stretch your budget dollars further. Bringing your lunch can also save precious time. Many students use the extra time at lunch to catch a quick workout, to have some extra study time, or to just relax.

### How much do you spend on eating out each month?

63 responses

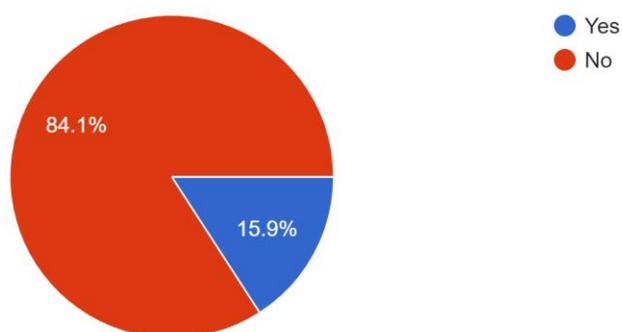


## Auto

Auto expenses can often be a huge chunk of a budget. As you many notice, the standard budget only allots for gas, insurance, etc. but does not include any type of car payment. Of the students answering, only about 21% were making monthly car payments. However, if you are currently making a car payment, the budget can still work. You may just have to reduce spending in other areas to make up the difference.

### Are you making monthly car payments?

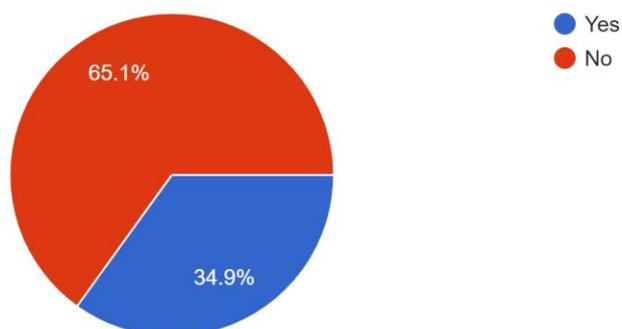
63 responses



As far as gas is concerned, most students responding to the survey indicate a monthly cost between \$50-\$75 on average. Of course, this amount will vary greatly depending on your distance from school, trips home, carpooling, etc. Car insurance will not change much; however, if you change your county of residence to Washington County, you may experience a change in rate. (This may be something to look into if you are paying for your own car insurance.)

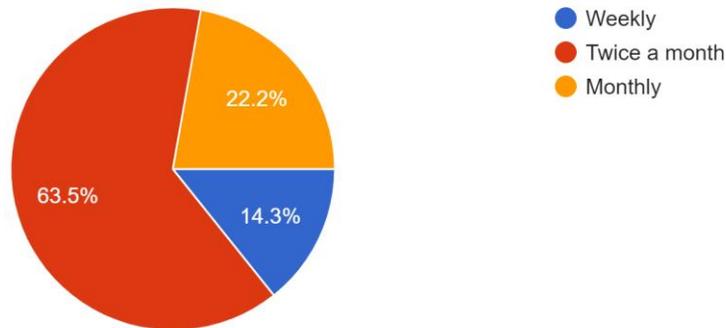
### Do you make car insurance payments?

63 responses



## How often do you fill up on gas?

63 responses



## **XV. Health Insurance**

You are required to maintain health insurance as a medical student. Quillen, however, does not offer a plan for its students.

The majority of the 2017, 2018, and 2019 classes are covered by either private insurance or remained on their parent's insurance plan. Students pay an average of \$50-\$100 per month for health insurance coverage, but some pay over \$200 per month. Health insurance coverage can be one area where you can save quite a bit of your budget depending on your deductible, etc.

FYI: Quillen students and their spouses/dependents can visit ETSU's health clinic for no charge and also receive professional courtesy at the ETSU clinics. However, these services do not include labs, materials used, or medications.

### **Health Insurance -101**

All health insurance plans essentially fit into two main categories:

- Limited Benefit Plans (LBP)
- Major Medical Plans (MMP)

The use of the term "Major Medical" is incorrectly used by many plans that are not truly what they seem. Most LBP's will only "pay a set amount" or limit, for a particular service, procedure, or category of care. Once that "maximum amount" is paid, then you are on your own.

MMP's also have limits, but those are set usually at \$1,000,000 per year and with a lifetime max of \$5,000,000. Most LBP's have limits in the \$100,000 to \$250,000 lifetime maximum range. This is a very important difference to make note of when comparing plans.

If you are young and healthy and never go to the doctor, then a LBP may be sufficient. However, if you are diagnosed with a serious, possibly terminal illness or have a catastrophic accident, you can max out a LBP's benefits in less than a month, in a worst-case scenario. An LBP is not an individually-owned policy. You are a member under the certificate of the "master policy" similar to an association-type policy. This type of policy is usually cheaper

than an MMP, because it doesn't provide comprehensive coverage (hence the title "Limited Benefit Plan"). Most individually-owned MMP's will have \$5,000,000, and some as high as \$7,500,000 lifetime max.

Another comparison between plans is based on what "network" of providers and facilities are contracted by the insurance company. This can have major implications, depending on where you are located. Most of the LBP's, which are typically attempting to cover people in many geographic areas, contract with national networks that are almost never as comprehensive as regional carriers such as BC/BS.

All plans are going to have similar coverage as well as exclusions. Some plans use copays and others apply everything toward the deductible without copays. Once a deductible is satisfied, then costs are shared between you and the plan benefits, based on the co-insurance percentage splits (such as you paying 20%, and the plan paying 80%). This split of co-insurance continues until you either reach your max out of pocket, or the plan limit, depending on the plan.

Another type of benefit plan is the "Indemnity Plan", sometimes referred to as "Supplemental Plans". These plans are usually as the name implies - designed to supplement other plans. These plans pay you/reimburse you - a preset amount for various particular injury or illnesses, such as cancer or heart attacks. Colonial and Aflac are the two best-known companies for these types of plans. They are usually sold through places of employment and are payroll deducted.

There is not space in this entire booklet to cover all of the details about health insurance. Your choices are almost endless depending on what fits your personal needs and what you are willing to spend toward the coverage. If it sounds too good to be true, it probably is. Be sure you ask the right questions and deal with a reputable agent or agency that won't steer you in the wrong direction. When I'm sick, I seek out a doctor and not a mechanic. Likewise, when you need medical insurance, talk to a licensed agent and not some order taker, whether in person or over the phone.

## **Health Insurance Options:**

(Note: Premiums and coverage may have changed since this was written. This is only a guide, and you should research all options more before making a decision.)

### **HEALTH INSURANCE - First and Foremost:**

Understand that the health fee paid as part of a school's tuition is **not** health insurance!

Services not covered by the health fee include:

- Referrals
- Diagnostic testing
- Prescriptions
- Hospital Services

Therefore, the school mandates that its students have health insurance.

## Health Insurance: Options

If you need assistance in obtaining coverage you may contact

Pat Mayers-Hall with  **FORTEGRA**  
Experience More

**Licensed Life, Health, and Medical Supplement Agent**

1915 NW Amberglen Parkway, Suite 300

Beaverton, OR 97006

Phone: (800) 259-0455 ext. 204

FAX: (503) 924-5934

Email: [PatM@Fortegra.com](mailto:PatM@Fortegra.com)

OR

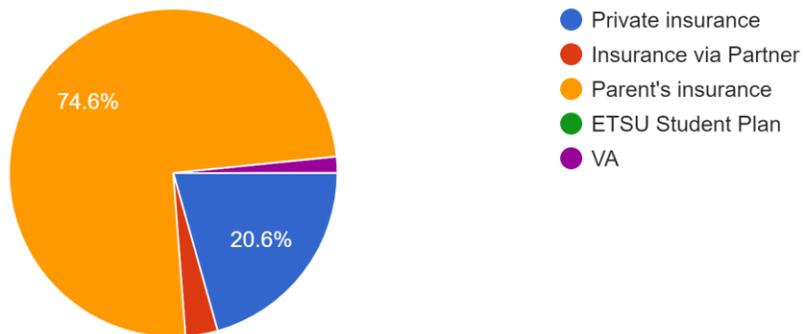
<http://www.bcbst.com/>

OR

<https://www.healthcare.gov>

## What type of health insurance do you have?

63 responses

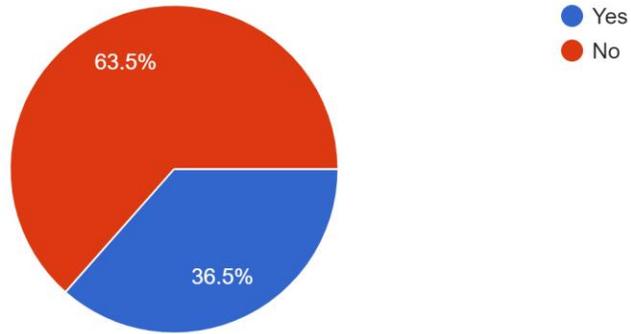


To apply for TennCare, visit <http://www.tn.gov/tenncare/topic/how-to-apply>

## Other Information

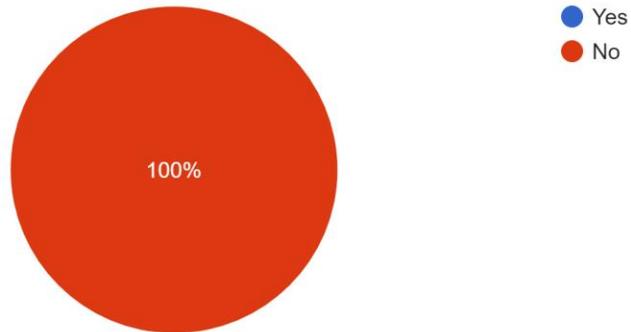
### Do you have pets at home?

63 responses



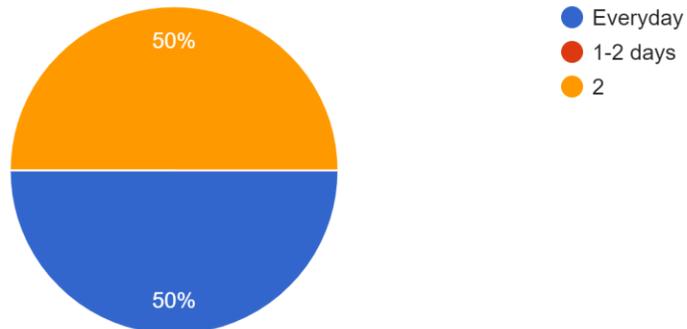
### Do you take your pets to a daycare?

63 responses



### How often weekly do you take your pets to daycare?

2 responses



## **XVI: Community Information**

Moving to a new town can be stressful, so provided is some information about housing, things to do and places to eat in Johnson City and the surrounding areas.

### **Housing:**

During a survey of QCOM students we found that most rented apartments. The average cost of an apartment complex is around \$550. Here are a few with their addresses and contacts.

#### **Brandy Mill Apartments**

1315 Indian Ridge Rd.  
Refrigerator, stove, washer/dryer hookup, central heat and air, carpet  
[www.brandymillapt.com](http://www.brandymillapt.com)  
(423) 246- 7999

#### **Buccaneer Ridge Apartments (ETSU)**

Efficiency, 1 or 2 Bedrooms  
ETSU Residence Life (423) 439- 4446

#### **Buccaneer Court LTD Apartments**

1703 Buccaneer Dr.  
Refrigerator, garbage disposal, stove, washer/dryer hookup, laundry room on site, central heat and air, carpet, tile, pool  
(423) 926- 6582

#### **Homestead Properties**

1604 Cherokee Road  
Johnson City, TN 37604  
[www.homesteadpropertiestn.com](http://www.homesteadpropertiestn.com)  
(866) 378- 9580

#### **Miller Crest**

1000 Sauvignon Court  
Refrigerator, dishwasher, garbage disposal, stove, washer/dryer hookup, central heat and air, carpet, vinyl  
<http://www.brooksidemgmt.com/miller-crest>  
(888)887- 3306 and (877) 875- 6824

#### **Pecan Court Townhomes**

1500 Seminole Dr.  
Refrigerator, dishwasher, garbage disposal, stove, washer/dryer hookup, central heat and air, carpet, vinyl  
Homestead Properties: (423) 926- 6582

#### **Pleasant View**

2003 Pleasant View Dr., Johnson City  
Refrigerator, dishwasher, garbage disposal, stove, washer/dryer hookup, central heat and air,  
<http://pleasantviewstates.net/>  
(423) 926- 4412

#### **Fox Glen Apartments**

1406 Skyline Drive

Refrigerator, stove, laundry facilities, pool, fitness center

<http://www.foxglentownhouses.com/>  
(423) 434- 9100

#### **Ravenwood**

2914 South Greenwood Dr  
Refrigerator, stove, laundry on site, central heat and air, carpet, vinyl, pool,  
Chuck Rich, Office on-site  
<http://www.johnsoncityapartments.com/html/ravenwood.html>  
(423) 926- 2100

#### **Reserve at Johnson City**

1048 W Oakland Ave  
(423) 328-3229

#### **Retreat at Indian Ridge**

2020 Indian Ridge Road  
Luxury Apartments, Tile and Berber flooring, Covered Deck, Hardwood Cabinets Wellness Center Membership included  
Phillips Properties: (423) 773- 4414

#### **Summer Chase**

1811 West Lakeview Dr.  
Refrigerator, dishwasher, stove, washer/dryer, laundry room on site, central heat and air, carpet, vinyl, fireplace, fitness room, pool, playground  
<http://summerchase-apartments.com/SummerChaseTN/Index.aspx>  
(423) 928- 2202

#### **Sterling Hills**

1 Milligan Lane  
Refrigerator, dishwasher, stove, washer/dryer, central heat and air, carpet, vinyl, fireplace, fitness room, pool, community room, playground  
<http://www.sterlinghills-apartments.com/SterlingHillsTN/Index.aspx>  
(423) 929- 7292

#### **Swadley Park Apartments**

606 Swadley Road, Johnson city, TN  
Refrigerator, washer/dryer, microwave, stove, central heat and air, carpet and tile  
Phillips Properties: (423) 773-4414

**The Haven at Knob Creek**  
1185 W Mountain View Road  
Johnson City  
Pool, Fire pit, Grilling area, Beach Volleyball  
(423)-434-0011  
<http://www.thehavenapartments.com/knobcreek/>

**Willow Creek Apartments**  
1616 Seminole Drive  
Refrigerator, dishwasher, garbage disposal, stove,  
washer/dryer hookup, central heat and air, carpet,  
vinyl, fitness room  
Homestead Properties: (423) 926-6582

Some who rent condos do from Dominion Condos, 1747 Skyline Drive, Johnson City, TN 37604; however, a student from the class of 2019 had a less than pleasant experience he. Some use craigslist.com to find a unit, and some just drive around looking for “rent” signs. General rent is around \$700.

Students who own their own house have an average mortgage of \$600 a month, with many living on Highland Avenue. Others may live in the “Tree streets” area, so nicknamed because of its street names (Magnolia, Pine, Maple, etc.).

### **Dining:**

This list of restaurants is not all-inclusive, but provides you with some good places to eat or hang out during lunch or after hours or for a change of scenery. Most restaurants, activities, close banks, post offices, etc., which can be found on the gridded map have their grid locations denoted next to their listing in parentheses. **You can use the map at the end of this section in order to find *relative* locations for most listings.** There are many other places in Johnson City that are not mentioned here, including all the usual chains (Applebee’s, Olive Garden, Red Lobster, Hooters, Texas Roadhouse, and so on) that are simply easy to find on your own. This list should get you started.

- \$ - more expensive style dining
- 🇲🇽 - Mexican
- 📶 - Free Internet
- 🍽️ - Lunch spot close to Med Campus
- 🍷 - Good hang out Bar
- 📖 - Study Spot
- 🕒 - Serve food late

**Acoustic Coffeehouse** 🍽️ 📶 🍷 🕒  
Relaxing food and drink **Free Internet**,  
live music, open mic style  
Serves food till 2am  
415 W. Walnut St  
(423) 434-9872

**Alta Cucina**  
1200 N. Roan St, Johnson City, TN  
(423) 928-2092

**Amigos Mexican Restaurant** 🍽️ 🇲🇽  
1705 W. Market St,  
(423) 975-0252

**Barberitos Southwest Grill & Cantina** 🇲🇽  
3135 Peoples St (in the Kmart area)  
(423) 282-2500

**Bistro 105**  
105 E. Main St.

**Buffalo Wild Wings**

2035 Hamilton Place Drive  
Johnson City, TN 37604  
(423) 434-0492

**Café One 11 – Sushi and Japanese** ¥ \$ (L20)

A favorite  
111 Broyles Dr. (across from Target)  
(423) 283-4633

**Café Lola – Wine Bar** ¥ \$ (L15)

1805 N. Roan St. (by the movie theater)  
(423) 928- 5652

**Capone's** ¥

Good live music. 227 E. Main St (downtown)  
(423) 928-2295

**Carrabba's Italian Grill**

175 Marketplace Dr., Johnson City, TN  
(423) 232-2858

**Casbah**

807 W. Walnut St (this road is by Kroger)  
(423) 928-0808

**Cootie Brown's**

Specialty pizzas and awesome 'PoBoys',  
Reasonable pricing  
2715 N. Roan St (past I-26 on L)  
(423) 283-4723

**Crazy Tomato**

Good pizza and calzones  
203 Princeton Rd  
(423) 283-0211

**Dixie Barbecue Company**

3301 N. Roan St  
(423) 283-7447

**Edo's Sushi & Grill**

1805 N. Roan St.  
(423) 262-8550

**El Charolais** 🍷 🍴

1805 W. State of Franklin  
(423) 928-0929

**The Farmer's Daughter**

Home Cooking Hot spot - you might wait an  
hour for a table  
7700 Erwin Hwy. (Chuckey, TN)  
(423) 257-4650

**Freiberg's**

203 E. Main St.  
(423) 928- 4106

**Firehouse Restaurant**

627 W. Walnut St.  
(423) 929-7377

**Gino's**

405 Roy Martin Rd, Johnson City, TN  
(423) 926-1112

**Giuseppe's** (good local Italian)

2539 E. Stone Dr, Kingsport, TN  
(423) 288-5265

**Gourmet and Company - \$**

214 E. Mountcastle Dr.  
(423) 929-9007

**Harbor House Seafood**

2510 N Roan St  
(423) 282-5122

**Jack's City Grill**

1805 N Roan St  
Johnson City, TN 37601  
(423) 928-5225

**Jason's Deli**

1091 Hamilton Pl  
Johnson City, TN 37604  
(423) 467-3354

**Jersey Mike's** 🍷

Good lunch sandwich spot in the Kroger compound  
1805 West State of Franklin, Suite 100  
(423) 929-1221

**Johnny Brusco's New York Style Pizza**

2111 N Roan St  
Johnson City, TN 37601  
(423) 477-4992

**Longhorn Steakhouse**

2280 N Roan St  
Johnson City, TN 37601  
(423) 232-6021

**Magic Wok Chinese restaurant**

701 S. Roan St  
(423) 929-9550

**McAlister's Deli**

2111 N Roan St  
Johnson City, TN 37601  
(423) 631-0606

**Mellow Mushroom**

2929 N Roan St  
Johnson City, TN 37601  
(423) 928-6356

**Mid City Grill** ☺☺

Serves food till 5am every night  
106 S. Commerce St  
(423) 794- 2042

**Misaki Seafood & Steakhouse of Japan**

3104-C Bristol Hwy  
(423) 282-5451

**Monsoon West**

Hwy 67 Butler, TN  
(423) 768-3327

**Moto Japanese Restaurant**

2607 N. Roan St.  
(423) 282- 6686

**Oasis Coffee House** + ☺ (The Mall)

2011 N. Roan St.  
(423) 218- 0137

**Olive Garden**

1903 N. Roan St  
Johnson City, TN 37601  
(423) 929-0137

**One 12 Downtown** ☺

Nicer sports bar, after-hours bar  
112 Tipton St.  
(423) 631- 0505

**Panera Bread** + ☺

3140 Peoples St  
(423) 952-2253

**Peerless** - upscale dinning \$

2531 N. Roan St  
(423) 282-2351

**Poor Richard's** ☺☺

Undergrad hang out bar, karaoke and drinks,  
fried everything  
825 W. Walnut St  
(423) 926-8611

**Red Pig Bar-B-Q**

2201 Ferguson Rd  
(423) 282-6585

**Red Chili** (Korean food)

Elizabethton, TN (11:00 a.m.- 4 p.m. only)  
(423) 542-8800

**Ridgewood Barbecue**

900 Elizabethton Hwy  
(423) 538-7543

**Main Street Pizza Company** ☺☺☺

300 E Main St (downtown)  
Open until at least 3:00 a.m., every night ☺  
(423) 631-0180

**Salt 'N Pepper**

300 2 E Oakland Ave.  
(423) 283- 7685

**Scratch Pizza**

100 E. Unaka Ave  
Johnson City, TN 37601  
(423) 262-8021

**Smokey Bones Barbecue & Grill**

1905 N Roan St  
(423) 979-1706

**Starbucks** + ☺

2008 N. Roan St  
(423) 283-0818

**Taste Budz**

Open Tuesday - Friday  
11:00 a.m. until 5:00 p.m.  
300 S. Roan St.  
(423) 926- 9304

**Thai AM**

Hampton, TN  
(423) 725-3424

**Tipton Street Pub** - ☺

116 Tipton St. (Downtown Square)  
(423) 434- 0306

**Tomy Thai**

1736 W State of Franklin Rd  
Johnson City, TN 37604  
(423) 928-0070

**Valentino's**

1501 King College Rd, Bristol, TN  
(423) 968-7655

1101 Volunteer Pkwy

Bristol, TN 37620  
(423) 444-6394

**Wellingtons at the Carnegie Hotel** \$

(fine dining contemporary cuisine)  
1216 W. State of Franklin Rd  
(423) 979-6401

**Which Wich**

1069 Hamilton Pl  
Johnson City, TN 37604  
(423) 929-9424

**Wok & Hibachi** - Chinese, Japanese, Thai, and  
sushi (S8)  
101 E. Unaka Ave  
(423) 928-9696

**Yamato Japanese Steak House**  
509 N. State of Franklin Rd  
(423) 232-8868

## **Activities:**

**The Mall at Johnson City**  
2011 N. Roan St. 423-282-  
5312

*Overview: EXPRESS, Belk, American Eagle, Aeropostale, Hollister, Gap, Sears, JCPenney, Limited Too, Abercrombie & Fitch, Forever 21, Victoria's Secret, Vanity, Bath & Body Works, Dick's Sporting Goods, Aerie, Charming Charlie, Sephora in JCPenny & more.*

### **Target Center**

2116 N. Roan St.  
Johnson City, TN

*Overview: Retail shops including Target Stores, Pier 1 Imports, Books-a-Million, T.J. Maxx, and other specialty shops.*

### **Johnson City Crossings**

3211 Peoples St.  
Johnson City, TN

*Features Home Depot, Stein Mart., Michaels, , PetSmart, Old Navy, Ross Clothing, Bed Bath & Beyond, Amigo's Mexican Restaurant, & more.*

### **Peerless Shopping Center**

2531 N. Roan St.  
Jos. A Banks, Coldwater Creek, Gracious Designs, Talbots, Bear N Friends Toy Shoppe & more.

### **Shops at Roan**

2111 N. Roan Street  
Bowman Jewelers, CVS & more.

## **Theaters & Entertainment:**

### **Carmike 14 Theaters**

1805 N. Roan St.  
(423) 929-7151

### **Johnson City Community Theatre**

600 E Maple St  
(423) 928- 2526

### **The Barter Theatre (Abingdon, VA)**

127 W. Main St.  
Abingdon, VA

### **Shops at Franklin (C25-26)**

3101 Browns Mill Road  
Johnson City, TN 37604-4100

### **Mountcastle Shopping Center**

412 East Mountcastle Dr.  
Johnson City, TN

*Overview: Inspiring mix of specialty shops and restaurants including Youngdale Antiques & Interiors, William King Clothiers, CK Rags & Company, Gourmet & Company, Broyles Florist, The Frame Gallery, Gregory Isbell Company & more.*

### **Mahoney's Outfitters**

[www.mahoneysports.com](http://www.mahoneysports.com)

830 Sunset Dr.  
(423) 282-5413

### **Franklin Terrace**

3030 Franklin Terrace Dr

*Overview: Ornare Aveda Salon, Barnes & Noble, Chico's, Soundroom, Cheddars Restaurant, Chili's, Chico's, etc.*

### **Slings Shoe Store**

306 Sunset Dr.  
423-282-1481

*Overview: BCBGirls, Cole Haan, Royal Elastic, Kenneth Cole, Lacoste, etc*

### **Sparrow's Nest**

1902 Knob Creek Road  
Gifts that comfort & delight.

### **Real to Reel**

130 W. Springbrook Dr.  
(423)-282-2131

### **International Storytelling Center (Jonesborough, TN)**

<http://www.storytellingcenter.net/center/center.htm>  
116 W. Main St

### **Jonesborough Repertory Theatre**

125 1/2 W. Main St.  
(423) 791- 4440

**Blue Moon Dinner Theatre**

215 E. Main St.  
(423) 232- 1350

**Proud Annie Mystery Theatre**

920 Old Boones Creek Rd.  
(423) 753- 3753

**Fun Fest (Kingsport, TN)**

(423) 392- 8810

**Music:****The Down Home**

<http://www.downhome.com>

Address: 300 W. Main St.

Phone: (423) 929- 9822

*Types of Music: Bluegrass, acoustic, old-time, singer/songwriter*

**The Paramount Center**

<http://www.theparamountcenter.com>

Address: 518 State St., Bristol, TN

Phone: 274-8920

**The Carter Family Museum/ Carter Fold (Hiltons, VA)**

<http://www.fmp.com/orthey/carter.html>

Address: A. P. Carter Highway

Phone: (276) 386-6054

*Types of Music: Bluegrass, old-time*

**Johnson City Symphony**

<http://jcsymphony.com/>

(423) 926-8742

**Symphony of the Mountains (Kingsport, TN)**

<http://www.symphonyofthemountains.org/>

(423) 392-8423

**Museum:****B. Carroll Reece Museum**

ETSU

(423) 439- 4392

**Rocky Mount Living History Museum (Piney Flats, TN)**

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

(423) 538- 7396

**Hands On! Regional Museum**

[www.handsonmuseum.org/](http://www.handsonmuseum.org/)

315 E. Main St.

Johnson City, TN

(423) 434- 4263

**Tipton-Haynes State Historic Site**

2620 S. Roan St.

(423) 926-3631

[www.tipton-haynes.org](http://www.tipton-haynes.org)

**General Shale Brick Natural History Museum and Visitor Center at the Gray Fossil Site**

1212 Suncrest Dr.

(866) 202- 6223

[www.grayfossilmuseum.com](http://www.grayfossilmuseum.com)

## **Festival:**

**Music On The Square (Jonesborough, TN)**  
<http://www.musiconthesquare.com/>  
(423) 753- 1010

**Blue Plum Festival (Johnson City, TN)**  
<http://www.blueplum.org/>  
(423) 737- 5818

**Bristol Rhythm and Roots**  
<http://www.bristolrhythm.com/>

**National Storytelling Festival (Jonesborough, TN)**  
<http://www.storytellingcenter.com/festival/festival.htm>  
(800) 952- 8392

**Corazon Latino Spanish Festival (Johnson City, TN)**  
<http://www.etsu.edu/cas/lcrc/events/corazon.aspx>  
<http://www.facebook.com/CorzaonLatinoJC>

**Sycamore Shoals Indian Festival (Elizabethton, TN)**  
(423) 543- 5808

**Iris Festival (Greeneville, TN)**  
(423) 638- 4111

**Trade Days Festival (Trade, TN)**  
(423) 543- 5800

## **Exercise & Fitness/Yoga:**

**Center for Physical Activity (CPA)**  
ETSU  
(423) 439- 7980

**The Wellness Center**  
200 Med Tech Pkwy  
(423) 431- 6668

**Johnson City Health & Fitness**  
2517 Knob Creek Rd.  
(423) 282- 2375

**Umoja Unity Festival (Johnson City, TN)**  
[www.umojajc.org](http://www.umojajc.org)  
(423) 426- 2851

**Virginia Highlands Festival (Abingdon, VA)**  
(276) 623- 5266

**Fall Folks Arts Festival (Kingsport, TN)**  
(423) 288- 6071

**Erwin/Unicoi County Apple Festival**  
(423) 743- 3000

**Farmhouse Gallery and Garden Fiddlers and Fiddleheads Festival (Unicoi, TN)**  
(423) 743- 8799

**QuiltFest (Jonesborough, TN)**  
(423) 753- 6644

**Rhododendron Festival (Roan Mountain, TN)**  
(800) 250- 8620

**Simple Abundance Yoga Studio**  
[welcome@simpleabundanceyoga.com](mailto:welcome@simpleabundanceyoga.com)  
306 Sunset Dr. Suite 102  
(423) 677- 2234

**The Yoga Tree**  
101 W. Unaka Ave., Suite 7  
(423) 929- 9642

## **Hiking/ Recreation Areas:**

Roan Mountain [Roan Mountain State Park](#)

Approximately 2,006 acres of forest located at the base of 6,285 foot Roan Mountain. Park elevation ranges from 3,000 feet in the valley to around 3,700 feet on surrounding ridges. The Appalachian Trail and the Rhododendron Gardens can be accessed at Carver's Gap, an 8 mile drive from the park.

Blue Ridge Parkway <http://www.blueridgeparkway.org/>

Great Smoky Mountain National Park <http://www.nps.gov/grsm/>

Bays Mountain Park and Planetarium <http://www.baysmountain.com/>

Grandfather Mountain <http://www.grandfather.com/>

Cherokee National Forest <http://www.fs.fed.us/r8/cherokee/>

Warriors Path State Park <http://tennessee.gov/environment/parks/WarriorsPath/>

Hot Springs, NC <http://www.hotspingsnc.org>

Rock Creek Park [www.flagpond.com/recreation/rock-creek/](http://www.flagpond.com/recreation/rock-creek/)

Roan Mountain State Park [www.tnstateparks.com](http://www.tnstateparks.com)

Winged Deer Park [www.johnsoncitytn.org](http://www.johnsoncitytn.org)

Suggested Hikes <http://www.tehcc.org/FavoriteHikes.htm>

Quillen is within easy driving distance to many hikes on the Appalachian Trail and Blue Ridge Parkway. The following is a list of hikes recommended:  
Beauty Spot, Laurel Fork Gorge, Watauga Lake, Grassy Ridge, Roan High Knob, Vandeventer Shelter, Hump Mountain, Roan Highlands, Little Stoney Creek.

### **Mountain Biking:**

Virginia Creeper Trail <http://www.vacreepertrail.org/>

### **Rafting and Kayaking:**

Nolichucky River

Class III –IV

French Broad

Class II-III

Doe River/ Watauga

Advanced Kayaking

Linville Gorge

Advanced Kayaking and good hiking

Big South Fork

Boone

Leisurely float river

New River Gorge <http://www.nps.gov/neri/>

### **Fishing:**

Watauga River

South Holston River

Boone Lake

Nolichucky River

Wilbur Lake

Check Fishing conditions at the TVA website: <https://www.tva.gov/Search-Results?vnextkeyword=fishing%20conditions>

### **Skiing:**

Sugar Mountain <http://www.skisugar.com>

Appalachian Ski Mountain <http://www.appskimtn.com/>

Cataloochee Ski Area <http://www.cataloochee.com/>

Hawksnest Golf and Ski Resort <http://www.hawksnest-resort.com/>

Ski Beech Mountain <http://www.skibeech.com/default.php>

Ski Wolf Laurel <http://www.skiwolfridgenc.com/>

### **Golf:**

<http://www.golflink.com/golf-courses/city.asp?dest=Johnson+City+TN>

Buffalo Valley Golf Course

90 Country Club Dr

Unicoi, TN

(423)743-5021

Public, 18 hole, 6624 yds, Par 71

Johnson City Country Club

1901 E. Unaka Ave., Johnson City, TN

(423)928-5161

Private, 18 hole, 6402 yds, Par 72

Pine Oaks Golf Course

1709 Buffalo Rd, Johnson City

(423)926-5451

Public, 18 hole, 6224 yds, Par 71

Blackthorn Club

1501 Ridges Club Dr., Jonesborough, TN

(423)913-3100

Private, 18 hole, 7147 yds, Par 72

## **Banks in the area:**

### **First Tennessee: Main Office**

This bank has a branch virtually in every part of East TN:

1500 W. State of Franklin Rd., Johnson City, TN (K1)

1919 N. Roan St., Johnson City, TN  
(423) 461-4021

3230 Peoples St., Johnson City, TN  
(423) 854- 9977

2112 N. Roan St., Johnson City, TN  
(423) 461- 1200 or (423) 461- 1716

### **Bank of America**

2105 N. Roan St., Johnson City, TN  
(423) 461-8115

1616 W. Market St., Johnson City, TN  
(423) 794- 2122

### **Bank of Tennessee**

112 Mountcastle Dr.  
Johnson City, TN  
(423) 282-9500

Med Tech Office  
100 Med Tech Pkwy.  
Johnson City, TN  
(423) 282- 9500

University Branch Office  
1328 W. State of Franklin Rd.  
Johnson City, TN  
(423) 282-9500

Jonesborough Office  
501 E. Jackson Blvd.  
Jonesborough, TN  
(423) 282-9500

### **State of Franklin Bank**

1000 W. Oakland Ave.  
Johnson City, TN  
(423) 854-2180

612 W. Walnut St., Johnson City, TN  
(423) 461-4550

1907 N. Roan St., Johnson City, TN  
(423) 926- 3300

### **SunTrust Bank**

1806 W. Market St., Johnson City, TN  
(423) 434-4277 (G5)

207 Mockingbird Ln., Johnson City, TN

(423) 461-1090

### **Regions Bank**

208 Sunset Dr., Johnson City, TN  
(423) 282-7601

1212 E. Watauga Ave., Johnson City, TN  
(423) 282-7657

1408 W. State of Franklin Rd., Johnson City, TN  
(423) 282- 7657

### **Peoples Community Bank**

300 Sunset Dr., Johnson City, TN  
(423) 915-2200

202 E. Main St., Johnson City, TN  
(423) 975-5606

### **BB&T**

104 University Pkwy., Johnson City, TN  
(423) 926-5866

### **Greater Eastern Credit Union**

2110 W. Mountcastle Dr., Johnson City, TN  
(423) 283-4300

105 Mountain Home Dr., Johnson City, TN  
(423) 283- 6853

### **Consumer Credit Union**

516 W. Oakland Ave., Johnson City, TN  
(423) 434- 2211

### **Eastman Credit Union**

421 N. State of Franklin Rd., Johnson City, TN  
(423) 232- 2060

### **Johnson City Federal Credit Union**

716 W. Market St., Johnson City, TN  
(423) 282- 0671

### **The Tennessee Credit Union**

310 Sunset Dr., Johnson City, TN  
(423) 915- 0222

D.P. Culp University Center  
ETSU Campus Bookstore  
(423) 439- 4423

### **Elizabethton Federal Savings Bank**

1190 W. State of Franklin Rd., Johnson City, TN  
(423) 433-6250

304 Sunset Dr., Johnson City, TN  
(423) 952- 2560

**Citizen Banks**

3028 Peoples St., Johnson City, TN  
(423) 952- 2560

1181 W. State of Franklin Rd., Johnson City, TN  
(423) 952- 2265

**Capital One**

503 N. State of Franklin Rd., Johnson City, TN

(423) 975- 5900

4309 N. Roan St., Johnson City, TN  
(423) 928- 4900

2710 S. Roan St., Johnson City, TN  
(423) 434- 8700

## Other useful places

### Veterinarians

**Young's Animal Hospital**

1802 W. Market St.  
Johnson City, TN  
(423) 926-3878

**Veterinary Medical Center**

205 Princeton Rd.  
Johnson City, TN  
(423) 283- 4546

**Robinson Animal Hospital**

119 Foy Fitch Ln.  
Johnson City, TN  
(423) 477-0810

**Cherokee Hospital for Animals**

708 Cherokee Rd.  
Johnson City, TN  
(423) 928- 7272

### Beauty Salons

**Hair Plus**

2011 N. Roan St.  
Johnson City, TN  
(423) 282-4742

**Beauty Unlimited #4232**

2011 N. Roan St.  
Johnson City, TN  
(423) 282-0369

**Jelly Beans Salon & Wig Boutique**

109 Broyles Dr.  
Johnson City, TN  
(423) 929-2321

**Cost Cutters Family Hair Salon**

1805 W. State of Franklin Rd.  
Johnson City, TN  
(423) 232-1895

**Sista's Act Styling Studio**

207 Elm St.  
Johnson City, TN  
(423) 928- 8559

**Soul for Real**

117 Spring St.  
Johnson City, TN  
(423) 928- 0328

### Barbers

**Cherokee Barber Shop**

2700 S. Roan St.  
Johnson City, TN  
(423) 928- 6201

**Craig's Crown Cutz**

111 Spring St.  
Johnson City, TN  
(423) 434- 2158

**Earl's Barber Shop**

805 Sunset Dr.  
Johnson City, TN  
(423) 282- 5113

**Palace Barbershop**

106 E. Main St.  
Johnson City, TN  
(423) 928- 4114

**Jerry's Barber & Style Shop**

2021 E. Unaka Ave.  
Johnson City, TN  
(423) 926- 3562

## **Dry Cleaners**

### **Quick Cleaners & Laundry Inc.**

2694 Boones Creek Rd.  
Johnson City, TN  
(423) 952-2288

### **Quick and Grady's Dry Cleaners**

425 W. Walnut St.  
Johnson City, TN  
(423) 928- 9201

### **Johnson City Cleaners**

3119 Bristol Hwy.  
Johnson City, TN  
(423) 282- 1281

## **Electricity and Water Services**

### **Johnson City Power Board**

146 Gibson Rd., Johnson City, TN  
(Follow I-26 to Boones Creek)  
(423) 282-5272

### **Johnson City Water/Utilities**

601 E. Main Street, Johnson City, TN  
(423) 434-6000

## **Libraries**

### **Johnson City Public Library**

100 W. Millard Street, Johnson City, TN  
(423) 434-4450

### **Sherrod Library**

East Tennessee State University  
P. O. Box 70665, Johnson City, TN  
(423) 439- 4307

James H. Quillen College of Medicine  
Department of Learning Resources

### **Medical Library**

P. O. Box 70693, Johnson City, TN  
(423) 439- 2402

## **Grocers - Retail**

### **Wal-Mart Super Center**

2915 W. Market St., Johnson City, TN  
(423) 434- 2250  
3111 Browns Mill Rd., Johnson City, TN  
(423) 282- 5376

### **Kroger**

1805 W. State of Franklin Rd., Johnson City, TN  
(423) 929-1408  
112 Sunset Dr., Johnson City, TN  
(423) 282- 5656

### **Earth Fare**

1735 W. State of Franklin Rd., Johnson City, TN  
(423) 232- 1011

## **Home Improvement Centers**

### **Home Depot**

3207 Peoples St., Johnson City, TN  
(423) 915-1111

## **Post Offices**

### **Carroll Reece Post Office**

1100 N. State of Franklin Rd., Johnson City, TN  
(423) 283- 4966

### **Johnson City Post Office**

530 E. Main St., Johnson City, TN  
(800) 275- 8777

East Tennessee State University

### **Postal Services**

P. O. Box 70267, Johnson City, TN  
(423) 439- 6894

### **Mountain Home Post Office**

69 Dogwood Ave., Mountain Home, TN  
(423) 926- 4808

### **Kmart Super Center**

3019 Peoples St., Johnson City, TN  
(423) 854-0990

### **Ingles Markets No. 372**

(423) 952- 0815  
4470 N. Roan St., Johnson City, TN

### **Food City**

509 W. State of Franklin  
(423) 928-2661

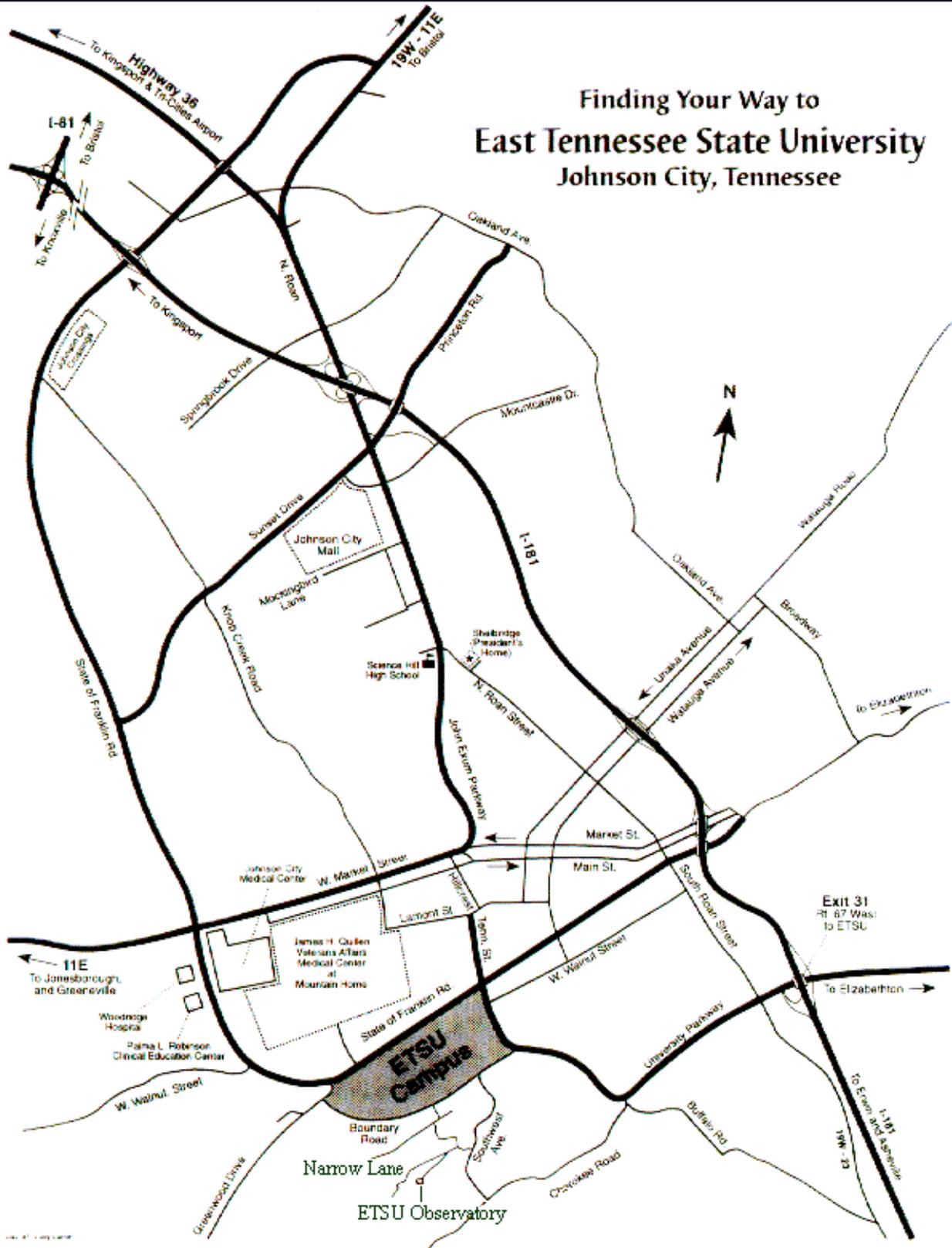
### **The Fresh Market**

421 N. State of Franklin Rd., Johnson City, TN  
(423) 232- 1555

### **Lowe's**

180 Marketplace Blvd., Johnson City, TN  
(423) 283-4477

# Finding Your Way to East Tennessee State University Johnson City, Tennessee





# EAST TENNESSEE STATE UNIVERSITY

## QUILLEN COLLEGE OF MEDICINE

# Class of 2022



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Daniel Badoe



Shivan Berwari



Prince Boakye



Gina Bolako



Jeanette Cagle



Coleman Churitch



Autumn Conger



Jaclyn Corso



Cody Cox



Mallory Croley



Jay Davis



Febronía Dawoud



Logan Deyo



Joe DiFrancesco



Natalie Ellis



Anderson Estes



Leah Fassinger



Bethany Faust



Aaron Floch



Greyton Gawaluck



Nely Grigorian



Heather Grubbs



Angela Hackel-Newmark



Taylor Harris



Fred Hicks



Lauren Hill



Abigail Holt



Ben Hopkins



Morgan Howard



Britton Huskey



Mayuri Jagadish



Morghán Jameson



Jon Jones



Michelle Kelley



Sarah King



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Caleb Knisley



Taylor Lapinski



Abbi Laszacs



Judy Latta



Jae Maeng



Megan Mastey



Allee Maxwell



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Naveed Noordin



Wee Pectol



Stefan Pienkowski



Haley Porter



Alex Proctor



Danny Raley



Sarah Allen Ray



Alora Ricker



Colin Roe



Connor Ryan



Haley Scarbrough



Mora Sedhom



Ryan Serbin



Rex Siu



Nancy Claire Smith



Nick Solt



Lucas Stiles



Ben Welch



Callie Whitfield



Jade Willey



Cody Winstead



Kaitlyn Wise



Austin Yoders



Emma Zibas



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# Class of 2021



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Daniel Badoe



Kelly Banales



Brooke Baxter



Rebecca Beasley



Prince Boakye



Krista Bonney



Sam Brashears



Josh Coleman



Will Davies



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Aaron Deyo



Daniel Duk



Charlie Edwards



Beth Farabee



Lindsey Franklyn



Christian Gash



Karlee Gibbon



Adam Gordon



Justin Grimes



Kristen Hancock



Kamyi Harvey



Kristen Holst



Rebecca Howard



Alex Hwang



Mason Kalada



Christina Kihm



Tyler King



Fred Lam



Autumn LaRocque



Rexel Laureano



Libby Ligon



Chase Lindsay



Connie Liu



Emily Logue



Erin Lutz



Michael Mahiau



Nick McIntire



Ann Ashford McLemore



Collette McWilliams



Mark Mitchell



Ashish Nathani



Cid Oculiam



Lawrence Parawan



Vijai Parikh



Katie Patterson



Whitney Pittman



Jared Reed



Jared Rhinehardt



Rebecca Roberts



Brad Roepke



Vidiya Sathanathan



Trey Schumpert



Xian Shen



Rocklin Shumaker



Landin Sorenson



Victoria Stabile



Natalie Street



Leslie Stroud



Daniel Sulter



David Taylor



Emmitt Turner



Brian Visconi



Kayla Watson



Isaac Weintraub



Chris Welch



Tyler Wenger



Wyatt Whicker



Grace Wholley



Hannah Wolters



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# Class of 2020



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Hayden Alford



Erica Andres



Daniel Austin



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Julia Basaraba



Jeff Blackwell



Peter Blosser



Nathan Bolton



Eric Bookout



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Madison Harmon



Kendra Henderson



Matthew Holt



Steven Irmeger



Adam James



Ashlee Jones



James Jordan



Kelsey King-Hook



Gloria Kwak



Derek Lance



Jesse Lawson



Micah Lawson



Lauren Littlefield



Bill Majors



Daniel Mathis



Amanda May



Ben McKinney



Caroline Mercer



Brandon Miller



Anna Moravec



Jessica Murray



Chase Mussard



Rebecca Neighbor



Anders Oster



Ankit Patel



Chance Phelps



Justin Pinkston



Vian Pulous



Ben Reeves



Hannah Richardson



Ansley Ricker



Chelsea Ryan



Wade Seagrave



Nikita Shokur



Tander Simberloff



Kyndall Smith



Sierra Sorter



Laura Stamber



Chris Steadman



Grace Tipps



Wyatt Whicker



Molly Wiggins



Stephanie Willer



Paige Winter



Austin Witt



Andrew Yates



Jacob Zalewski

