



Western  
University  
OF HEALTH SCIENCES

College of  
Podiatric Medicine

**DPM 2025**

# Survival Guide



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

## Welcome Class of 2025!

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

Your first year is not easy and you will need to spend countless hours studying and putting in hard work; remember that you were chosen to be here for a reason and each accomplishment will prove the hard work worthwhile. Through the difficulties, you will be reminded of why you chose this profession and the great impact you will make in the lives of your patients and the medical community. When it starts to get tough, reread your personal statement and remember what pushed you to be here.

Everyone has their own way of maneuvering through their first year; however, take what you can from the experiences of your second-year friends, faculty members, and of course, this guide. We wish you the best of luck and welcome you to the Western University of Health Sciences College of Podiatric Medicine community. You are going to do great, and we are so happy to have you here!

Sincerely,

Student Ambassadors  
DPM Class of 2024

# PODIATRIC MEDICINE

## FIRST YEAR CURRICULUM

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

### *Year 1*

Year 1, Fall Semester		
Course	Title	Credit Hours
IPE 5000	Patient Centered Cases I	1.00
PM 5000	Introduction to the Study of Medicine	5.00
PM 5005	Integrated Skills for the Study of Medicine 1	3.00
PM 5090	Podiatric Medicine Principles and Practice 1	4.00
PM 5100	Foundations of Medicine 1	7.00
PM 5200	Foundations of Medicine 2	9.00
(O)PM 5002	Intensive Summer Anatomy Course	
Semester Total:		29.00
Year 1, Spring Semester		
Course	Title	Credit Hours
IPE 5100	Patient Centered Cases II	1.00
PM 5105	Integrated Skills for the Study of Medicine 2	2.00
PM 5190	Podiatric Medicine Principles and Practice 2	3.50
PM 5300	Foundations of Medicine 3	12.00
PM 5400	Foundations of Medicine 4	11.00
Semester Total:		29.50
Year 1 Total:		58.50

# Courses

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

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

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

The **Podiatric Medical Principles and Practices I (PMP1)** is the first of a four-course series presented over a two-year period. This class will provide you with basic podiatric medicine principles. You will have an opportunity to learn through hands-on workshops as well as in the classroom setting. As you progress through the PMP courses, you will achieve a level of professionalism expected of a physician, while you prepare yourself for clinical practice. You will have opportunities to exhibit the skills that a podiatric physician and surgeon needs – by engaging in complex critical thinking, using higher cognitive level reasoning and developing command over basic knowledge of anatomy, radiology and biomechanical clinical processes. This course includes the following topics: Anatomy, biomechanics and radiology. PMP2 gets into pathologies.

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

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

# GENERAL ADVICE: WHAT WE LEARNED IN YOUR SHOES

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

## Study Skills and Strategies:

- Attending class is a personal preference. Some people study better just using the recorded lectures. Be aware though that sometimes the recording technology can be down, and you may miss the material (or the professor continues to lecture after the recording has already stopped).
- If you are an auditory learner, you may choose to watch and re-watch the recordings, take notes in the PowerPoints, write and summarize your own notes, and study most of the day, but take time at the end of the day to relax and unwind.
- Attend the first lecture of a professor you have never seen before. This way, you can get a feel for their teaching style and see if they are worth attending/ watching for you.
- Watching the recordings has the benefit of being able to speed up the video and study from home. On those days that you can't make it to school because of traffic, car trouble, or illness, this really comes in handy.
- With that being said about how beneficial Mediasite is, some students still benefit from attending class on a daily basis. With this method, it keeps you up to date on what is being taught in class even if you haven't had the chance to thoroughly go through the material. Based on what we know, class of 2023 was split 50/50 between those that went to class and those that used Mediasite. On the other hand, our class was strictly online due to Covid 19 limitations for the didactic lectures so some of this knowledge is what we are passing down to you from the class of 2023.
- Most questions come from the PowerPoints, so they are the primary and most important source to study. Additional materials and resources are sometimes provided as supplemental information to better help you understand a concept.
- Try your best to go over the material at least 3 times before an exam - preview, watch, and review.
- Go to Home Depot and buy dry erase boards! \$20 and you will have half your wall converted into one sweet dry erase board-and use it every day! Every night summarize what you learned that day on your wall, then every morning spend 15-20 minutes reviewing it. When test time rolls around, you'll have everything you need to know right in front of you.
- Have a schedule and stick to it. For example, set aside time for school related activities every day from 8 to 5 for going over the lectures of the day or review previous day's lectures. Then spend some time relaxing with friends and family and eating dinner and get back to studying until bedtime.
- Stay focused and limit distractions. This way, if you use your time efficiently during the week, you can have your weekends free to hang out with friends, prepare food for the week, preview the lectures for Monday, and do something to relax as well. This will help you be more prepared for the upcoming week.
- Try to condense the material to what you think is most high yield on exams. Remember, there are typically 2-3 questions per lecture hour, so pay attention to what the professor spends the most time on during lecture. You will get to know certain professors and will develop a 6th sense about picking out testable material. A lot of times you will get to know a professor and recognize how they hint at questions and how they generally test. This allows more efficient use of your time when studying.



- Understand that although memorizing things might be easy, it quickly becomes overwhelming with the amount of material presented. Understand the main concepts and what the professor is trying to get at before you decide to memorize everything. Eventually you will find out that all you need to do is understand that main concept and memorize a few of the smaller details associated with it. It is very efficient to study in groups where you can teach each other concepts once you have had a chance to go through the material. It is a great way to fully understand the material by teaching it or learning it well from a fellow classmate!

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

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



### **Advice for Thriving in Your First Year:**

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



# ADVICE FROM THE FACULTY

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



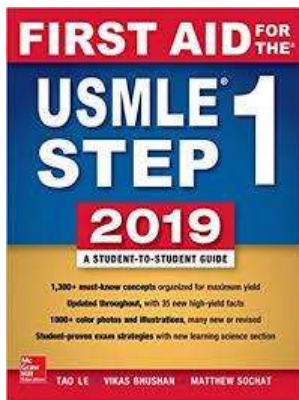


# ACADEMIC RESOURCES

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

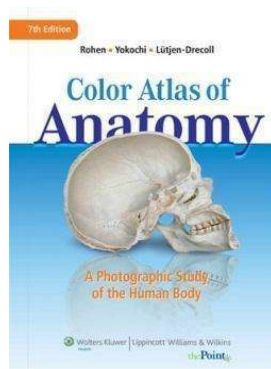
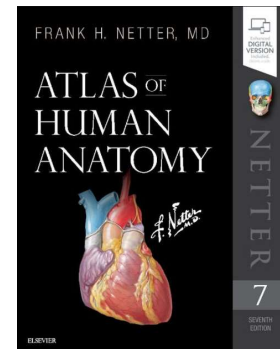
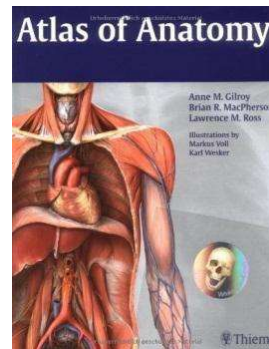
## Textbooks

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



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

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



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





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

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



## Helpful Websites



The **WesternU Library** has access both in person and online to hundreds of the medical journals and most of the online databases. You will receive training in all of these resources- take advantage of these! It is the key to evidence-based medicine so learn it early and use it often!

Web Address: [www.westernu.edu/library](http://www.westernu.edu/library)



**Anki** is free flashcard program for all computers and on droids (it costs money for the iPhone app). There is a Facebook page where you divide up the lectures and can share decks. This is a great way to see what other people think will be tested on and so you don't have to make as many cards. There is basic notecard format, fill in the blank, image inclusion and more.

Web Address: [www.ankiweb.net](http://www.ankiweb.net)



**Osmosis** is a great tool to make practice questions from class PowerPoints. This site allows you to share questions with classmates to save time on studying and more testing yourself on what you know. This site also links the direct slide to the question to see the answer directly from the professor's PowerPoint.

Web Address: [www.osmosis.org](http://www.osmosis.org)



The **University of Michigan Medical School** has **online lab practicals** that you can take to practice when you can't be in the lab yourself (there is nothing that can make up for lab time though! Make sure to spend some extra time in there and look at bodies other than yours as well!)

Web Address: <http://www.med.umich.edu/lrc/coursepages/ml/anatomy2010/html/index.html>

**Sketchy**



**SketchyMedical (AKA Sketchymicro)** is really helpful with memorizing key features you need to know about the bugs and viruses. This is a helpful resource for your 2nd year for boards prep, but feel free to use it early on.

Web Address: [www.sketchy.com](http://www.sketchy.com)



**Ninja Nerd Lectures** is a YouTube channel offering free videos with step-by-step explanation on various difficult topics with visuals.

Web Address:

[https://www.youtube.com/channel/UC6QYFutt9cluQ3uSM963\\_KQ](https://www.youtube.com/channel/UC6QYFutt9cluQ3uSM963_KQ)

### **Professional Resources/Websites**

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

# LEAD OFFICE

## The **Learning Enhancement and Academic Development (LEAD)**

office is a resource available to students that provides supportive education as well as career and wellness services to foster and promote the university's humanistic values and tradition. Students can contact LEAD

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



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

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

(909) 469-5325

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

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

If you need a note taker or exam accommodations, you will need to contact the Harris Family Center for Disabilities and Health Policy (CDHP). This building is located on the Southwest corner of Elm and 2nd St. Contact Sandra Lawler (909) 469-5492 or [slawer@westernu.edu](mailto:slawer@westernu.edu) for more information

## COUNSELING SERVICES

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

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

Additionally, you can visit with WesternU's **on-site counselor Anna Couch, MA, MFT** for face-to-face sessions about whatever problems you might be experiencing. Email: [acouch@westernu.edu](mailto:acouch@westernu.edu)

### **For on site in person meetings: Office Location and Hours**

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

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

There is also the option of **Soultenders** which take WesternU students as well. The group has several locations throughout Southern California and is available on weekends. Their services are free for WesternU students. Visit: <https://www.soultenders.com/> or call (626) 701 – 4249

The **Sanvello Wellness app** is also available at no charge and instructions for download can be found at <https://www.westernu.edu/media/students/sanvello-flyer.pdf>.

# GETTING INVOLVED

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

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

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

- President – Joy Mergen
- Vice President – Harshvir Grewal
- Treasurer – Kielson Le
- Secretary – Aysha Ahmad
- Curriculum Representative – Harsh Varshney
- APMSA Delegate – Jashpreet Sanghera
- APMSA Delegate – Denies Peraza-Martinez
- Recreation Leader – Chaitanya Adiga
- Library/Tech Representative – Rachel Rosenfield
- Alumni Representative – Harsh Bhavsar

## ***Podiatry Focused Clubs***

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

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



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

Officer positions include:

- President– Gordon Yee
- Vice President – Jonathan Ghermezi
- Treasurer – Kielson Le
- Secretary – Anthony McColgan

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



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

- President – Mereat Askander
- Vice President – Kasra Majzoob
- Treasurer – Matthew Viramontes
- Secretary – Alexis Llaneras

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



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

- President – Chaitanya Adiga
- Vice President – Harsh Bhavsar
- Treasurer – Harsh Varshney
- Secretary – Matt Tran

### American Academy of Podiatric Sports Medicine (AAPSM)



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

- President – Rafael Moradian
- Vice President – Destiny Tellez
- Treasurer – Jacob Abjelina
- Secretary – Chanelle Mariano

### American Association for Women Podiatrists (AAWP)



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

- President – Savannah Santiago
- Vice President – Hadia Bharoocha
- Secretary – Angel Lin
- Treasurer – Harsh Grewal



## Podiatric Research Club



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

- President – Harsh Varshney
- Vice President – Angel Lin
- Treasurer – Jonathan Ghermezi
- Secretary – Anthony McColgan

## American Academy of Podiatric Practice Management



AAPPM is here to provide students with knowledge and skills to allow a successful career after school. There are many aspects of care that providers need to learn post education that directly affects the level of care towards patients and profitability of the provider that should be learned before going in to practice such as: understanding medical billing, navigating through insurance providers and the ideas of "medical necessity". AAPPM is here to provide you with this information so that we can all be successful providers in the future. Officer positions include:

- President – Douglas Weng
- Vice President – Kasra Majzoob
- Treasurer – Elaine Chu
- Secretary – Denise Peraza-Martinez



## SALT AMBASSADORS

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

### Class of 2024 SALT Ambassadors:

Claudia Barajas  
Savannah Santiago  
Jacob "Koby" Abjelina  
Chanelle Mariano  
Harshvir Grewal

Mereat Askander  
Douglas Weng  
Airam Caldera  
Vivian Chan



# WHERE TO STUDY ON CAMPUS

## Health Education Center (HEC)

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

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

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

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



## Health Professions Center (HPC)

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

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

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

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



## Pumerantz Library

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

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

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



## The Daumier

**Pros:** Fast internet and multiple rooms on each floor

**Cons:** Only can be reserved by residents.



## Off-Campus Locations

### **Honnold Mudd Library**

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

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

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

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

### **Local Coffee Shops**

#### **Sanctuary Coffee**

863 Foothill Blvd,  
Claremont, CA 91711

#### **Mi Cafecito Coffee**

*Excellent coffee and it is at a walking distance from campus.*

101 S Main St,  
Pomona, CA 91766

#### **Canabru Coffee**

*Fun atmosphere to study with great coffee!*

14521 Ramona Ave.  
Chino, CA 91710

#### **Starbucks**

12150 Central Ave.  
Chino, CA 91710

#### **Iron and Kin Coffee co**

*Close to campus, great coffee and pleasant atmosphere*

536 W. 1<sup>st</sup> St.  
Claremont, CA 91711

#### **Cactus Coffee**

*8 minutes from campus, great coffee with outdoor and indoor seating.*

2232 D St #102  
La Verne, CA 91750

# COURSE BY COURSE:

## SUBJECT SPECIFIC ADVICE

### Words of wisdom from upperclassman

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

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

- PMP I & II are the equivalent of those fun elective classes we took in undergrad where we learned a ton. Of course, because these are the classes that prepare us for our careers, they will be slightly intense, but they will also be your breath of fresh air between all the drowning of FOM blocks (just kidding but not really). My advice for these blocks is:
- KNOW YOUR ANATOMY! Lower extremity anatomy will ALWAYS come up with every exam, every block, every lecture; it will always be pertinent. If you know your anatomy, these lectures will be manageable and fun.
- PMP I is taught by Dr. Sadra and she is an amazing professor! She will gladly host review sessions for any student who requests it... so request it.
- Make sure to stay on top of your lectures because a lot of the content is self-paced and having a routine/ schedule for PMP lectures will be essential.
- organize your notes in one continuous document because you will need to access your memory bank to refresh on a lecture that might have been presented in week 2 while you are currently a week away from the end of the year.
- PMP II is taught by Dr. Moellmer and she is fantastic! She is receptive to student feedback and is always happy to help with any questions that come up.
- Reaching out to your professors in any block will be an excellent choice, they can help pinpoint where you need to focus your studying and they can help you navigate the content.

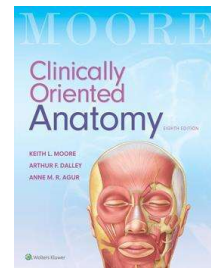
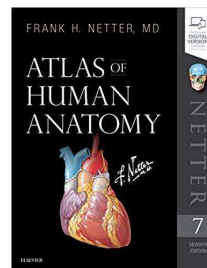
### Medical Gross Anatomy

#### Supplemental Textbooks:

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

#### Helpful Websites:

- Dr. Wedel's Anatomy Blog: <http://svpow.com/human-anatomy-study-materials/>
- University of Michigan's Medical Anatomy: <https://sites.google.com/a/umich.edu/bluelink/curricula>



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

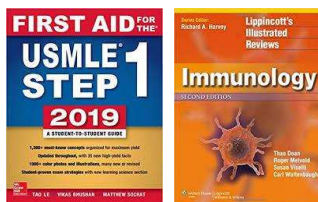
## **Introduction to the Study of Osteopathic Medicine (ISOM)**

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

## **FOM 1: Immunology & Musculoskeletal System**

### **Supplemental Textbooks:**

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



- FOM I will be your first exposure to the systems courses which will be a nice change of pace from ISOM
- Immunology is very detail heavy, so repetition of material is key. Making a study guide which links the details will be helpful when it comes time to review for the exam.

- The musculoskeletal system will include both lecture material and anatomy. As this is the first time many of you will be exposed to anatomy, be prepared for an increase in workload during this time. You will be required to know most of the skeletal muscles so spending extra time in the anatomy lab outside of scheduled dissection will be important as you become more comfortable with how to study for this course. The dissection guide will be your best friend when studying for the anatomy practical.
- This unit will also be the first time you will have an assessment week. This will be a transition as you will be tested on multiple courses in one week. It is important to stay on top of the material each day so as not to get behind before these tests. Two weeks before assessment week begins, start to plan out how you will prepare for the exams. With that said, staying on top of lecture is also important as you begin to review prior lecture material. Many students have used a “3 pass rule” where they review each lecture 3 times before test day (one pass can be watching the lecture itself) while other students use Anki for scheduled repetition. Whatever your study strategy is, it is important to stay organized during this unit. You will be given an anatomy practical, didactic final, and an OSCE during assessment week.
- **Talk to Dr. Thrush!** He is an awesome instructor and course director, but his questions aren't easy. He puts together a very organized module for you to learn the material with practice questions which will help you to focus your studies. Pay attention to details when he teaches immunology, it will help you with his test questions.

## **FOM 2: Head & Neck**

FOM 2 will be a tough block, but if you go about it the right way, you will do fine. First, I would recommend looking at pictures to understand WHERE the nerves are; trust me—I wish I used the cadaver images alongside learning the didactic lectures for this block. The reason I say this is because you will hear buzzwords such as “hitchhikers” or “highways” where nerves run together and without seeing a picture, it is difficult to comprehend what is going on. However, if you use the cadaver images, you will SEE which nerves run together and know where they are going. The first week of this block is particularly challenging because it is a lot of information, but do not let it overwhelm you. Let week 1 be your birds view of all the lectures you will get in the following weeks. Everything will be repeated in your lectures over and over again.

I would also recommend organizing the lectures based on subcategories. What I mean by this is that you will learn about the visual pathway for instance. Well, in your mind and on your notes, you want to connect and tie in all the cranial nerves associated with that function. If you do this, it will be a lot easier to remember the cranial nerves and their functions and associated reflexes. In addition, when you use those cadaver images to physically see which nerves are going where, you will be knocking out two birds with one stone. On the one hand, you will be reviewing your gross anatomy and on the other, you will be strengthening your didactic knowledge for the final exam.

**DRAW OUT YOUR PATHWAYS.** Drawing out the pathways after each lecture you learn them will help you understand the flow of the information. Every two days, draw them all out again and again. **REPTITION IS KEY.** Look at graphics from didactic lecture and talk through the pathways with classmates and friends. Recite the pathways to yourself and even when you are driving to get groceries from Trader Joe's, just constantly remind yourself of the content you need to review. Also, utilize office hours! The professors are there to help you and support your learning, use them, and just send an email and set up a one-hour session—you will be amazed at how nice and helpful they can be. Lastly, pace yourself. This is a long long block and pacing yourself will be important because FOM 3 is renal, cardio, and respiratory ... and that takes quite a bit of study time as well. The goal with each block that goes by is to create a routine that is optimal to your learning, and this is different for everyone. Do not be afraid to step outside your comfort zone and try new study techniques that will support a good pace for you. To develop a good pace, you need to figure out what learning style helped you remember more content the next day without feeling like the life has been sucked out of you and as always – reach out if you need help.

- Helpful Websites:
  - o <http://library.med.utah.edu/kw/animations/hyperbrain/pathways/>
  - o <http://www.columbia.edu/itc/hs/medical/neuroanatomy/neuroanat/>
  - o [http://headneckbrainspine.com/web\\_flash/newmodules/Brain%20MRI.swf](http://headneckbrainspine.com/web_flash/newmodules/Brain%20MRI.swf)
  - o <http://www.handwrittentutorials.com/videos.php?sort=1>
  - o <http://isc.temple.edu/neuroanatomy/lab/atlas/cmmd/>
  - o <http://library.med.utah.edu/kw/animations/hyperbrain/pathways/>

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

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

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

### **Cardio (3 weeks):**

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

### **Respiratory (2 weeks):**

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

### **Renal (3 weeks):**

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

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

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

### **Gastrointestinal**

- Lots of Professor Covasa – emphasizes what he wants you to focus on in the test. Sometimes, he repeats it to hint as well, and likes it when people show up to class! Might drop more hints who knows... we sat at the front one time and he expressed how nice it was for students to show up AND sit up close. Big proponent of enemas. Attend his high yield review sessions and emphasize studies around the accompanying slides!
- Will be covered exactly how you would expect:
  - Mouth – Esophagus – Stomach – Pancreas – Duodenum – Jejunum and Ileum – Colon
  - Know your sphincters and various enzymes such as CCK, gastrin, etc.
- That being said, a great chunk of questions also come from Dr. Kuehn for histology/embryology, Dr. Squier and various other professors.
- Don't miss a point on professor Junkins questions with biostats! He provides you outstanding examples in class and hints how the questions actually are on the test as well!



- You'll have a few anatomy lab sessions during GI weeks but no test on it except for the didactic portion until later in the block... don't slack! GO to anatomy lab and run through the lists the professors provide you even if only for 30 minutes per day. Know your blood supply.

### **Endocrine**

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

### **Repro**

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

### **Anatomy**

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

## **Exam Review:**

During the review period, it is highly recommended to go over the exam questions and take advantage of the opportunity given to you by the faculty. One of the major benefits to reviewing the exam is that you can see which professor/topics you did poorly on and analyze the types of questions they like to ask. At the end of each exam, you will also receive a "Strength and Improvement Opportunities" document which will guide you on what topics you scored above or below average on. Both tools are excellent tools to help you improve after every exam.

When reviewing the exam over Zoom, we are not allowed to take make any notes due to exam confidentiality. However, if you feel a question was ambiguous or improperly keyed, you may reach out to the professor and challenge the answer. The best way to get approved is to quote material from the lecture directly, citing the exact page number and paragraph or slide.

It is important to use caution when challenging exam questions. Most professors have been teaching for many years, and they can tell if a challenge is well thought out and logical, or if you weren't prepared and are just trying to get extra points to boost your score. It is important not to send a sloppy/ rude email, as it reflects poorly on our class. Read the instructions before placing your request! Word your challenges respectfully and thank the professors for taking their time to read them. Use GroupMe or other sources to collaborate with fellow classmates so that the reasoning is logical. Your class curriculum representative is also the best person to go to if you need help deciding if you challenge is valid or not.

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

## Personal Accounts

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

### *Doug Weng*



Welcome to the family! What can I say that hasn't already been said? Everything you've probably heard about medical school is probably true. The information can be like drinking from a fire hose. It definitely is a full-time responsibility. Most importantly, you will survive. The biggest advice I can offer is to understand exactly what you're getting into. You definitely need to have an internal sense of motivation to succeed. No one is going to be there to hold your hand, tell you to study or do your homework. But that being said, your cohort is now your team and teamwork does make the dream work!

Do NOT be afraid to ask questions. Always remember ego is your worst enemy. I know it's in our nature to be scared of asking questions on account of appearing less than your peers but get that idea out of your head. GUARANTEED, if you have a question, the majority of your peers are also thinking about that question. So be vocal, don't be afraid to step up and take charge!

Do try to get things done in advance. The age-old adage definitely applies here: if you're on time, you're already late. Show up early to events, get whatever work you can finish in advance done because once the ball gets rolling, falling behind is not hard. Always take into account traffic, technical difficulties, errors in communication, etc. Even though WesternU does their best to ensure student success, it's impossible to avoid everything all the time, so prepping will help you avoid unnecessary stress.

Finally, and probably the most difficult part, do try to have fun! It will be challenging. It will be stressful. It most definitely will be frustrating. But find the things to have fun. You will find your groups and make friends, when it seems like everything is weighing you down, those aspects will help pull you to the surface.

## *Savannah Santiago*



Hello! Congrats on being chosen to join CPM here at Western U! To start, here is a little about me! I am originally from sunny San Diego but attended the University of Colorado- Colorado Springs (UCCS) for undergrad where I double majored in biomedical sciences and Spanish language and culture. I went pretty much straight into med school. I graduated in May 2020, worked as a translator for a couple months and then started here at WesternU in August 2020.

The best advice I ever utilized was to stay on top of your lectures and ASK FOR HELP. Medical school is tough and everyone here at WesternU wants you to succeed. Go to the LEAD office and ask for help, make a schedule and stick to it, and do not be afraid to be flexible and change up your studying methods. I know the way I studied for my last final in FOM IV was totally different than how I studied for the first final in ISOM (and I did much better in FOM IV).

Now into studying! Typically, I start my academic week on Sundays. I download all the lectures for the week and preview the lectures for

Monday as well as I write out my schedule for the week (classes, what lectures/ summaries I want done each day, my workouts etc.). I preview and then watch the lecture while taking notes directly on the PowerPoint, and then make a summary of the lecture. My goal every week is to have all my summaries for that week done by Saturday night. 1-2 weeks before an exam I try to go through the material one more time and make a condensed flashcard with whatever material I feel is “high yield” from that lecture. So typically, I go into an exam with 4 passes on each lecture.

Most importantly DO NOT FORGET TO TAKE BREAKS! You are a wonderful human, and for your brain to do its best it cannot study 24/7. For me, I like taking time every day to go for a run or to the gym and on Saturdays take time to go on a longer run on a trail to be out in nature. I also spend one afternoon (usually on the weekends) to spend time with someone or a group of people I care about.

Medical school is tough, BUT you are here for a reason and can absolutely succeed. I cannot wait to meet all of you! Please never hesitate to reach out!

## *Airam Caldera*



Welcome and congrats on your newest journey! I know how hard all of you have worked to get to this point and I'm very excited for you! Having completed our first year, I can tell you, it is as challenging and exhausting as everyone says BUT it is so worth it. Every block presents with its own frustrations, but I urge you to take a deep breath each time and tackle it step by step.

I look forward to meeting you all in person soon! Just to give you a little background about myself, I was born and raised in the San Fernando Valley, CA. I graduated from UCSD as a General Biology Major with a Minor in Health Care/ Social Issues. From there, I completed an accelerated Master's in Biomedical Sciences at Marian University, College of Medicine in Indianapolis. I am so glad I took that time to live in another state while challenging myself at a graduate level. When I came back to CA, I obtained a job working as a medical scribe for a foot and ankle surgeon. It was during this time that I became intrigued in our profession and motivated me to apply to WesternU.

Each of us has had our personal journey as you will too. However, these are a few tips that have helped me throughout this year.

1. Make a plan. Even if you are not a “planner”, I encourage you to make the effort to come out of your comfort zone and try this. It's very easy to become overwhelmed with everything there is to learn and memorize. Writing things down on paper, helps mitigate those worries down and allows you to focus on the task at hand.
2. Find yourself a study buddy. I have never identified as a “group study” person because I am usually the person who will convince everyone to go out instead. However, even in this virtual learning I benefited SO MUCH from “pop quiz” texts my friend would send me all weekend before a big exam. At the end of the year, we got VERY good at predicting what questions a professor would ask.
3. Make time to destress. Do not underestimate the benefit of a little physical activity. I am one of the first people to put off a workout in order to get “one more lecture in”. This rarely works long term. Whenever I found myself “stuck” and moving slow, I realized it was because I hadn't left my room in MANY hours. Even a 15-minute run was enough to bring my motivation back. Whatever “destress” means to you, use it to your advantage.

Lastly, please feel free to reach out to me/us with any questions or concerns you may have at any point this year. We wish you the very best and are ready to provide emotional/educational support to your cohort.

## Koby Abjelina



Congratulations and welcome to the WesternU family! You are one step closer to your dreams. It is not an easy road; the journey gets harder as you progress, but that is what the WesternU family is here for. I believe that our best attribute is that we are a supportive community.

A brief introduction about myself: I graduated from the University of California, Irvine with a B.S. in Biological Sciences in 2019. I love the Lakers, Dodgers, and Rams. Overall, I am a sports fan who loves to debate and stay up to date. In my free time, I love playing basketball, working out, and trying new restaurants.

Medical school is a tough task, but always remember that everything that is put in front of you is doable. I am sure you will hear over and over that it is important to have a balance of school life and life outside of school – this cannot be reiterated enough. Find a balance early on, be proactive about personal study habits and fixing old habits, and forge friendships with your classmates. I believe the flexibility allowed to attend class at your schedule gives students the opportunity to work ahead and have a life outside of

school. There will be times when you will doubt yourself, but it is important to have mental fortitude and to pursue hard work. A mentor of mine had a great analogy of comparing medical school to full-time work with a four-year delayed salary. Show up to work, be professional, and complete the job at a high level.

Some of my personal tips:

- Work ahead: this will allow you to have more passes of the course material
- Collaborate: work with classmates, ask each other questions, learn and grow together, fill each others' gaps, always discuss why certain concepts are important in the greater scheme of the human body
- Make a daily schedule: organize time for any personal, spiritual, physical needs around your academic schedule
- Enjoy the process: *"Those times when you get up early and you work hard, those times when you stay up late and you work hard, those times when you don't feel like working, you're too tired, you don't want to push yourself, but you do it anyway. That is actually the dream. That's the dream. It's not the destination, it's the journey. And if you guys can understand that, then what you'll see happen is you won't accomplish your dreams, your dreams won't come true; something greater will."* - Kobe Bryant.



## *Chanelle Mariano*



Congratulations on your acceptance to WesternU! This is a great accomplishment and you should be very proud of yourself. The road ahead isn't easy and I won't sugar coat anything, but I want you to remember that the class of 2024 is here for you along this journey, so please do not hesitate to reach out to any of us! Some stuff about me: I am originally from Monterey, California. I graduated from the University of San Francisco in 2018 with a B.S. in Biology. Podiatry peaked my interest because I am a dancer and the combination of two things that I love (dance and science, of course!) was even better! I love eating and trying new things. I am very family oriented too so welcome to the family!

Honestly the beginning of medical school will be a lot of trial and error in terms of studying. You will find out what works for you and what doesn't work for you and go back and forth and all around the world until you find your perfect study plan. The biggest thing that helped me the most was staying organized and planning my day down to the minute. I know this sounds scary, but if all of our predecessors were able to do it, so can you! I always tell people, as long as you put in the right amount of time and effort, medical school is definitely doable. Never forget to take breaks along the way too! You are a human being and medical school is demanding, so it's definitely normal to have tough days. At that point, take a step back and remember why you are here.

Here are my tips!

- Keep a planner/schedule book and follow it
- Work ahead, I always start watching prerecorded lectures ahead of time so I have more time to study the material
- Talk things out with classmates! Talking about material out loud will do wonders for recall!
- SELF-CARE, so important. You are a reflection of your own work, so take care of yourself and always put your best foot forward
- HAVE FUN! I would never trade my experiences here with anything. I won't lie, it is demanding and at times I get emotional because I just want to be the best version of myself. However, the process has been amazing and I have truly learned so much in small amount of time. Cherish it all, time flies!



## *Mereat Askander*



First off, CONGRATULATIONS on getting accepted to the WesternU family! We are really excited to meet your cohort soon. I remember when I was first accepted to WesternU, I was excited but also wanted to get ahead of the ball and start studying anything I can-- don't do that. Enjoy your summer and get yourself in a headspace that is positive, determined, and focused so you can be ready to kill it when you start your courses. Going into first year, it is particularly important that you are in a good space of zen and confidence. The material will be overwhelming, and you will sit and ponder, "How in the heck am I supposed to review all these lectures ?!" but I am here to reassure you, with the right headspace, you will be amazed at how quickly you can adjust your learning style to mold that of a medical student and by the end of the year, you will look back and be AMAZED with yourself.

Here are some helpful tips to help you get started:

1. Keep an agenda and create a routine!
2. Pencil in some Headspace time, trust me. You might feel like you do not need it... but you will. YOU MUST STAY ZEN.
3. Exercise for at least 20 minutes every day. Staying active will help you stay focused later in the day.
4. Find your tribe! Reach out to upper classmen, current classmates, friends in other programs and build a team to support your studying.
5. Organize your files. Keeping a consistent pattern of how you organize all the lectures you will encounter will help you in the future. Everything you learn in medical school is continuous so you will look back at old notes ... so make them easy to find.
6. Finally, stay connected. This experience is what you make of it. If you choose to socialize and get out there, you will love the experience of medical school with all its beautiful moments and difficulties.

## *Claudia Barajas*



**Congratulations** on your acceptance to WesternU! I remember when I was accepted last year and it was one of the best days! Celebrate and know that you were chosen and deserve to be here! Soon you'll be moving to the area and will getting ready to embark on your new journey in medicine. Here are handful of things I have learned along my journey:

1) It's all about perspective. When I am nervous about an exam, I always try to remind myself that I

GET to take this exam. Or when I am tired of studying, I GET to study and work towards my dream. Don't let yourself forget your why.

2) Take breaks frequently. I am not a robot, even if it feels like it sometimes. When I start to lose focus, I close the laptop and take a mental health break. My go-to breaks are walking and laying in the sun.

3) Plan something every week to look forward to. Every Friday I block out my evening for salsa classes. I don't care how busy I am, I always make it a priority and I never regret it after.

4) Study hard and pray harder. My faith is important to me and I try to keep it at the forefront of my studies because it brings me peace and strength. Whatever that may be for you, don't let the busyness of Med school make you lose any part of you.

I know how hard and intimidating this whole process may seem but you're not alone. We all stand behind you and will be here to cheer for you and share resources with you. Continue to smile, put in the work, and keep fighting the good fight, it will be worth it!

## ***Vivian Chan***



Hello and congratulations on your acceptance to WesternU! Each and every one of you is here and chosen for a purpose- don't forget that! I hope this guide has been helpful so far (come back to re-read it before new blocks as a refresher). A little information about me: I went to college at Whittier College for biology and I went straight to WesternU after that. Before embarking on this exciting journey, spend some time with your family and friends. They will be your support system throughout your entire 4 years here. You know that restaurant that you've always wanted to try? Use this time to go and explore! Medical school will challenge you in ways that you may not have encountered before. The techniques that you used to study in college may not work here, and that's okay! Challenge yourself to be flexible and trust that this process will shape you into the best physician that you can be. If you encounter hardships, do not be too hard on yourself. Whether it be an exam that didn't go as you wanted or a patient encounter that you don't feel confident about, don't let it get to you. Like

I said before, medical school is a huge challenge. Reach out to your faculty mentor, friends, and upperclassmen. Be proactive and positive about your improvement. We have been in your exact shoes (pun intended) and would be more than willing to help (myself included, please don't hesitate to reach out!).

Welcome to the family and we're so happy to have you here with us. You were chosen to be here for a reason, remind yourself of this whenever things get hard!

## ***Harshvir Grewal***



Congratulations on your acceptance into medical school! Welcome to the WesternU family! We are ecstatic to have you join us. I encourage you to enjoy your break before starting your next journey. Medical school is a marathon and not a sprint. Balance and time management will be the keys to your success. As important as it is to study hard, it is equally as important to take a break and spend time with family and friends. Procrastination not an option. Staying on top of your tasks will be essential for your success. My studying schedule is very simple. I start the day with anki cards. Once I'm done, I review the PowerPoints for the day and make new anki cards. You will find your own way through trial and tribulations. But one thing that will be constant is the faculty and peers guiding you through each step of the way.

# MENTORING

## How do I utilize my Faculty Mentor?

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



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

## Your Second Year Buddy

At the beginning of the year, you will be given a second year "Big Buddy" that you can utilize as a friend or as a support, it's entirely up to you! Your Big Buddy is happy to help with anything, since faculty may not always have a student's perspective. He or she can help you become accustomed to



student life at WesternU as we all just went through exactly what you are dealing with right now. Not only can your buddy give you perspective on how to approach certain topics and professors, but he/she/they can also teach you the ropes on life outside of campus. You are assigned two buddies, but that doesn't mean we don't all want to meet you, so feel free to approach any of us second years with questions you may have about the first year of medical school. We can't wait to get to know you!

## RELAXATION RESOURCES

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

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



<b><u>Pomona</u></b>	
<b>Pizza Pirates</b> <i>Delivery and Take out.</i> (909) 590-1700 2092 S Garey Ave Pomona, CA 91766	<b>Chipotle</b> <i>Get the app and order online to go or dine in.</i> (909) 236-5136 785 Rio Rancho Rd Pomona, CA 91766
<b>Angeles La Mejor Mexican Food</b> (909) 392-3637 2068 N Garey Ave Pomona, CA 91769	<b>Mix Bowl Cafe</b> <i>Good Thai food, they will deliver to campus</i> 1520 Indian Hill Blvd. Pomona, CA 91769
<b>Ono Hawaiian BBQ</b> <i>Local Hawaiian restaurant</i> 785 Rio Rancho Rd Pomona, CA 91766	<b>Metro Ale House &amp; Grill</b> <i>Convenient (can walk from campus) place to celebrate with food and drinks after exams</i> 197 E 2nd Street Pomona, CA 91766

<b><u>Montclair/ Upland/ La Verne</u></b>	
<b>Handel's Homemade Ice-cream and Yogurt</b> (909) 946-9077 373 S Mountain Ave Upland, CA 917	<b>Alberto's Mexican Food</b> <i>Open 24hrs</i> (909) 590-0194 4449 Mission Blvd Montclair, CA 91763
<b>Argo Mediterranean Grill</b> <i>They deliver to campus!</i> (909) 596-9090 2313 D Street La Verne, CA 91750	

<b><u>Chino Hills</u></b>	
<b>Yard House</b> <i>Good for Happy Hour.</i> (909) 631-2200 13881 Peyton Drive Chino Hills, CA 91709	<b>Boiling Point</b> <i>Hotpot, very popular and always packed</i> (909) 591-7888 13089 Peyton Dr. Chino Hills, CA 91709
<b>Cold Stone Ice cream!</b> 13065 Peyton Dr. Chino Hills, CA 91709 (909) 902-0015	<b>In-N-Out</b> <i>A Californian staple. For everyone who is from out of state it is a must try.</i> 3927 Grand Ave, Chino, CA 91710
<b>85°C Bakery Cafe</b> <i>Asian Bakery which serves an assortment of savory and sweet baked goods as well as cakes and desserts. Also, good for coffee and tea.</i> (909) 591-1185 12959 Peyton Dr., Ste. A Chino Hills, CA 91709	<b>Dripp</b> <i>A coffee spot with couches and comfy chairs, but not a lot of outlets to use if you plan on studying there.</i> (909) 628-6384 13855 City Center Dr., Ste. 3015 Chino Hills, CA 91709
<b>Bruxie</b> <i>Waffle sandwiches.</i> (909) 334-4162 13865 City Center Dr., Ste. 3093 Chino Hills, CA 91709	<b>Oke Poke</b> <i>Poke and sushi bowls with rice.</i> (909)548-7887 3277 Grand Ave #2 Chino Hills, CA 91709
<b>Buffalo Wild Wings</b> <i>Good place to have wings and drinks</i> (909) 591-9035 3160 Chino Ave Chino Hills, CA 91709	<b>Thai Twist</b> <i>They will deliver to campus.</i> 13065 Peyton Dr. Chino Hills, CA 91709
<b>Chodang Tofu House</b> <i>Korean tofu soups, very good</i> 4200 Chino Hills Pkwy #130 Chino Hills, CA 91709	



<b>Claremont</b>	
<b>Pizza 'n Such</b> (909)-624-7214 273 W 2nd St Claremont, CA 91711	<b>Dr. Grubb's</b> <i>Healthy eating with grilled meat and sides.</i> (909) 621-6200 353 Bonita Ave. Claremont, CA 91711
<b>Saca's Mediterranean Cuisine</b> <i>Small restaurant with good food at a good price.</i> (909) 621-3340 248 W 2nd St Claremont, CA 91711	<b>Eureka!</b> <i>Burger and beer place that has happy hour.</i> (909) 445-8875 580 W First St Claremont, CA 91711
<b>21 Choices</b> <i>Ice cream and Frozen yogurt</i> (909) 398-0021 460 W 1st St. Claremont, CA 91711	<b>Taco Factory</b> <i>Street Tacos and other Mexican food.</i> (909) 621-3434 363 W Bonita Ave. Claremont, CA 91711
<b>Sanamluang Cafe</b> <i>Thai food. Good for dine-in and take-out.</i> (909) 621-0904 1648 Indian Hill Blvd. Pomona, CA 91767	<b>Kickback Jack's</b> <i>Sit down breakfast diner with HUGE portions.</i> (909) 482-1414 701 S Indian Hill Blvd. Claremont, CA 91711
<b>Coffee Bean and Tea Leaf</b> <i>Another coffee and tea option</i> (909) 624-2147 101 N Indian Hill Rd. Claremont, CA 91711	<b>In-N-Out</b> <i>A Californian staple. For everyone who is from out of state it is a must try.</i> 1851 Indian Hill Blvd. Pomona, CA 91767
<b>Fattoush Mediterranean Cuisine</b> <i>Good food with big portions.</i> (909) 625-1800 428 Auto Center Dr. Claremont, CA 91711	<b>Pollos Kikiryki</b> (909) 624-1114 344 S Indian Hill Blvd Claremont, CA 91711
<b>50-Fifty Asian Fusion</b> <i>4 out of 5 stars on Yelp!</i> 201 N Indian Hill Blvd Claremont, CA 91711	<b>Tikka Wraps and Curry Bowls</b> 1 N Indian Hill Blvd Ste. D104 Claremont, CA 91711
<b>Walter's Restaurant</b> <i>Good for brunch</i> 310 N Yale Ave Claremont, CA 91711	<b>The Junction</b> <i>Asian fusion place</i> 1 N Indian Hill Blvd Claremont, CA 91711
<b>Viva Madrid</b> <i>Great tapas restaurant</i> 225 Yale Ave. Claremont, CA 91711	<b>The Back Abbey</b> <i>Good burgers and outside seating</i> 128 N Oberlin Ave Claremont, CA 91711
<b>The Whisper House</b> <i>American food, cocktail bar, burgers</i> 502 W 1st Street Claremont, CA 91711	

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

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

## Theatres

- Chino Spectrum Marketplace 12
  - (909) 628-1500
- Edwards La Verne Cinema
  - (909) 460-5312
- Harkins Chino Hills 18
  - (909) 627-8010

## Shopping

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

## Fun Things To Do

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



## Outdoor Activities

### Snowboarding

- Mountain High, Wrightwood
- Snow Valley, Running Springs, Snow Summit, Big Bear

### Hiking

- Mt. Baldy (Awesome trails available anytime; as well as a ski lift to top, which is open on weekends for a nice view and a restaurant lodge at the top.)
  - Ice House Saddle - 7.7 miles in and out trail
  - Ontario Peak via Ice House - 13 miles in and out
  - \*Remember to pick up an Adventure Pass at your local sporting goods store when accessing these trails! (\$5/day)
- Diamond Bar Center Canyon Loop Trail - 1 mile (Great for Dogs)
- Grand Avenue Park to Sunset Park - 3 miles one way (Great for off-leash dogs!)
- Eaton Canyon Trail - 3.5 miles in and out (Waterfall at the end)
- The Hollywood Sign
- Brush Canyon Trail - 6.4 miles in and out
- Hollyridge Trail - 3.5 miles in and out
- Runyon Canyon Park
- Los Liones Trail - 3.5 miles in and out (Best views of Santa Monica Bay)
- Claremont Hills Wilderness Trail - 5-mile loop
- La Sierra Trail Loop in Chino Hills
- Joshua Tree National Park (2-hour drive)

### Beaches in Los Angeles

- Long Beach
- Malibu
- Santa Monica Beach
- Venice Beach

### Beaches in Orange County

- Huntington Beach (bonfire pits)
- Newport Beach (cheap and free parking available)
- Laguna Beach
- Corona del Mar



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