TABLE OF CONTENTS

1. Welcome Messages
2. Tips for You Now!
4. Long School of Medicine Laptop Requirements
5. MS1 Retreat Information
6. Important Contact Numbers
7. Parking and Waitlists
8. San Antonio Living - Neighborhood and Apartment Reviews
9. San Antonio Business and Eatery Referrals
10. Upperclassmen Advice for Entering Students
11. Campus Map
May 5, 2018

Dear Medical Class of 2022,

It gives me great pleasure to welcome you to the Long School of Medicine at the University of Texas Health Science Center San Antonio. You have been selected from a very large applicant pool for your enthusiasm, compassion, dedication, and academic achievements.

You bring a wealth of diverse experiences, talents, and dreams to our school. I look forward to the many contributions you will make to our campus and community. You are embarking on an extraordinary and memorable journey. This is an exhilarating and challenging time to enter medicine. The pace of progress is rapid in all medical fields – you will finish medical school with more knowledge than you thought possible. We are here to make you as successful as possible, with a wide array of resources and opportunities to meet your own unique needs and interests.

I hope you graduate with much more than exceptional medical knowledge and clinical skills. You will be surrounded here by incredibly bright, gifted, and interesting people, so get to know them. Our community in San Antonio and South Texas is diverse in every aspect. There are many opportunities for extracurricular experiences, including membership in student organizations, research opportunities, caring for people in student-faculty collaborative practices, and much, much more! Medicine is very much an art that requires warmth, honesty, and compassion, as well as a sense of humor, so be yourself as you gain experience and knowledge. Keep ethics and humanism at the forefront as you become a physician.

I hope that your years here will be stimulating, enjoyable, and gratifying. We are all delighted that you chose our medical school and look forward to getting to know you.

Congratulations and welcome!

Sincerely,

Florence “Flossy” Eddins-Folensbee, MD
Vice Dean for Undergraduate Medical Education
Professor of Psychiatry
Dear New Long School of Medicine Students,

We are so excited that this moment is finally here!

You have been working towards this goal for a long time. You have spent countless hours learning about what a physician does, you have helped countless people in your service to your communities, and you have spent so much time studying! Now you will start to see the great rewards of your efforts. Before you know it, you will be helping others through your practice of the art and the science of medicine. A life that is rich in rewards is in your future.

It is with great enthusiasm that we welcome you to your new home-away-from-home, the Long School of Medicine. We promise you a fantastic education, and we promise you that we will always be at your side – teaching, assisting, and supporting you in every way.

Welcome to your dream come true!

Judianne Kellaway, MD, MEd, FACS
Associate Dean for Admissions & Outreach

Belinda Gonzalez, MPA
Director of Admissions

Vanessa Torres, MSOL
Program Coordinator - Senior

Trey Ximenez, BA
Admissions Officer - Senior

Sylvia Ramos
Administrative Assistant - Senior

Alyssa De La O, BA
Secretary - Associate

Please don’t hesitate to reach us at 210-567-6080 or LongSOM@uthscsa.edu if we may be of any assistance to you. We are so happy you are here!
Welcome Weekend 2018 | CLASS OF 2022

Dear Incoming Medical Student,

Your Alumni and Student Relations team would like to take this opportunity to welcome you to UT Health San Antonio. Over the next four years, we will strive to enrich the educational experience of you and your classmates in significant ways.

Who We Are
The goal of Alumni and Student Relations is to enhance your student experience by establishing connections with students university-wide and to provide opportunities that build points of pride and loyalty.
Upon graduation, you will become a member of an elite group – UT Health San Antonio Alumni, which comprises all graduates and residents of our School of Medicine, School of Dentistry, School of Health Professions, School of Nursing and the Graduate School of Biomedical Sciences. UT Health San Antonio currently has more than 34,000 alumni.

Stay Informed
- E-communications and social media updates will keep you up to speed on alumni-sponsored student activities, school milestones, and alumni and student accomplishments.
- Students and alumni can build their professional networks and learn about upcoming events on our website, uthscsa.edu/alumni
- Follow us on social media! Twitter @UTHealthSAlumni; Instagram @UTHealthSAlumni and Facebook.com/UTHealthSAlumni

Get Involved
- Attend networking events for alumni and students.
- Local alumni participate in mentoring and shadowing programs to share their experiences and knowledge with current medical students.

Become Invested
- Each year, the School of Medicine Alumni Board awards more than $20,000 in student scholarships.
- Since 2009, we have raised over $340,000 for the Student Education Enhancement Fund allowing us to support medical mission trips, research projects, and community service learning initiatives.
- Every year, we help sponsor and host student events.

To learn more or to get involved, contact Chantel Maldonado, Senior Alumni and Student Relations Officer at (210) 567-6803 or maldonadoc4@uthscsa.edu
TIPS FOR YOU NOW!

Should do these things ASAP and or when you are prompted by the university:

❖ File FAFSA
  ➢ Contact the Office of Financial Aid directly with any financial-aid related questions at 210-567-2635 or visit their website at students.uthscsa.edu/financialaid/.

❖ Complete financial aid office scholarship application
  ➢ Pay attention to any and all emails sent to you by the Financial Aid Office
  ➢ Also set up for direct deposit so you don’t get your money by snail mail

❖ Submit your transcripts to the registrar’s office
  ➢ All final transcripts, including coursework successfully completed and degrees earned (if any), must be received in the Office of the Registrar on or before Friday, June 29, 2018. For more information visit the Health Science Center catalog to view the university transcript requirements policy.

❖ Complete your criminal background check
  ➢ $35 fee
  ➢ A successful background check is required prior to matriculation at the UTHSA School of Medicine. You should have the background check completed, and the hold lifted by May 2nd. Please keep in mind it can take up to 3 days to complete a background check

❖ Waive or sign up for health insurance
  ➢ You can have your own private insurance or purchase insurance from the school

❖ Update your shot record
  ➢ University policy mandates a full completed immunization profile prior to registration. For those that are currently employed, you might want to get your shots/vaccines updated before you lose your insurance benefits

❖ Check for registration holds

❖ Join the Facebook group for your class
  ➢ Even if you’re not a big Facebooker, this is a great resource for EVERYTHING – we update and remind each other of upcoming deadlines, share resources, and just generally support each other here.

❖ Get on the parking waitlist
  ➢ You must have your UTHSA ID number before you can get on the waiting list.

❖ Once you’ve matriculated, order your white coat at http://www.rsvpbook.com/classof2020
  ➢ Ladies, in general, the coats were larger than we expected
  ➢ Gents, if you’re between sizes, I would suggest going smaller

❖ Look at the Housing website for postings of available rentals, homes for sales, and others who are looking for roommates: https://students.uthscsa.edu/studentlife/2013/04/housing-list/

❖ Join the Facebook group UTHSCSA Seeking Roommates if you’re looking for a roommate https://www.facebook.com/groups/114562912259380/

❖ Make sure to check http://som.uthscsa.edu/Admissions/now-what.asp for any other to-do items
When you come to visit San Antonio to find an apartment, or when you move here:

❖ **Get badge access to University Hospital**
  ➢ The office is on the SL floor of the hospital.

❖ **Get student ID from the parking office**
  ➢ The parking office is located across from the nursing school
  ➢ Make sure you look presentable in your photo. This photo lasts forever while you’re at school → on your badge, your school file, and the class rosters. Your attendings will see this picture before they actually see your face.

❖ **Buy scrubs from University Hospital**
  ➢ The hospital will lease you scrubs and wash them for you.
  ➢ Purchase the receipt for renting at the money windows on the SL floor of University Hospital. To get to the laundry room, it is a little more complicated. Ask your VPAs/upperclassmen!
  ➢ If you keep the receipt, they will reimburse you 100% at the end of med school when you return the scrubs.

❖ **Buy a stethoscope** - You can buy these on amazon or through The Medical Store, and there is no particular model required. The first year class has historically gotten a group discount through the latter.

❖ **Buy an anatomy dissection kit** - These are also available online and in the UTHSA bookstore.

**Important Upcoming Dates:**

❖ **Family Chat:**
  Wondering what medical school will be like for you who are spouses, parents, and significant others? Join Drs. Eddins and Kellaway, deans of the UME office, for a light breakfast an information session and a tour of The Long School of Medicine on **Friday, July 20, 2018** from 3:00pm to 4:00pm. More information about how to register will be announced as the date approaches closer.

❖ **White Coat Ceremony:**
  The Class of 2022 White Coat Ceremony will be held on **Saturday, July 21, 2018** from 10:00 AM to 11:30 AM in the Tobin Center for the Performing Arts (100 Auditorium Circle, San Antonio, TX 78205). Professional attire is required for all entering students. Seating for family and friends is limited and provided on a first-come, first-served basis, and doors open at 9:00 AM. Please keep in mind that the ceremony proceeds quickly, therefore we limit individuals who place the coats on students to faculty only. Entering students will be required to RSVP online before June 15. Registration link will be opening soon. For questions, please contact Vanessa Torres, 210-567-6080, LongSOM@uthscsa.edu.

❖ **New Student Retreat and Orientation:**
  The Class of 2021 new student retreat will take place at Trinity University (1 Trinity Place, San Antonio, TX 78212) from **July 23 – 24, 2018**. Upon returning from the retreat, orientation activities will take place on the UT Health Science Center main campus from **July 25 – 27, 2018**. More details about the retreat and other orientation activities will be sent closer to the event. For questions, please contact Dr. Roxanna Nelson, Medstudentaffairs@uthscsa.edu.
Survivor Guide to Financial Aid!

Hours and Location
- Medical School Bldg. RM 318L
- Hours 8 am to 5 pm
- No appointment is necessary
- Phone number 210-567-2635
- Website [http://students.uthscsa.edu/financialaid/](http://students.uthscsa.edu/financialaid/)

FAFSA
- The Free Application for Federal Student Aid (FAFSA) and the renewal is available [www.fafsa.gov](http://www.fafsa.gov)
- FAFSA is available October 1, 2017 based on 2016 Tax info for 2018-2019
- Use the IRS Data Retrieval Tool when completing your FAFSA
- All Medical Students are considered Independent Students. Parental data is not required.
- If selected for verification, it must be done on a timely manner.
- Be sure to include our school code **003659**.
Financial Aid Information

- Activate LiveMail account as soon as possible. All correspondence including award notifications will be sent to your Live Mail account.
- Sign Tuition/Fee Promissory note from the Bursar’s office to have your tuition split between the semesters.
- Check your Financial Aid status at any time by logging into the Student Center via My UT Health.
- Make sure to check your “Holds” and “To Do List” on the Student Center to complete outstanding requirements. To Do List items can cause a delay in Financial Aid being applied to our account in a timely manner.
- Complete your Master Promissory Note (MPN) and Online Entrance Counseling with the Federal Direct Lending program at www.studentloans.gov
- Financial Aid disbursements are generally credited to your tuition and fee account approximately 10 days prior to the first class day.
- Sign up for Direct Deposit on your Student Center to expedite refunds.
- If your financial aid package does not meet your Cost of Attendance, please contact our office for additional information.
- Cost of Attendance information is located at: http://students.uthscsa.edu/financialaid/2013/02/cost-of-attendance/

Awards

- Direct Unsubsidized Loan – Accrues interest from the day of disbursement until paid off. Interest of the loan, once established, will apply for the life of the loan. Interest rates are published every year for new loans. For 2017-2018 is set at 6%.
  - 10 month max award: $42,722
  - 11 month max award: $44,944
  - 12 month max award: $47,167
  - Aggregate loan limit: $224,000
- Direct Graduate PLUS Loan – Credit based. Accrues interest from the day of disbursement until paid off. Interest of the loan, once established, will apply for the life of the loan. Interest rates are published every year for new loans. For 2017-2018 is set at 7%.
  - Max amount: Unmet Cost of Attendance.
- State Aid: Designated Scholarship/Texas Public Education Grant
  - Award is Need-Based and based on funding for Texas Residents. Typical amount of $1500
- School of Medicine Awards – Amounts vary and you must complete a UT Health San Antonio Scholarship Application. Link for submission becomes available via Student Center only after receipt of valid FAFSA. Visit http://students.uthscsa.edu/financialaid/2015/01/scholarships-for-medical-students/ for a list of awards. Selection of these awards is determined by the School of Medicine.
- Competitive and Recruiting scholarship are usually posted right before the start of the term. You must have a scholarship application on file every year.

**Survival Tips!!**

- Create a budget for yourself and track your spending.
- UT Health San Antonio now participates with www.cashcourse.org. This completely free platform provides information about anything related to money such as credit cards, debit cards, life insurance, car insurance, mortgages, bonds, stocks, student loans, interactive budgeting worksheets and much more! It takes only a couple of minutes to create a free account.
- Only borrow what you absolutely need.
- Remember what you borrow today, will have to be repaid in the future.
- If your circumstances change, please contact a Financial Aid Counselor to discuss options.
- Financial aid is designed to pay direct and indirect educational expenses for the student only.

**Veterans Services**

Our office can assist Veteran, spouse and their Dependents obtain eligible VA benefits.

- VA Federal Education Benefits
  - Post 9/11-Chapter 33, Chapter 30, Chapter 35, Chapter 1606 and REAP benefits, Vocational Rehabilitation Chapter 31
- Hazelwood Exemption for Texas veterans, dependents, and spouse.
# Choose the Best Laptop for You

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<td>MacBook</td>
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<td>- AppleCare® + (3 years)</td>
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**Additional Items may be required by your program:**

**Parallels® Desktop for Mac® (Run Windows® on your Mac®) $74.00**

**Privacy Films:**
- Dell 13” - $30.00, Dell 14” - $34.00, Dell 15” - $35.00
- Apple MacBook Air 13” - $32.00, Apple 13” with Touch Bar - $32.00, Apple 15” with Touch Bar - $34.00

**LAPTOP ORDER FORM LOCATED IN FOLDER**

TechZone (210) 567-2832 or email techzone@uthscsa.edu
Excellent Reasons to Purchase from TechZone

$ Student Savings
All UT Health students qualify for education pricing on select Apple® and Dell products.

Location
TechZone is located in the Medical School.
• Apple & Dell accessories
• Third party accessories
• Software
• Tech Support

Business Class Laptops
Built to last
Easier to service

Custom Image Configuration
Preload Software
Antivirus
Preloaded browser shortcuts
Operation verification

Loaner Laptop Program
Available to students who purchase a laptop from TechZone. No downtime during repairs. More time for studies.

Service Availability
ALTC location hours 6AM to 6PM
Telephone support Hours 6AM to 6PM
Four service locations across campus

Warranty Repairs
Apple & Dell certified technicians
Next day part availability
Warranty work only 48 hours

Extended Exchange Options
If laptop is defective, exchange can be made up to 45 days from date of purchase.
Loaner laptop provided during exchange process.

Wireless
Pre-configured for UT Health Wireless

If you are bringing your own laptop, here is what you need to know!

Your laptop must meet the minimum specs listed below.

Hardware
Processor: i5 series, 2.4GHz or better
Memory: 8GB or higher
Hard Drive: 256GB or larger (solid state drive preferred)
Wireless: AC capable
Resolution: 1366 x 768 (720p)

Software
Operating System: Windows 7 / Mac OS 10.9 or better
MS Office: 2013 Windows / 2011 Mac or better
Antivirus
Examplify-Installed during Orientation
For Mac Users: Parallels & Windows OS

An appointment must be scheduled to verify the specs of your laptop prior to orientation. How to set up an appointment:
• Call into the Queue. Call 844-UTH-SCSA and follow instructions.
• Text into Queue. Text UTHSCSA to 210-960-8404 and follow instructions. (text message rates may apply.)
• Walk in and sign up for an appointment. Tech Support located on main campus, ALTC Building, Room 106 or Dental Bldg 4.476T.
• Download the QLess App -
  (Need assistance with set up?
  – call the IMS Service Desk
  210-567-7777)

If you bring your own laptop, you will be responsible for the following:
• Your own tech support.
• Contacting manufacturer for warranty work.
• No loaner laptop will be available for use.
• Less time for studies and anxiety when taking exams if your laptop quits working.
• There may be compatibility issue in classrooms and with WiFi, email, and presentations.
• You will be required to purchase and install your own software.
• Keep operating system and software up to date.

For more information regarding laptop appointments or specifications email IMS-ServiceDesk@uthscsa.edu or call 210-567-7777.
# Laptop Order Form

Orders must be submitted to Techzone on or before June 25, 2018.

## Customer Info

<table>
<thead>
<tr>
<th>Name</th>
<th>Home Address</th>
<th>City</th>
<th>State</th>
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## Product Info

### Select your laptop

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<th>Laptop Description</th>
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<td>Dell 3380 13&quot; Laptop</td>
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<td>Dell 7490 14&quot; Laptop</td>
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<td>Dell 5520 15&quot; Laptop</td>
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<td>MacBook Air* 13&quot;</td>
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<tr>
<td>MacBook Pro* with Touch Bar™ 13&quot;</td>
<td>$1,968.00</td>
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<td>MacBook Pro* with Touch Bar™ 15&quot;</td>
<td>$2,578.00</td>
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<tr>
<td>Required for Apple Laptops: Parallels for Mac</td>
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## Payment Info

We will contact you with purchase total.

**Once contacted, payments** must be received by TECHZONE on or before July 24, 2018. (You may walk in or call in your payment).

**To mail your payment, complete and return this form with your payment on or before July 17, 2018.**

- [ ] Check # __________  *Make check payable to: TechZone*
- [ ] Charge
  - [ ] VISA
  - [ ] MasterCard
  - [ ] Discover

<table>
<thead>
<tr>
<th>Card Number</th>
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</table>

*If you plan on using Financial Aid funds to pay for your laptop it will be your responsibility to pay for the laptop. Financial Aid will not send TECHZONE your financial aid funds.*

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For more information contact: TECHZONE (210) 567-2832 or email <techzone@uthscsa.edu>
Veritas is the School of Medicine's student advising system. Incoming students are randomly assigned to one of 20 Veritas groups. The groups are clustered into 5 Societies: Jones Green, Holly Red, McFee Blue, Rockwood Yellow, and Esterl Purple. Each Veritas group is led by a clinical faculty member as well as 3 to 4 fourth year medical students "Mentors in Medicine" (MiMs) and 2 to 3 second-year medical students "Veritas Peer Advisors" (VPAs). Medical students remain in their group for their medical school career. It is a cohesive and interclass system in which each class of students mentors the students following them. Our goal is to enhance the development of our medical students by fostering close relationships and assisting them to make career decisions and access resources in an informed way.

Like us on Facebook and visit our Website
Veritas - UT Health San Antonio Long School of Medicine
http://som.uthscsa.edu/StudentAffairs/veritas.asp
“Join us at Trinity University for the annual MS1 retreat! These two days will be full of games, fun, and a competition amongst the different Veritas societies. You will have the chance to meet your classmates and MS2s as you celebrate the start of a great adventure. One color will leave with the bragging rights, but everyone will leave with new friends ready to kick off the first year of medical school.”
Important Contact Numbers

**Briscoe Library**
Located down the way from the lecture halls, the library houses the computers, MD labs and oh yeah, the medical books/journals! This is a place where many students spend their time studying. Be sure to swipe your ID card if the library is closed to the public at that time (but open for medical students). The library is now open 24/7 to medical students!

- **Phone** (210) 567-2450
- **Hours**
  - Sunday – Thursday 7:00 a.m. – 2:00 a.m.
  - Friday, Saturday 7:00 a.m. – Midnight

**Bursar’s Office**
This office takes care of processing tuition/fees
Located in 301L MED

- **Phone** (210) 567-2556
- **Hours** Monday – Friday 8:30 a.m. – 4:45 p.m.

**Email Difficulties**
Located in AL-TC building across from the bookstore

- **Phone** (210) 567-7777
- **Email** IMS-ServiceDesk@uthscsa.edu

**Financial Aid**
For assistance with student loans and budgeting concerns during medical school
Located in 318L MED

- **Phone** (210) 567-2635
- **Fax** (210) 567-6643
- **E-mail** Nystrom@uthscsa.edu (Ellen Nystrom, Director)

**Office of Student Affairs**
Your “go-to” place for none other than... “student affairs.” This office covers excused absences, general questions, etc.

- **Phone** (210) 567-0558

**Office of the Registrar**
For verification of enrollment and any course registration concerns. Also responsible for processes such as graduation!!!
Located in 317L MED

- **Phone** (210) 567-2621
- **Fax** (210) 567-2685
- **E-mail** registrars@uthscsa.edu

**Student Counseling**
Located in Dental School Building Rm. 3055R

- **Phone** (210) 567-2648
- **Hours** Monday – Friday 8:00 a.m. – 5:00 p.m.
Important Contact Numbers

**Student Health Center**
On Campus Clinic available to students for acute illness and immunization visits. Also the place where you must submit a verification of your private Health Insurance....must be updated EVERY school year!

- Located in Rm 1.422 (School of Nursing)
- Phone (210) 567-9355
- Fax (210) 567-5903
- Hours Monday – Friday 8:00 a.m. – 5:00 p.m.

**Student Life**
This awesome office assists with PEER advising, new student orientation, various student activities and the many student run organizations to name a few! Associated with Wellness & Recreational Sports.

- Located in 314L MED
- Phone (210) 567-2654

**UT Police**
The Police office is where students get their student ID Badge, parking permits and pay for parking citations.

- Located near the Nursing School building.
- Phone (210) 567-2800

**Safe Walk Program**
The Safe Walk program is an integral part of providing a safe environment for our campus community. In an effort to keep members of our community safe, the Safe Walk program provides uniformed public safety officers to safely escort you on and around campus upon request.

Call the UT Police Department at 210-567-2800 option 3, to request this service.

- Provide your name, affiliation with the university (medical student), student ID number, call-back phone number, your current location and the destination of your requested Safe Walk.
- Remain in the area provided to the dispatcher. If possible, remain available at the phone number provided to the dispatcher in the event that you need to be contacted for address clarification or an update as to when public safety officer will arrive at your location.

**Wellness & Recreational Sports**
Responsible for the many intramural sports and other recreational activities that are available to students year round. Contact Ben Rivers for more information. Associated with the Student Life office.

- Located in 314L MED
- Phone (210) 567-5220
Parking and Waitlists!

Have you decided to commit to UTHSCSA? Congratulations! Now, follow these simple instructions to make sure you have a place to park on campus:

1. Go to [http://utpolice.uthscsa.edu/](http://utpolice.uthscsa.edu/) and click on this link on parking:
   Scroll down and find to click on Services:

![Services](image)

Then scroll down and click on Parking Transactions Online:

![Parking Transactions Online](image)

2. Scroll down to “Permits” and **Log in** using your UTHSCSA username and password.
3. Click on **Purchase Permits**. You’ll need your car information for this part (Plate Number, Make, Model, and Color).
4. Pick from the available zones using the map provided to you in this packet.
5. From the Parking Transactions Home Page, click on **Add/Edit Waitlists**.
   Find the zone you want and click add and that’s it!

**Helpful Tips:**

- It might take a while for the system to let you purchase a parking pass. You can always go to the parking office.
- If a zone is not on the waitlist, then that means there are still spots available. You shouldn’t have too much trouble getting the zone you want because they’ve built a few new parking garages.
- Remember, you can only get on the waitlist for one zone at a time.
- Zone 2 is a 5-10 minute walk to the medical school. Zone 3 is a 10-15 minute walk to the medical school. Zone 4 is a 15-20 minute walk to the medical school. Zone 5 is off campus and has a shuttle to get on campus.
Parking Map & Fees

Fee Schedule 2014-2015

<table>
<thead>
<tr>
<th>Fee Category</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zone 1 Reserved</td>
<td>$74.91 Monthly</td>
</tr>
<tr>
<td>Zone 1 Non-Reserved</td>
<td>$46.83</td>
</tr>
<tr>
<td>Zone 2 Reserved</td>
<td>$53.58</td>
</tr>
<tr>
<td>Zone 2 Non-Reserved</td>
<td>$34.00</td>
</tr>
<tr>
<td>Zone 3 Reserved</td>
<td>$53.58</td>
</tr>
<tr>
<td>Zone 3 Non-Reserved</td>
<td>$17.00</td>
</tr>
<tr>
<td>Zone 4 Non-Reserved</td>
<td>$8.50</td>
</tr>
<tr>
<td>Zone 5 Non-Reserved</td>
<td>$7.25</td>
</tr>
<tr>
<td>Zone 6 Non-Reserved</td>
<td>$9.66</td>
</tr>
<tr>
<td>Commuter</td>
<td>$2.41</td>
</tr>
<tr>
<td>Motorcycle</td>
<td>$4.83</td>
</tr>
</tbody>
</table>
San Antonio Living
Neighborhood & Apartment Reviews

Neighborhood Recommendations

The Villas at Northgate.
Babcock and Hamilton Wolfe. It is a gated community that has town homes. Most are 3 bed 2.5 bath. Safe neighborhood and only about a 5 minute drive from campus. Many UTHSA/medical people live here

Rockwell Village.
Rockwell Village is certainly a safe place. It's a gated community that already has plenty of students living there. It's about 15 minutes to school during rush hour, 5 minutes otherwise, and it is within walking distance if necessary. Its negatives include a gate that sometimes doesn't listen to your remote (you need to punch in your key manually) and that it does not have some amenities found in apartment complexes like a pool or workout area.

Wurzbach and Newcome.
Safe neighborhood though some intense drivers despite speed bumps. Pros: lots of space/large kitchen, with private retreat and backyard. Cons: Not as easy to get maintenance (or at least feel guilty asking), not as much control over utilities especially since most houses in the area are old/not as well insulated/up to code.

Summerwood.
A new subdivision with houses still being built and many newly renovated houses. It is a gated community near Medical and Babcock.

Wurzbach between Babcock and Evers.
Safe neighborhood. Pros: park in a garage, have a dog, host parties, and don't hear neighbors' noise, study at home comfortably. Cons: pay your own electricity, water, cable, yard upkeep on top of rent.

Lochwood Estates (~4 mi northwest).
It's a small neighborhood (one circle of houses). Pros: Very quiet, safe. Mostly older couples. Not too many kids. I have a sizeable backyard, so it's nice for my two dogs. It's also a big, nice house (esp for a student). Close to HEB (<1 mi). Access to both Bandera and 410 via Eckhert, I-10 via Huebner, and 410 via Babcock. Cons: Maintenance and setting up a house. There are a lot of things you have to take care of in the beginning that take time. Also very expensive up front. The area isn't well-lit at night, so it can
be a bit creepy-- especially with the deer. Tips: I would've picked a smaller house if it were my money. Get roommates. I like having my own place to go home, but it takes time and money to maintain. I like the area I live in, but it is farther away.

**Hidden Cypress**

Disclaimer: I'm married and we have 3 (soon to be 4) kids, so my situation and my pros/cons may differ from most med students. I rent a 3BR home (I think most houses in our neighborhood are 2-4BR). It's on Huebner, very close to the intersection of Huebner & Babcock, about 7 min from school. Pros: Very quiet, safe and nice. Great location (close to UTHSA/Rhodes elementary school (which is a really good school BTW)/grocery stores/churches/drug stores/redbox/mechanics/gas stations/etc). The houses are decent size (good sized BRs, big DR/LRs) and have yards big enough for kids to play in but not too big to take care of with minimal time. Cons: more expensive b/c of the good location/nicer housing.

**Woodridge.**

Very safe, not gated, about 10-15 minute drive to campus, easy access to I10, great for families.

**Oakland Heights.**

Located off Vance Jackson/DeZavala. I like it a lot because of the safety of the area and close proximity to the Rim, Fiesta Trails, and Huebner Oaks

**Olmos Park Terrace.**

VERY safe neighborhood (east of San Pedro only), very quiet, nice neighbors. Able to remodel and get money back if I ever sell! Great house prices if you have the money for a down payment...mortgage is less than 1100 a month for 3 bedroom, 2 bath.

**Villas of Oakcrest**

Small, gated cul-de-sac of townhomes off of Wurzbach and Babcock. Very safe. Neighborhood is mostly older couples, but there are a few UTHSA students/medical personnel living there as well. All homes have small yards.

**A word about owning a home from a current MS1:**

**Pros:** The extra interest from a mortgage does not create a greater loss than paying rent. Most obviously, this is because you would be presumably paying both with the same student loans or other money source (working spouse). Other pros include customizing any way you want and offering rooms for rent to fellow students or other vagrants.

**Cons:** Make sure you include closing costs on a mortgage. The mortgage process can also be difficult (You won't get a mortgage if you're buying on your own and using student loans to pay monthly payment! You'll need to find a way around this that isn't mortgage fraud.) Other cons include having to do/pay for your own repairs and any hassles involved in selling or renting your house after your four years.
Looking for a Realtor who knows the local neighborhoods?
Lone Star Realty: Associate Nikki Murray 210-364-3622, Broker Patricia Fletcher 210-823-9243

<table>
<thead>
<tr>
<th>Apartment Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>For more apartments near UTHSA, 7703 Floyd Curl Drive, San Antonio, TX 78229 Go to: <a href="http://www.forrent.com/search-apartments-by-zip.php">http://www.forrent.com/search-apartments-by-zip.php</a> For the Students who gave a ranking, 10 is the best possible ranking on a 1 to 10 scale. Prices are subject to change. Some apartments may not have extensive reviews are still great options!</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Abbey at Medical Center 210-441-7098</th>
</tr>
</thead>
<tbody>
<tr>
<td>5460 Rowley Rd, San Antonio, TX 78240</td>
</tr>
<tr>
<td>Website: <a href="https://www.abbeyresidential.com/apartments/tx/san-antonio/medical-center/">https://www.abbeyresidential.com/apartments/tx/san-antonio/medical-center/</a></td>
</tr>
<tr>
<td>Rent: 1B from $739, 2B from $920</td>
</tr>
<tr>
<td>Distance to school: 5-10 minutes</td>
</tr>
<tr>
<td>Gated: No</td>
</tr>
<tr>
<td>Parking: Good</td>
</tr>
<tr>
<td>Pool: Yes</td>
</tr>
<tr>
<td>Pets: Yes w/ deposit</td>
</tr>
<tr>
<td>Workout facility: Yes</td>
</tr>
<tr>
<td>Review #1: Amenities- Stackable washer/dryer in the Ashton floor plan only, connections in others; built-in bookcases, fireplaces, walk-in closet, newly remodeled, ceiling fan in all bedrooms, 2 pools, 24 hr fitness center. Discount for UTHSA students. Quiet, great management and maintenance staff.</td>
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<table>
<thead>
<tr>
<th>Bella Madera Apartments 210-493-1700</th>
</tr>
</thead>
<tbody>
<tr>
<td>2914 Olmos Creek Drive, San Antonio, TX 78230</td>
</tr>
<tr>
<td>Distance from UTHSA: 6.1 miles, about 15-20 minutes</td>
</tr>
<tr>
<td>Website: <a href="http://www.thebellamadera.com/">http://www.thebellamadera.com/</a></td>
</tr>
<tr>
<td>Rent: 1B from $753, 2B from $1195</td>
</tr>
<tr>
<td>Pets: Yes</td>
</tr>
<tr>
<td>Pool: Yes</td>
</tr>
<tr>
<td>Parking: Yes. Covered and Garages available for a fee</td>
</tr>
<tr>
<td>Review #1: Gated complex includes gym and beautiful pool. Very safe neighborhood. Good Location. Discounts on deposits available for UTHSA students, also ask for move-in specials.</td>
</tr>
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<table>
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<tr>
<th>Boardwalk at Med Center 844-383-0968</th>
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<tbody>
<tr>
<td>7838 Huebner Rd., San Antonio, TX 78240</td>
</tr>
<tr>
<td>Distance from UTHSA: 3.5 miles (10 min drive)</td>
</tr>
<tr>
<td>Website: <a href="http://www.boardwalkmedcenter.com/">http://www.boardwalkmedcenter.com/</a></td>
</tr>
<tr>
<td>Rent: $870 1B (Trash fee + water usage add roughly 20 bucks a month); 2B from $1182</td>
</tr>
</tbody>
</table>
Pets: Yes ($400)

Pool: Yes

Parking: Awesome, always plenty of spots available and friends can stay overnight without worrying about being towed. $25 month for covered parking; or more for a garage unit.

Student discount: 3% off the rent, above includes discount

**Boardwalk Research Luxury Apartments**  201-880-2115

5505 Research Drive, San Antonio, TX 78240

Distance from UTHSA: 3.6 miles (10 min drive)

Website: [https://www.boardwalkresearch.com/](https://www.boardwalkresearch.com/)

Rent: 1B $1079-1224; 2B from $1399-1575

Pets: Yes (2 maximum; deposit $200-400; monthly rent maximum $15; pet policy fee $300-500

Pool: Yes

Parking: Detached garages and carports available

Comments: Gated community, stand-up tanning beds, private cabanas available at pool, executive business center iLounge, covered outdoor fireplace lounge, outdoor California-style chef station, off-leash dog park and washing station, fitness center with individual TVs, multiple picnic and BBQ areas.

**Boulder Creek Apt Homes**  210-910-5889

12330 Vance Jackson Road, San Antonio, TX 78230

Website: [http://www.bouldercreekluxuryapts.com](http://www.bouldercreekluxuryapts.com)

Rent: 2 Bed/ 2 Bath 1200 a month, students receive 3% discount

Distance from UTHSA: 4-5 Miles, however hard commute with traffic

Parking: Good

Pets allowed: Yes, with monthly fee and partially refundable deposit

Pool: 2 very nice pools, 1 hot tub

**The Branch at Medical Center Apts**  833-267-1098 *Used to be called The Landmark

7207 Snowden Rd, San Antonio TX 78240

Website: [https://www.thebranchatmc.com/](https://www.thebranchatmc.com/)

Rent: 1B from $660, and 2B from $985

Distance to UTHSA: 5-10 minutes

Parking: Good

Pets: Yes

Pool: Indoor

Review #1: You could choose an apartment that looks only into woods and there are deer that come right up and graze right in front of my window on the regular. It's quiet. Indoor heated pool, outdoor pool, 24 hr gym facility. Close to everything that you'd likely need. A number of dental and medical students live in Chapel Ridge as well. I only recommend living on the side of Chapel ridge that I do. They have another set of buildings that is sandwiched by Snowden Rd and Wurzbach Rd. and there have been some major issues there. I've not had a problem on my side (off Snowden, next to some lovely woods) at all.

**Broadstone on Medical Apts**  855-745-9761

4900 Medical Drive, San Antonio, TX 78229
Distance from UTHSA: 15 min walk to GCCRI
Website: https://www.liveatbroadstonemedical.com/
Rent: 1B from $735, 2B from $925
Parking: No covered parking, gated community, not assigned spaces, but there are plenty of places to park.
Gated: yes
Pets allowed: yes, with extra fee. Weight limit is 50lb for dogs, and certain breeds aren’t allowed.
Pool: yes, one open year-round

Review #1: Pros: Good price for an apartment that comes with a washer and dryer. Maintenance has been quick (same day as I put in the request) and did correct the problems in the 9 months that I’ve lived here. Fireplace. Spacious.
Cons: No real pantry or much storage space inside the apartment. There is shelving space above the washer and dryer, but I keep my laundry detergent and miscellaneous items there. I had to buy an extra shelf for food. The linen closet has the water heater in there and there is a storage closet on the patio. An older complex.

Review #2: These are old apartments so make sure there is no mold in the AC vents, everything else is good, you wouldn’t have to worry about parking on campus b/c you can easily walk to school. Student’s ranking: 7

Review #3: It is an ideal location, the environment is good, and managers are nice. Student’s ranking: 8.5

Review #4: Really dirty apartments, extremely rude staff, far from the main campus, not suited for students who do not have a car. The bus stops are very far from the apartment building, roaches are common, very poor maintenance, very expensive for what you get. Student’s ranking: 3

Review #5: I park on the street for easier access to Wurzbach Street. The complex is older than several other complexes in the area. The management and service staff are nice and helpful, however if you want a modern apartment, this is not the place for you. My building is pretty quiet and the neighbors seem friendly. Utility costs are pretty low, which is great. Student’s ranking: 7

Review #6: While not fancy, these apartments are good for the money and distance from school. The staff is easy to work with and there are more parking spots than residents. Security is good and I have had no pest issues. One main selling point for this place is that dryer and washer are included. Pets require an additional security deposit and monthly fee on top of rent. Yearly rent increase is around $20. It may not be as nice as some other close complexes, but it works for a grad student on a budget. Overall, good place to live.

Review #7: Good: washer and dryer in apartment, available guest parking, close to campus (especially Greehey). Bad: roaches, clogged pipes, washer, dishwasher, and water heater have all broken down in less than 1 yr. small apartments with very limited storage/ closet space, mold issues, they don’t allow reptile pets (ridiculous).

Review #8: Great place to live. Within walking distance to the school and also has its own laundry machine!!!

Carlyle Place Apartments 210-361-0916
1751 Babcock Rd, San Antonio, TX 78229
Distance from UTHSA: 0.6 miles (Babcock & Louis Pasteur intersection)
Website: http://venterraliving.com/carlyleplace/about
Rent: 1B from $969, 2B from $1169  
Parking: Great – reserved covered parking  
Pets allowed: Yes  
Pool: Yes  
Fitness Center: with TV 24/7  
Maintenance Service: 24 hours  
Comments: Gated community with video monitoring. Outstanding office staff and maintenance. Often same day maintenance, if requested early enough and first time fixed. Working alarm system included in rent for every unit, monitoring is extra. Covered parking is an add'l $20/mo. Well lit complex. Professional pest control visits are free upon request. Provide scented doggy bags throughout the grounds. Units can include W+D. No laundry facility on site. Courtesy officer is available in case of emergencies or suspicious activity. Quiet, the walls are not paper thin and cannot hear your neighbors. Free installation of any internet/phone/cable service with TWC if you schedule through leasing office for first-time TWC customers. You can realistically get your refundable deposit back. No renters insurance required. Student discount available.

**Chroma 833-349-1318**
5039 Hamilton Wolfe Rd, San Antonio, TX 78229  
Distance from UTHSA: 2.5 miles (7 min drive)  
Website: [https://www.chromaapts.com/](https://www.chromaapts.com/)  
Rent: 1B $1078-1203, 2B from $1443  
Parking: Attached and detached garages available  
Pets allowed: Yes (Maximum 3; Pet fee $300)  
Pool: Yes  
Fitness Center: Yes with spin room (and sometimes offer classes)  
Comments: Gated community, outdoor living areas, exclusive dog park, professional business center, Wi-Fi coffee bar, community game room.  
Review #1: The apartments and facilities are all really new, nice, and pretty. However, it tends to be more on the expensive side and there have been continuous problems with the gate not working. They were recently acquired under new management, and the new management seems a lot better. Either way, I've had a good time living here and haven't had many problems.

**The District at Medical Center 210-960-8270**
5114 Medical Drive, San Antonio, TX 78229  
Distance from UTHSA: 1.5 miles (5 min drive)  
Website: [https://www.districtatmedicalcenter.com/](https://www.districtatmedicalcenter.com/)  
Rent: Studio $875-1078; 1B $875-1737; 2B $1231-1897  
Parking: Controlled access garage  
Pets allowed: Yes (Maximum 2; Maximum weight 35 lb; Pet fee $300; Pet deposit $300; Breed restrictions)  
Pool: Yes  
Fitness Center: with yoga/aerobics  
Gated: Yes
Comments: Starbucks bistro, WiFi cafe, professional billiards, guest suites, valet trash pickup, multimedia center, private pet park, gourmet catering kitchen, reading lounge, lobby fine art gallery.

**Firewheel Apartments  210-201-0428**  
6155 Eckhert Rd, San Antonio, TX 78240  
Distance from UTHSA: 2.9 miles (8 min drive)  
Website: [https://www.alapts.com/apartments/tx/san-antonio/firewheel/](https://www.alapts.com/apartments/tx/san-antonio/firewheel/)  
Rent: Studio $904-954; 1B $1024-1230; 2B $1574-1624; 3B $1774-1824  
1 ½ months free on select housing options!  
Pets: Yes  
Parking: Garage and covered parking available  
Pool: Yes  
Fitness Center: Yes  
Comments: Outdoor fireplaces and lounge areas, open air party patio and sunning deck, 24-hour package lockets, gaming lounge, cyber social spaces, WiFi community hotspots, relaxing loggia, terraced veranda, courtyard and green areas, Starbucks coffee cafe, outdoor grilling stations, valet trash service, and unlimited supply of hot water.

**Four Seasons Apartments  210-824-0691**  
1779 Nacogdoches Rd, San Antonio, TX 78209  
Distance from UTHSA: 20 min drive  
Website: [http://geltmanandcompany.com/four-seasons-apartments/](http://geltmanandcompany.com/four-seasons-apartments/)  
Rent: $756 - all bills paid (including cable) for 2 bedroom, 2 baths, 2-story apartment  
Pets: No  
Parking: Free covered parking  
Pool: Yes  
Review #1: Great place to live in a very safe community. The apartments are quite nice on the inside. Manager is very nice. WAITLIST to get in, since it is a popular community at a GREAT price.

**Deer Oaks Apartments  210-787-1624**  
7230 Wurzbach Road, San Antonio, TX 78240  
Distance from UTHSA: 5 min drive, 20 min walking distance  
Website: [https://www.deeroaksapartments.com/](https://www.deeroaksapartments.com/)  
Rent: 1B from $665; 2B from $920  
Pets: Yes, with $350 deposit but there’s no additional monthly pet rent  
Pool: Yes and two lighted tennis courts  
Gated: No  
Parking: Big parking space  
Review #1: Management is good.  
Review #2: The management and maintenance staff are great; they’re very friendly, responsive, and quick! The complex is fairly quiet and has a pretty good pool. The apartments aren’t the newest, but they’re still in fine shape, and everything works well. My only complaint is the water heater in the smaller apartments isn’t very big so you can’t take long showers. I haven’t had any problems with vandalism/break-ins, though supposedly there was one break-in during April (management distributed a flyer to tell us about the break-in and provided safety tips). The area is well lit and I’ve always felt safe.
All apartments have a washer/dryer hook-up, but the on-site laundry area isn’t bad either and it’s never busy. The complex is clean and the trees/landscaping make it look pretty. In general there are nicer/fancier apartments out there but this place is great for the price, especially considering the close proximity to campus. Student’s ranking: 8

Review #3: Proximity is great. The cheapest apartments are very small but worth the price. The place is a little older so it’s not as fancy/nice or up to date as some others but it’s not bad. Maintenance is great! They always come immediately and are always able to fix any issue. The pool usually isn’t very busy. The complex overall is very quiet. I’ve never had a problem with crime either (break-ins, etc...) though supposedly there have been break-ins or vandalism in the area (management sends out a letter anytime something happens). The laundry facility is small but nice and rarely used (and all apartments have a W/D connection). Overall, not a bad place to live; I’ve lived here for 3 years and will be renewing my lease again.

La Mirage  210-696-6700
8050 Oakdell Way, San Antonio, TX 78240
Distance from UTHSA: 1.8 miles
Website: https://www.lamirageapt.net/
Rent: 1B from $750; 2B $1007, 3B from $1324
Pets: Yes
Pool: Yes
Other amenities: Has jogging path, playground, picnic areas with BBQ grills
Parking: Covered and detached garage available
Courtesy patrol available
Review #1: Would have a higher ranking (8.5 or 9) but the pools are a little dated and there are a lot of tenants who don’t clean after their pets. Student’s ranking: 7

Medical Center Apartments  210-504-2789
5055 Von Scheele Drive, San Antonio, TX 78229
Distance from UTHSA: 15-20min walking, but can take the shuttle in every 20min. 5min walking to CCRI campus.
Rent: 1B from $789; 2B from $964, 3B $1189
Pets allowed: Yes
Pool: Yes
Parking: Included. Covered parking available for extra. Has gated access.
Review #1: I recommend Medical Center Apts because of its proximity to campus. The apartment complex is well-managed and I plan to stay here for another year.
Review #2: The apt is not very big, but the view outside is pretty good. The most inconvenient I think is there is only one place to throw away the trash.
Review #3: The rooms are clean, no bugs (at least I don’t find it). The manage stuffs are nice. They usually come soon when you schedule the maintenance. Cons: Some of the room are noisy because the AC.
Review #4: It’s an ok place to live in, it is very convenient distance wise, especially if you are walking to the university and don’t have a car, but if you have a car and distance is not an issue you probably can find better places at lower costs!

Oak Terrace Apts  855-300-9771
9203 I-10, San Antonio, TX 78230
Distance from UTHSA: 3.4 miles (8 min drive)
Website:  https://www.liveatoakterrace.com/
Rent: 1B from $580; 2B from $787; 3B
Pets: 2 Pets Max, 1 to 50 lbs, $200 Pet Deposit per pet, $200 Non Refundable Pet Fee per pet and $5 pet rent
Parking: Yes
Pool: Yes
Comments: Laundry services available.

Oaks of Northgate Apts  855-300-9771
8000 Oakdell Way, San Antonio, TX 78240 (off Babcock near Wurzbach)
Website:  http://www.sandalwoodliving.com
Rent: 1B from $680; 2B from $815 (Income based housing also available)
Pets: Yes w/ deposit
Distance to school: 10 minutes depending on traffic
Gated: Yes
Parking: Yes
Review #1: Intrusion Alarm (standard)

The Pinnacle  855-300-9771
7342 Oak Manor Dr, San Antonio, TX 78229
Distance from UTHSA: 0.3 miles (walk to campus)
Rent: Call for details (Very expensive; Electricity included in rent)
Gated: Yes
Parking: Yes (uncovered and garage parking available; limited visitor parking)
Pool: Yes
Fitness Center: Yes
Comments: Barbeque area, business center, clubhouse, laundry in unit.
Review #1: The location is awesome and they are all new and clean! Walking distance to school and local coffee. However, they are privately owned so it can be hard to find a place and the prices may vary.

The Preserve at Fredericksburg  210-672-1882
10422 Huebner Rd., San Antonio, TX 78240
Website:  www.preserveryourlifestyle.com
Rent: 1B from $1079, 2B from $1365
Distance to school: 2.2 miles
Gated:
Parking: Resident parking only. Visitor parking located outside on sidewalk
Pool: Very nice pool with large hot tub
Pets: Yes, very dog friendly. Two dedicated leash free dog parks and walking trail.
Student discount: No discounts for students but provide USAA discounts.

Review #1: The GOOD: Very nice apartment with amazing landscaping, pool, club house, walking trail and gym. Out of the numerous places I've lived in the past, this is the only apartment that really dedicates itself to landscaping and overall atmosphere of the complex. The interior includes granite countertops, washer and dryer included, carpeted rooms, laminate wood in the kitchen, nice appliances, and everything is energy efficient. They also provide catered dinners for the residents at least once a month. They have a computer/conference room that is 24/7 and is a nice place to study or print lots of papers for free. They have a bicycle rental so if you're brave enough, can wander outside of the complex on a bike. The Flying Saucer is also 2 miles away.

The BAD: Pretentious residents with first world problems that you can easily hear outside or indoors due to the thin walls in certain parts of the apartment. Constant reminder that you're a poor graduate student when you see multiple Mercedes, BMWs, and Porches driving around.

The UGLY: Rent and monthly fees are really expensive!! (Rent starts at $900 for a 1 bedroom and only goes up from there, valet trash pickup is an additional $35 and cable is required and costs $45). Luckily the apartments are energy efficient (double pane windows, programmable thermostat which you can control remotely on the computer) so the cost of electricity and water is not very high. This is not within the budget of a lone graduate student and will require a roommate/spouse/partner.

Promontory Pointe/Preston Peak 210-692-6000
4114 Medical Drive, San Antonio, Texas 78229
Distance from UTHSA: 3.9 miles (9 min drive)
Website: https://www.prestonpeakapartments.com/
Rent: 1B from $907; 2B from $1146; 3B from $1391
Pets: Yes
Pool: Yes
Fitness Center: Yes
Parking: Yes, covered
Comments: WiFi enabled clubhouse, 24-hour service response, planned resident activities

Providence Estates Apts 210-699-4700
6298 Lockhill Rd, San Antonio, Texas 78240
Distance from UTHSA: 1 mile
Website: http://www.liveprovidenceestates.com/
Rent: 1B from $909
Pets: Yes
Pool: Yes
Student discount: Yes

Riverstone Apartments 210-787-1622
8711 Cinnamon Creek Drive, San Antonio, TX 78240
Distance from UTHSA: 1.3 miles
Website: https://www.riverstonesa.com/
Rent: 1B from $665, 2B from $885
Pets: Yes
Pool: Yes
Parking: Fair
Student discount: No

Review #1: Good: I like the sense of community I feel at my apartment complex. My neighbors are nice. Every month or so, the leasing staff tries to have some sort of party or event to encourage residents to get to know their neighbors. The leasing staff is very friendly and helpful (they bake fresh cookies everyday that’s freely available for the residents to take). Based on personal experience, the staff does everything they can do resolve any issues in a timely manner (like within 24 hours). I feel safe walking at night (9pm) from UTHSA all the way to my apartment. From what I see, there are a lot of students (college, medical, etc.) that live near my unit but there are families that live throughout the entire complex.

Not-So-Good: Lately, one of my neighbors has been too noisy. She’s calmed down a bit due to complaints. One thing that I can say is that the leasing staff enforces their noise ordinance policy. Each resident gets three warnings and after that, they will ask you to leave (and you will still have to pay rent until your lease is up even though you are no longer physically in the unit). They have asked one of my neighbors to leave already.

Saddle Ridge Apartments   210-694-4100
5711 North Knoll, San Antonio, Texas 78240
Distance from UTHSA: 2.1 miles from UTHSA main campus; 1.4 miles from Lot 17
Website: http://www.saddleridgeapts.com/
Rent: 1B $725; 2B from $875; 3B $1250
Pool: Yes; 3ft-6ft   Also has fitness center
Parking: free parking, covered parking ($ extra), and detached garage parking ($ extra), gated access.
Comments: Pros-- The apartments look decent on the outside compared to other apartments in this price range and in the area. The staff are super nice. The neighbors are pretty nice and quiet. There are many children here, which I love seeing, and they often walk across the street to play on the playground at Rhodes elementary school. These apartments are right across the street from Rhodes elementary school. There's a small fitness center and business center. There are washer and dryer connections in the unit. If you don't have a washer and dryer, you can rent one through their affiliates. The units have crown-molding. I also LOVE the fact that your guests don't have to walk through your bedroom to get to your bathroom. There's an access gate and there's only one-way in and out of the apartment complex.
Cons-- Being so close to an elementary school, traffic can be an issue in the mornings. I highly recommend either paying extra for the covered or garage parking or be willing to walk a ways back to your apartment as parking is a HUGE issue for me (I tend to get home late). Although I love the maintenance staff, they are a bit shorthanded and it takes them a while to respond to non-emergency work orders. I wish my unit had more storage in kitchen. The parking layout is a bit awkward. Oh! Also, these apartments fill up quickly so apply early! Otherwise, I think it's a great buy!

San Antonio Station Apts   210-614-3679
7458 Louis Pasteur Dr, San Antonio, TX 78229
Distance from UTHSA: 5 mins by walk
Website: http://www.sastation.com/
Rent: 1B roughly $650+, 2B roughly $800+
Utilities: Gas, water, sewer & recycling are included in rent payment. Tenant pays for electricity. A priority waiting list is available (apprx 10 on current list). The holding deposit becomes your security deposit for the apartment.

Pool: Yes. Also has a small work-out gym.
Pets: Yes
Parking: Great
Gated: no

Review #1: Great location (the closest apartment to campus!!!), great price, TV/game room, and good office management. This place is pretty good. The good thing about it is that they have pretty good management, they fix things pretty fast (doesn't mean a lot of things are broken although it's an old apartment complex). The apartment is so close to school and the medical center area is a very safe area. The bad thing I don't like about this apartment is that the manager sometimes gets into the apartment without letting you know, which makes me a little uncomfortable.

Review #2: Best maintenance, cheapest, friendly apartment manager, they provide clean apartments, closest to school. Student’s ranking: 10

Review #3: This place is very close to the school. I actually walk every day and did not even purchase parking when I got here. The residents are mostly students and everyone is very nice. This place is a perfect example of "you get what you pay for" so everything is a little old and the walls are extremely thin. That being said, it is cheap and worth it to me. I recommend it.

Review #4: Kind people in the office, less noisy and quiet, but a bit expensive compared to other apts that are a bit distance from the school.

Review #5: This is a nice place to live, especially for graduate students. During the first year, the course INTD 5000, Track Core courses except Aging course are all on main campus, it is quite near walking to main campus. From main campus you could take free school shuttle to go around to other campus, for example STRF, if your rotation lab is there. Shuttle runs from 8 am to 6 pm. Maintenance is good. Once my bath tub peeled off, I ask them to help me fix it. It took them an afternoon to finish the repair and it was all good except the smell.

Review #6: Close to the main campus and the conveniently located- just across the street.

Sienna Ridge Apts  210-641-9900
5903 Babcock Rd, San Antonio, TX 78240
Website: http://siennaridgeapartments.com/
Rent: 1B from $995-1055, 2B-2B from $1345-$1555, 3B-2B from $1595-$1685
Distance to school: 5-15 minutes depending on traffic
Gated: Yes
Parking: Good
Attached garages for 1 & 2 cars with automatic door opener are available
Pets: Yes w/ deposit

Review #1: Population is a handful of students, some families, and a lot of older folks. One great feature is that everything in this community is one level, so there are no apartments on top of you. I like the quiet and feel safe here. The people who work here are very friendly and professional and courteous. They won't tow visitors' cars here, unlike certain other complexes. There's no pool or workout room.

SYNC at Arden Park Apts  210-920-2763
8638 Huebner Rd, San Antonio, TX 78240
Distance from UTHSA: 2.8 miles (8 min drive)
Website: [https://www.syncatardenpark.com/](https://www.syncatardenpark.com/)
Rent: 1B $785-1215, 2B-2B $1129-1435, 3B-2B $1549-1650
Gated: Yes
Pool: Yes
Fitness Center: Yes
Parking: Attached and detached garages available
Pets: Yes (A $200 pet deposit, $300 non-refundable pet fee, and a monthly pet rent of $15 will be required per pet; strict breed restrictions)
Comments: Business center, childrens play park, clubhouse with billiards, pet bark park, storage units available, WiFi cafe hotspots.

**Ventana Apartment Homes  210-981-3439**

11020 Huebner Oaks, San Antonio, TX 78230
Distance from UTHSA: 10 minutes Take Huebner Road to Fredericksburg Road
Website: [https://venterraliving.com/apartments/ventana/](https://venterraliving.com/apartments/ventana/)
Rent: 1B $895+, 2B $1,155+, 3B $1,420+
Pets allowed: Yes! Lots of neighbors with dogs.
Pool: 2 pools because it is a large complex. Has fitness center.
Parking: more than plenty of spaces & covered parking & gated access.
Convenient to shopping centers and restaurants & within walking distance.
Review #1: I really enjoy living there because it is across from the AMC movie theater, Flying Saucer, tons of food and shops as well. I never have to travel more than 10 minutes for anything I need. My apartment is very large 900 sq. ft. with a front and back patio.

**Villas at Medical Center  210-880-3326**

5623 Hamilton Wolfe, San Antonio Texas 78240
Distance from UTHSA: 2 miles from campus
Websites: [https://www.villasatmedicalcenter.rentanapt.com/](https://www.villasatmedicalcenter.rentanapt.com/)
Rent: 1B $899-1173, 2B $1088-1276, 3B $1446
Property is shown by appointment.
Pets allowed: Yes
Pool: Yes, it is well-maintained. Has 24/7 fitness center.
Parking: Parking is great. It is a gated community and there are a lot of available spaces for parking. If you do have visitors, you have to go to the front office to get them a parking pass.
Comments: Maintenance is great and this location is affordable. It is about a 4 year old property. The staff is somewhat welcoming but they do get things done in a timely manner.

**Villas at Oak Hills  210-340-0226**

7314 Oak Manor Dr., San Antonio, TX 78229
Distance from UTHSA: Across the street from campus & less than 10 minutes walking to campus
Website: [http://www.villasatoakhills.com/](http://www.villasatoakhills.com/)
Rent: 1B $628-710 2B $849-1065, 3B $1225
Pets allowed: Yes
Pool: Yes, but no gym
Parking: Free parking lot
Gated: No

Review #1: Pretty close to campus which is really convenient. Actually it’s not really new or updated though. Student’s ranking: 7

Review #2: I personally like this place, it's better for a couple or the whole family to rent since they didn't charge the rent based on people, allocated gas and water fee is calculated by sq.ft you rent.

**Villas of St. Moritz  210-598-5208**

Address: 7221 Lamb Rd, San Antonio TX 78240
Distance from UTHSA: 1.5 miles
Website: [https://www.rentvillasofstmoritz.com/](https://www.rentvillasofstmoritz.com/)
Rent: 1B $645-745, 2B $825-935
Pets allowed: Yes
Pool: Yes Also has tennis and basketball courts and fitness center.

Comments: I think this apartment complex is one of the less expensive ones and yet still close enough to the Main Campus (about a 20 min walk or 10 min drive). The staff is very friendly and helpful! When something is wrong, I go to them and they take care of the issue within a day. I find that there’s always parking available, and most of them are covered parking (which you do not have to pay extra for!) There are a lot of families with kids in this neighborhood, so if you do live downstairs you might have issues with your neighbors upstairs especially if they have little kids. My only real problem is that the kitchen does not have an actual vent, so when I am cooking the smell always ends up lingering in my place for a while.
Overall, I think it is a good place to live! The unit is fairly spacious, the views are nice, and it is a gated community. It is a five min drive (or 15 min walk) to the STRF so when I am running experiments that require me to go back to lab in the middle of the night it is not a big deal.

**Walnut Hills  210-616-0140**

2626 Babcock Road, San Antonio, TX 78229
Distance from UTHSA: 1.5 miles, about 1 mile to Lot 17 (where most students park; the school’s free shuttle service can take you to main campus from this lot.)
Website: [http://www.walnuthillapts.com/](http://www.walnuthillapts.com/)
Rent: 1B $590-719, 2B $799-869, 3B $1099
Pets Allowed: Yes
Pool: Yes – 2. and two tennis courts & a fitness center.
Parking: Good
Gated: No

Review #1: One of the few apartment places which have water and garbage pick-up free of charge and also have direct deposit rent pay (there is a small discount if you enroll in direct pay). The apartment complex is old but not bad if you’re looking to save money. It’s a 15 minute walk to school for the people who don’t own a car. The management is not bad either and they usually fix things pretty fast. All-in-all a good bargain for graduate students who are looking for cheap, but livable apartment (there is no cheaper rent place in the 3 mile radius). Student’s ranking: 7
Review #2: This apartment complex is a nice place to live. It is one of the few places that have a cheaper monthly rent, and it’s not too far from campus (usually a 15 minute walk to campus). The rent fee covers garbage and water utilities. The downside is that management is slow in fixing any problems in the apartment. However, it’s worth renewing the lease. Student’s ranking: 7

**Windridge Apartments 210-614-3343**
2502 Babcock Road, San Antonio TX 78229
Website: [http://www.liveatwindridge.com/](http://www.liveatwindridge.com/)
Distance to school: 3 minutes driving; 15-20 minutes walking
Rent: 1B $600-740, 2B $770-920
Gourmet Coffee Bar: Yes
Pets: Yes
Parking: On Site          Gated: No
Pool: Yes and 2 tennis courts.
Workout facility: No

Review #1: Washer/dryer in select units only, pool, staff is friendly and accommodating; friendly tenants, thin walls, Babcock Street is very busy all times of days, thus traffic noise. Currently updating exterior of facility. Safety from “outsiders” a concern – across the street “Fast Eddies”.

**Whispering Creek Villas 210-361-6447**
5303 Hamilton Wolfe Road, San Antonio, TX 78229
Distance from UTHSA: 1.5 miles
Website: [http://www.whisperingcreekvillas.com/](http://www.whisperingcreekvillas.com/)
Rent: 1B/1B $945-1140; 2B/2B $1275-1510
Pets: Yes w/deposit
Pool: Yes
Parking: Yes. (covered parking $45/mo, garage for $75/mo)
Student discount: Available

Review #1: It's a fairly secluded and quiet place due to its apartments existing in a slight virtual depression in the earth and considerable arboreal development, and while pricy (and apparently getting considerably pricier than even a year ago due to acquisition by a different RE group) does offer decently sized rooms.

Maintenance is a little iffy -- reporting paperwork is perfectly usable and response time is measured in days, but what should have been a simple job of replacing a shower handle's screw ended up involving a complicated adapter that completely altered functionality, to give an example. On the flip side, no more than a single cockroach in the time I've lived here (probably luck). Apparently there is pest control weekly; have never used it.

Has a common area with fairly small workout room, and a computer-containing business center, as well as a television-containing lounge during business hours. Positively, the center's wifi works now.
Negatively, none of these rooms are currently available 24 hours a day despite having locks specifically installed for that possibility, though the doors may be opened past closing hours (to 10pm or so, after which entry is impossible).

One has a personal mailbox near the front office, outside the gated region. This system of receiving mail (with large packages going to the front office) works well so far. There had previously been an outgoing
mailbox, but it had been broken into on multiple occasions, so this has not been replaced -- no obvious outgoing mail from the apartment, in other words.

Review #2: Also has a basketball court, sauna, outdoor spa, gym, outdoor grilling and picnic area, etc. What I really like about this apartment complex is that they have regular events and get together (game nights/casino nights/pool parties). There is also a fantastic trail right outside the complex for running. A very good experience living here!

Review #3: The management here is great. They are all women, very friendly, and respond to requests quickly. There are online maintenance requests and online rent payment. Rent is due the first 3 days of the month before it is late. Maintenance is quick and employees are friendly. Front office is open 7 days a week, there is a 6am-11pm workout room and sauna, and business center with PC and Mac access, with scanner, copier, and free faxing. The property is very large. There is a beautiful brand new outdoor kitchen with gas grill, sink, refrigerator, and tables. There is plenty of space for pets and I see many people there walking medium to large dogs. There is also a basketball court. There is a door to door trash pick-up service 5 days a week, and a self-service recycling bin. All apartments come with a programmable alarm system, washer & dryer. Top floors have vaulted ceilings and fireplaces. I haven’t had any bug issues, they send pest control around regularly. The property is kept very clean, and all the residents are very friendly as well.

I highly recommend this apartment complex. Most people here are affiliated with UTHSA and it feels very safe. Management is always coming up with community events such as game night, pizza parties, and they've just introduced a rewards point system. There are often additional small events like Taco Tuesday, when they hand out free breakfast to residents leaving for work in the morning. We've had a Happy Hour where they've handed out free beer for residents coming home. Often, they will have Marco's pizza send someone over to sell pizzas for $5 at the front gate.

I am very satisfied with this apartment complex. It's so close to the Greehey campus that I have walked home on several occasions. It's far enough away to avoid the traffic of UTHSA, but definitely close enough to bike.

**Wolfe Run Apartments  210-699-6030**

8602 Cinnamon Creek Drive, San Antonio, TX  
Distance from UTHSA: 2 miles  
Website: [http://www.wolferunapts.com/](http://www.wolferunapts.com/)  
Rent: $700 1B/1B cable included  
Pets: Cats and dogs, with a fee. $200-$300.  
Pool: Yes  
Parking: Covered for residents, plenty of uncovered for guests.  
Student discount: Make sure you ask.

Review #1: I really like living here, and I plan on renewing my lease. There has been construction going on outside the complex for most of this year, but besides that the area is really quiet. They have 3 basic floor plans based on how many you want to live with - I chose to live here because I wanted to live alone in a safer-feeling environment than most of the other places I found. Full size washer/dryer are included, as is valet trash/recycling pick up. The apartment also comes with an alarm system.
The other reason I went with this complex over others is that I really liked the staff and they had solid reviews from the past as well. The appliances and buildings are typically a little older, but whenever I have had a complaint it has been addressed within the week. There is an “office” and a small workout room that are open 24/7, but I don’t really use them. There is also a bus stop going both directions (to and from the university), but I discovered it takes about the same amount of time to walk as it takes to drive (thanks to where I park on campus).

**The Vintage Apts. 210-880-9727**

7733 Louis Pasteur Drive, San Antonio, TX 78229
Website: [http://www.mynewplace.com/apartment/the-vintage-san-antonio-tx-5y00g8913431](http://www.mynewplace.com/apartment/the-vintage-san-antonio-tx-5y00g8913431)
Distance to school: 6-10 minutes walking – 1 block from UTHSA
Rent: Studio $1415 (fully furnished), 1B $1068-1219, 2B $1183-$1824, 3B $1936-2102.
Pets: Yes
Gated: Yes
Parking: Excellent (free parking garage)
Pool: Yes and a fitness center.
Review #1: Very safe (guard & cameras), calm, welcoming environment. Valet trash service. Washer/dryer connections. Management is good. Don’t want to live on the shopping center side--Club Antro plays music loud into the night and it is clearly heard on that side.
Review #2: If you have the money to spare, this is the best place to live. It is extremely close to campus (I bike 5 minutes through Methodist hospital and I’m on campus), there’s a great parking garage that is ideal for the summertime and moving in (there are walkways on every floor). Office staff are extremely friendly and prompt with service. Only downside is that rent does not include internet, washer/dryer, and the valet trash service is a mandatory extra fee. Student’s ranking: 8

**Wellington Estates 866-695-7269**

6623 Callaghan Road, San Antonio, TX 78229 (Babcock & Callaghan)
Apartments and Townhomes
Distance: 1 mile from UTHSA campus
Website: [http://www.wellingtonestatesapartments.com/](http://www.wellingtonestatesapartments.com/)
Rent: Studio $599, 1B $689-740, 2B $825-935, 3B $999-1235.
Pets allowed: Yes
Pool: 2 pools and has a fitness center
Parking: 1 designated covered parking spot
Maintenance Service: 24 hours
Review #1: As a student this was the best bargain (price/sq feet) I could find. My unit doesn’t have laundry in it so I use the 2 in complex laundry mat rooms. My utilities and electric was always under $50/month. I loved how much extra money I got to save. Short drive to campus. Definitely recommend it. I didn’t know any other students in my complex though. Felt safe. No vandalism ever seen and no ghetto scary people. When I signed a 12 month lease, I got 1 month free in addition to the $10/month discount. A little older complex (70s) but I wouldn't change complex because of how cheap the rent is compared to the other complexes around. (I'm moving out to buy a house, which is affordable with our stipend pay alone, which I would also recommend, I didn't need a co-signer).
Looking for a roommate, place to live, or current housing reviews?
Check out the Student Life – Housing page!
http://students.uthscsa.edu/studentlife/2013/04/housing-list/

ROOMS FOR RENT:
http://studentservices.uthscsa.edu/pdf/StLifeHousing/RoommatesRoomsforRent.pdf
# San Antonio Business & Eatery Referrals

**Eat.Drink.Dance.**

## Chinese
- Sichuan House
- Golden Wok
- China Star
- Hot Joy
- Sun Sun
- Mencius
- HuHot (Mongolian)
- Lai Wah
- Golden Kirin
- Ding How
- Pearl Inn

## Breakfast/Brunch
- Cappy’s (weekend brunch)
- Supper at Hotel Emma
- Snooze
- Eggspectation
- Magnolia Pancake Haus
- The Guenther House
- Snowflake Donuts
- First Watch
- The Best Original Do-Nut shop (great breakfast tacos)
- Joe’s Pancake House
- Blanco Cafe
- Culebra Meat Market (tacos)
- Mimi’s

## Mexican
- La Fonda on Main
- Torchy’s Tacos
- Taqueria Datapoint
- Mi Tierra
- Soluna
- Paloma Blanca
- Picante Grill
- Mama’s Kitchen
- Chelas Tacos
- La Gloria
- Rosario’s
- La Fogata
- El Bucanero

## Italian
- Caparelli’s
- Zio’s
- Tre Trattoria
- Piatti
- Aldo’s
- Il Sogno
- Piccolo’s
- Aldo’s
- Lorenzo’s
- Little Italy
- Paesano’s

## Date-Night
- J Alexander’s
- Perry’s Steakhouse
- Whiskey Cake
- Bite
- Bliss
- Feast
- Supper at Hotel Emma
- Bob’s Chophouse
- Cured
- Max’s Wine Dive

## Coffee Shop
- Local Coffee
- Rosella
- Revolution
- Halcyon (stays open till 2AM)
- Candlelight Coffeehouse
- Madhatter’s Tea and Coffeehouse
- Bottomless house coffee
- Cafe Martinez
- Indy Coffee co Fairview
- Coffee
- Brown Coffee

## BBQ
- Augie’s Barbed Wire
- Smokehouse
- Texas Pride Barbeque
- Rudy’s (original one in Leon Springs)
- Two Brother’s BBQ
- The Granary
- The Big Bib
- Bill Miller’s

## Thai
- Thai Bistro and Sushi
- Sawasdee (get the house curry)
- Thai Restaurant
- Thai Dee
- Thai Basil
- Thai Taste

## Fancy Night Out on the Town
- Paramore
- George’s Keep
- Paesano’s
- Luce
- Bohanan’s
- Fleming’s
- Bin555

## Vegetarian/vegan
- Green Vegetarian
- Garbanzo’s Mediterranean Grill
- Moshe’s Golden Falafel Salata
- Dallah Mediterranean
- Pam’s Patio Cafe
- The Cove
- La Tuna Grill
- Twin Sisters Bakery and Cafe

## Burgers
- Willies Grill & Icehouse
- The Country Village
- Chris Madrid’s
- Big’s Burger Joint
- Hopdoddy’s
- Texas Burger Company
- Chester’s
- Broadway 50/50
- The Cove
- Chester’s

## Bakery
- La Panaderia
- Bakery Lorraine
- Bird Bakery
- Kate’s Frosting
- Nadler’s
- Broadway Daily Bread
- Sol y Luna Bakery

## Vegetarian/vegan
- Green Vegetarian
- Garbanzo’s Mediterranean Grill
- Moshe’s Golden Falafel Salata
- Dallah Mediterranean
- Pam’s Patio Cafe
- The Cove
- La Tuna Grill
- Twin Sisters Bakery and Cafe

## Sushi
- Sukiban
- Uniko
- Goro’s Sushi
- Fujiya Japanese Garden
- Sushi Zushi
- Yellowfish Sushi
- Wasabi Sushi
- Kona Grill
- Kumori’s

## Pizza
- Caparelli’s on Main
- Paul’s Pizza Roma
- Grimaldi
- Fralo’s
- Ray’s Pizzeria
- Stella Public House
- Dough
- Florio’s
- Big Lou’s
- Barbaro

## Sandwiches
- Cappuccino’s
- Potbelly’s
- Sandwich de Paris
- Picnikins
- Jimmy John’s
- Pam’s Patio Kitchen
- Lenny’s
- Panera
- Jason’s Deli

## Restaurants with Live Music
- The Cove
- Rosario’s
- Sam’s Burger Joint
- County Line
- The Rustic
- Fralo’s

## Places to Go Dancing
- Bonham Exchange
- Grass Monkey
- Kremlin
- Cowboy’s Dance Hall
- Semeney
- Live
- Phantom Room

## Delivery
- Jimmy John’s
- Lai Wah
- Chicago’s Pizza
- Marco’s Pizza
- Golden Wok
- Sarika’s Thai
- China Bistro
- Sun Sun Kitchen
- Paul’s Pizza Roma

## Mediterranean
- Pasha
- Garbanzo Mediterranean Grill
- Mosh’s Golden Falafel
- Jerusalem Grill
- Papouli’s
- Dallah Mediterranean
- Zoe’s Kitchen

## Indian
- Bombay Hall
- India Palace
- India Oven
- Tarka Indian Kitchen
- Spice Fine Indian Cuisine
- Biryani Pot

## Medical Center Bars
- Flying Saucer
- Oak Hills Tavern
- The Highlander
- Little Woodrow’s
- Vegas Bar
- Tonic Bar
- Baker Street Pub
# Recommendations & Referrals

<table>
<thead>
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<th>Waxing</th>
<th>Hair Stylist</th>
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<th>Veterinarian</th>
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<td>New Beginnings (Lisa)</td>
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<td>Dr. Estrella at Wilderness</td>
<td>Dr. John Galan</td>
<td>Dr. Bahar Faroz</td>
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<td>Dr. Alexis Weisenthal</td>
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<td>Giff – Dr. Garry Gossen</td>
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<th>Fitness/Cross-fit</th>
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<td>Smart Barre</td>
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<td>North Star Mall</td>
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<td>Oak Heights</td>
<td>9 Rounds</td>
<td>Lululemon Athletica</td>
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<td>Orange Theory Fitness</td>
<td>Gold’s Gym classes!</td>
<td>The Rim</td>
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<th>Farmer’s markets</th>
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<td>H-E-B</td>
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<td>Physician’s Plaza</td>
<td>Pearl Farmer’s Market (Sat and Sun)</td>
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<td>CVS</td>
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<td>● Friedrich and Eisenhower Park</td>
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<td>● Fredericksburg, TX</td>
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<td>● Schlitterbahn, Float the river (New Braunfels)</td>
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<tr>
<td>● Sea World, Fiesta Texas</td>
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<tr>
<td>● Asian Festival</td>
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<tr>
<td>● Wurstfest in New Braunfels</td>
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<td>● Fiesta</td>
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<tr>
<td>● Pearl Brewery</td>
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<tr>
<td>● Walk the River</td>
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<td>● Bike around the Missions</td>
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Upperclassmen Advice for Entering MS1 Students

Welcome Class of 2022! Congratulations on getting into medical school. These next few years will contain some of the most exciting times in your life but all this information about medical school may leave you puzzled and a little overwhelmed... DO NOT PANIC! We were there, we felt the same way, and we got through it. We put together this packet of information to remind you that you have so much support and so many people who want to see you succeed! So here is some helpful advice to help you along the way. Some of it might not make sense now, but it will later. (As always – not all advice is right for you. Listen to different opinions, ask MS-2s, but know that things change and everyone is different!)

OVERALL ADVICE: During Welcome Weekend you are about to be bombarded with advice from a huge variety of students with varying grades, backgrounds, study habits, and goals. Some may be jaded and some may love medical school. Until you know that the person who is giving you advice has similar study-styles, goals, and values, I would take their advice lightly. You will have MANY opportunities during the first few weeks of school to meet upperclassmen and ask more questions, so pick-and-choose those you take advice from.

GETTING ACQUAINTED

"The class seems so big, but all the students seem to know each other and get along so well. I am worried that I won't know anybody. How did you all get to know each other and become so close?"

❖ Medical School is unlike undergrad in that there are no different majors or different class schedules. Everyone is studying for the same things at the same time, which builds a sense of community and you'll just naturally get to know people.
❖ Don't worry about being lonely or having trouble meeting new people! You will essentially be forced to meet your wonderful classmates through activities with your Veritas groups, TBL, synthesis case, and Anatomy lab.
❖ Your Veritas Group will be your social safety net. You meet your Veritas Group the morning of the White Coat Ceremony, and you will spend a lot of time with them the first couple of weeks of school. They will become your first group of friends, then as you meet more people in your class and relate to more people, you will naturally form a close group of friends.
❖ Going to social events, going to class, join the Facebook group. I was really nervous at first to go to events alone, but everyone going to social events wants to make friends, so don't be afraid! Also join interests groups or sign up for intramurals. Don't over extend yourself the first semester, but playing soccer once a week really helped me de-stress and I met some really cool people.
❖ Orientation week, go to all the fun stuff. Your past is important, but if you start med school half-lodging in your old life, you might find yourself a bit isolated among your classmates.
Having a roommate and living in an apartment complex with lots of other medical students made social stuff easier since we could go together.

Start by going to class at the beginning of the year. Go to class events. Join an intramural team. Participate in service projects. You meet people when you work alongside them. Join a club or two and get involved!

Go to all of the mixers early on. You'll meet a TON of people that way. But even after those pass, don't be afraid to introduce yourself to people. Everyone here is so open and accepting of others. All you need to do is put yourself out there.

I met some of my friends during Welcome Weekend and kept in touch through Facebook until school started. There are a lot of opportunities to meet your classmates through small groups, social events, IM sports, and interest groups.

How should I decide between a PC or a Mac for school?

The most important thing is to pick a computer and operating system that you are familiar and comfortable with. All other factors and features are secondary. Definitely invest in something that will last - your computer will be the single most used object you buy in med-school. Thus, you want something that you can efficiently use, since the majority of your study material will be electronic. Get a screen that won't hurt your eyes when reading pages of text. Set up time-machine/windows back up the moment you get it and keep everything backed up.

Should I purchase my computer through the University or on my own?

It is simple and easy to get your computer “cleared” by UTHSA. If you have your own laptop, use it! Buying your own independently will allow you to get the specs you want. If you don’t care about what it has and don’t want the hassle, check out what the school has to offer.

"How should I study for each module?" Are there any extra resources you recommend?

First Aid (MUST BUY for everything!)

The following are the classes that you will take your first semester: August-December with some helpful hints from past students.

Molecules to Medicine (M2M aka Biochemistry + Genetics):
  ➢ Don’t wait to study! A lot of this material will be repeat from undergrad, but it comes at a much faster rate. Starting your studying early will keep the amount of content on the first exam from being too shocking.
  ➢ For every module all test questions will be asked as clinical vignettes. You will learn a lot of diseases in M2M, but do not think just because you will be given a clinical vignette, that the questions will be about diseases. Learn the underlying pathways and familiarize yourself with them prior to the lectures.
  ➢ Helpful supplemental: No additional materials needed.

Language of Medicine (LOM aka Anatomy):
  ➢ Attend lecture, study Galen (you will learn what this is later on), read the handouts, and get a weekly lab tutor. Lab tutors are upper-classmen who have done this before and
will quiz you on your cadavers. Also go to Saturday MS-2 tutor sessions. Before the final, spend time in the lab with your cadaver identifying structures.

- **Helpful supplemental: Netter’s Flash cards**

**Medicine, Behavior, & Society (MBS aka Ethics):**
- MBS has a lot of material and you have to navigate your way through it. For MBS, make sure to find a resource for each learning objective. The test questions adhere to the learning objectives pretty closely. Also, any example questions you get from the pretest or any formative assessments are good tools. A very similar question will appear on the test.
- **Helpful supplemental: No additional materials needed.**

**Attack and Defense (A&D aka Microbiology and Immunology):**
- Do not get behind. Read as much of the assigned reading as you can. It will be impossible to read all of it, but try. Keep up with the cases. All of the test questions pretty much come from one of the cases you go over in class. There are a lot of study books and flash cards available for micro. I would suggest going to the bookstore and looking through a few of them and finding a book that works well for you.
- **Helpful supplemental: Sketchy Medical: SketchyMicro (online videos adored by all), Lippincott’s Microbiology flash cards**

- **Clinical tools you should DEFINITELY get:** Stethoscope, nice reflex hammer

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**STUDY/SCHOOL**

*What is your advice on working in the various groups (TBL, Synthesis Case, Histology Lab, Clinical Skills, etc.)*

- Get to know your teammates! You're going to be spending a lot of time with these people, and having a good friendship makes the time that you're sitting through long TBL discussions a lot more enjoyable. Don't be afraid to speak up! Learning how to discuss medical problems with your classmates (i.e. future colleagues) is an essential skill to learn while in the classroom. When all group members are willing to give their input during a discussion, the time spent in TBL and Synthesis Case is a lot more enjoyable. Additionally, you really do need to be prepared for TBL and Synthesis Case activities. It may seem like a hassle to study for all of those Friday morning iRATs, but when you come prepared the groups strengths are better used when working together.

- Be patient. It's a new learning format for many students but your TBL and synthesis case peers will be people you are going to spend a lot of time with so play nice.

- Be a strong team member! Your team relies on you. Also, the things you learn during these sessions seem to stick in your memory pretty well, so be active.

- Work hard, come prepared, and try not to piss too many people off and you should be fine. If you are a quiet person, push yourself to speak up more. If you tend to do a lot of talking, allow some of your teammates to give their input. Then after the first round of feedback, react to the
feedback your peers gave you. If you show improvement, it will be hard for your group members not to give you all 5's.

How do I decide whether or not to go to class? Are classes required?

❖ Some classes are required, but many of the lectures are not. Deciding whether or not to go to class is really based on how you best learn. For some people having the live interaction with the professor keeps them more engaged in the lecture, whereas others prefer watching the videos so that they can pause when they begin to lose focus or even watch the lecture at 1.4x, 1.6x or 2x. Try out a week of both (attending lecture and streaming) and decide which you prefer.

Studying in medical school compared to undergrad.

❖ You can't afford to start studying the day or week before an exam. Medical school is a marathon and you have to work on your classes every day. Whatever time management strategies you have from undergrad, keep and fine tune them now...you'll definitely need them.
❖ The difference is not NEARLY as much as I was expecting. I definitely still do have a life, which I doubted I'd be able to keep once med school started.
❖ The phrase "it's like trying to take a sip off of a fire hose" comes to mind.
❖ Make sure you find a place you can really focus, sit, and read for a long time.
❖ WAY more intense. I.e., undergrad = go to class, and otherwise don't study until the weekend before a test. Med school = 4-5 hours of studying EACH DAY, then just live at the library starting 7-9 days before tests start.
❖ You study more, but you'll also learn to study better.
❖ A lot more, but with a different focus than undergrad science courses. It's more clinically-oriented.
❖ I would've laughed at myself two years ago if I started studying for a final 2 weeks in advance...but its medical school, it’s supposed to be hard and in more depth. It is surprising how much information can be presented in a morning, none the less a week! But this is all we have to do, this is our job! Stay on top of it and it will be less overwhelming come exam time.
❖ If you combine all that kept you busy in undergrad, it's about equal to med school.
❖ It’s like finals week every week.
❖ Very different, you are expected to learn a lot more in a much shorter amount of time.
❖ Even though the material isn't necessarily complex, the amount of material you are required to know is significantly more than in undergrad, and it's coming at a much faster pace. It felt like our first module (2 months) covered most of what I studied during my 4 years of undergrad.
❖ The information you cover in medical school is not that much harder than the information you are responsible for in undergrad, there is a lot more of it and it comes a lot faster though. Therefore, you will have to do a lot more studying than you did in undergrad. Do your best not to get behind, and get on a consistent schedule. You will be able to put enough time into studying and also have time for other things though.
❖ Some weeks you can slack off (directly after tests) but most of the time it is a constant grind. Also starting to study a week or more before an exam,
❖ The information in 1 module in undergrad equates to about a week's worth of material here.
General advice on mastering the amount of material you are required to learn
❖ I plastered a room in my house with huge whiteboards from Lowe’s ($13 each).
❖ Take notes on the material, make charts, and draw pictures, make mnemonics, and label blank anatomy slides. Get creative and organize the material however you need to help you learn it.
❖ Study efficiently without distractions, take breaks when needed, talk out loud and explain concepts with friends
❖ REPETITION REPETITION REPETITION. A lot of this material is straightforward and makes sense conceptually, but you’ll need to look at it a lot of times before it actually sinks in. Talking it through with other people is invaluable. Also, make it fun if you can!

“What should I do the summer before medical school?”
❖ Work and make money, travel, stay up late and sleep in, etc. Basically, anything you enjoy that’s not related to school (besides things like getting your immunization records turned in).
❖ Absolutely nothing academic.
❖ Chill. If you’ve been in school since you were five, relax. If you are incessant about doing something, start looking at BASIC anatomy stuff (naming bones, major muscles, etc.).
❖ Enjoy it as much as possible--if you want to travel...do it! Spend time with family, friends, and your significant other. That said, if you are an MD/MPH student, consider taking three classes if you are not working over the summer to decrease your load of classes during the spring of MS1 (not sure how the new curriculum will impact this though). It is definitely doable to still enjoy the summer and take MPH classes.
❖ This is your last REAL summer. Once med school starts, people expect you to make "efficient use" of your off time and actually do stuff. Absolutely nobody expects you to do anything impressive before then. So hang at the pool and sleep a bunch.
❖ Get in shape, go to the beach, get lots of sleep and have fun! If you can move here a week before school starts to get settled and see the town and meet a few people I would definitely encourage it.
❖ TRAVEL. READ. Do as much physical activity as you can. Take some time to think about the upcoming year and set some priorities.
❖ RELAX! You have a long journey ahead of you and it's gonna be full of challenging stuff. If you're here, everyone knows that you're capable of making it. The last thing you wanna do is get started on that journey too soon.
❖ Nothing! They will teach you everything here. Maybe brush up or try to learn Spanish.
❖ Relax! Get comfortable in San Antonio, enjoy the city, and enjoy your friends and family. Get organized maybe, but don't study! Treasure any breaks you get.

If you use an iPad in class, what are your favorite apps to use that help you study/learn?
❖ Clemente’s Anatomy Flash Cards app (was offered as a free download in July and normally costs $30+).
❖ Agile Diagnosis is another app that has recently become available for differential diagnosis.
❖ Inkling (have to purchase textbooks made for it)
Iannotate PDF is the best to take notes on the syllabus with a stylus

With iCloud, I purchased the Keynote and Pages apps and am able to flip through notes and review Powerpoint presentations I made for myself without having to bring a computer to school. The iCloud helps sync documents with my desktop/laptop. iAnnotate is amazing. I also purchased a case with a built in Bluetooth keypad. I love having my iPad with me in class!

StudyBlue flashcards (make flashcards and flip through them on your iPhone or iPad)

OneNote, which you can also set up to sync with your laptop.

Notability

OTHER WORDS OF WISDOM

Things we wish we’d known before starting med school:

- There is nothing you can do to prepare yourself academically for medical school. There is a large learning curve (study skills, time management) when classes start, but these are not things you can learn until the first day. Enjoy yourself the summer before classes start and spend as much time as you can with family and friends. This was the advice I received before school started and I really wish I had taken it.

- Expect to make great friends, but don’t expect to be handing out with people and studying together every day. If possible, reserve time to hang out and do things completely unrelated to school. Separate work and play as much as possible. If you’re going to work, work hard, and if you’re going to play, go all out.

- I wish I had really understood that it is okay to get involved in electives and extracurricular activities during first year without affecting grades. Also, I wish I had enrolled in the Global Health elective before it filled up so I could go on trips this year!

- You are going to study A LOT, but you are more than capable of doing it.

- The best advice I can give you is something a second year told me, “you don’t have to know everything right away; you just have to know it by the test.” There will be people who remember everything after reading the syllabus once and some people who don’t have everything come together until the week (or night) before the test.

- It gets better! Different people struggle through different modules. You will be OKAY and you will get the hang of it.

- Don’t continuously compare yourself to others because it will stress you out and what works for them may not work for you.

- Staying physically active is SO important. NO ONE CARES where you went to undergrad, what you made on the MCAT, what your undergrad grades/degrees/achievements were. Never did I think I would miss the simple things in life so much, like hanging out at a coffee shop and reading all day. You WILL miss out on major events in your friends’ lives. You will feel like your college/high school friends/family don’t understand what you are going through (and you are right, they don’t). Your classmates will become you greatest support system during this time so rely on them.

- How much hard work it would actually be. Don’t be afraid to get help, its not that you’re dumb, it’s just that it’s hard.
Life gets better after first semester! Many of us have found the organ-based modules (with the occasional Clinical Skills class thrown in) to be much less time-consuming than having M2M, Anatomy, and Clinical Skills every week, all at once. Work hard, and get through it knowing that your load lightens after Winter Break!

"How can I get involved in shadowing, research and clinical practice opportunities?"

- Student-Run Free Clinics, Global Health trips, Frontera de Salud
- Ask, ask, ask.
- Find a doctor or mentor and just ask! Keep an eye out for emails with opportunities. If you know you are interested in something specific seek out someone who works in that field, search the UTHSA website, or ask one of the advisors.
- UTHSA will assign you a preceptor to shadow once a month – do your best to get to know him or her!

Additional advice.

- **Housing/roommates**
  - Start looking early for apartments, and know that it is much cheaper if you find a roomie.
  - Don’t be afraid to live by yourself. You WILL still meet people, and it doesn’t have to be an isolating experience. Sometimes it is nice to know that you don’t have to worry about a roommate.

- **Parking**
  - You can add yourself to a waitlist if your desired zone isn’t available. Zone 5 is off campus, Zone 4 and up is on campus.
  - Avoid a parking permit if you live within walking distance to school.
  - Walk or bike.

- **Non-science major**
  - Consider doing non-science major tutoring if you think you may be weak in other science areas.
  - There is a lot of support for non-science majors. Ask the Office of Academic Enhancement if you think you’ll be struggling.

- **Married/significant others**
  - It's a little harder to be spontaneous, so just make sure to plan time together
  - Make time for your significant other every day, whether it is in person (or via phone, email, text messaging, video chat, etc. if long-distance). Long distance relationships ARE DOABLE in med school! Schedule date nights and stick to them. If you are dating or married to someone who is not a med student, don't overwhelm them with too much medical info.
  - You have to be devoted to each other. Med school is probably one of the hardest things you'll ever do. Your life and you will change more in the first 6 months of med school than in the previous 20 years combined. You have to make them a part of that process, or else you will grow apart. It's been really difficult for us, but we're sticking together.
➢ Include them as much as possible and put away your laptop/phone/books every so often and really give them your undivided attention. Also, practice your exam skills on them! Seriously!

❖ Research opportunities
➢ Take advantage of shadowing during less busy times of the year (at the beginning of a module, during breaks if you are in town, etc.). If you would like to do research over the summer, look into possible opportunities before Spring Break so you can get any necessary paperwork done, talk to your PI, etc. before January when many research application deadlines are.
➢ Start looking for a research mentor in October if you want to do research in the summer. Research application is due when you get back from winter break, but it's not the sort of thing you can do the night, or even the week before.
➢ Trauma shadowing at UH is really fun! Also, the student run free clinics remind me of why I came to med school in the first place.
➢ Every physician I've contacted is eager to have students work with him or her. All you have to do is ask. Don't be afraid to follow up with another e-mail or phone call. Physicians get busy and genuinely forget. They aren't trying to blow you off.
➢ It's as easy as emailing a faculty member. Do it as much as you think you can handle.

❖ Pets
➢ I go to VCA at Oak Hills for boarding. They seem to take good care of my dog. I don’t know if I’d recommend a puppy during school (unless you have others to help care for it).
➢ Cats. Low-maintenance, but it’s nice to come home and relax for a few minutes by petting them.
➢ Cats are SO EASY!! Definitely recommend getting one if you’re hesitant about the time commitment involved in having a dog.
➢ Dogs take up a lot of time. During your first two years, you will have plenty of time outside of class to care for a puppy/dog, but third and fourth years will be challenging. Think ahead and plan appropriately.

❖ Balancing finances
➢ Make a budget and stick to it (I use an Excel spreadsheet that I update constantly based on what I spend). Only borrow what you really need--if you find you have extra that you don’t need, return the funds to the school! Consider paying interest on unsubsidized federal loans while in school (include this in your budget).
➢ My recommendation: take all the $ and give back what you don't need. The last thing you need is to be stressing about money during med school. That being said, be conscious about you’re spending and live frugally.
➢ Take out minimum loans. They always say, "live like a student now so you won't be living like a student later."
➢ Apply for all scholarships you can.

❖ Picking a specialty
➢ Go to interest groups, you find stuff out and get free food
➢ Primary care is gaining elevated importance with reforms! Don’t consider income when considering specialty.
➢ If you have no idea, chill out. You’ll gravitate toward your interests naturally.
➢ Start thinking about it as soon as you can and keep a list of possibilities. Ask questions! Go to career days! Read about specialties during less busy times. Talk to MS4s, residents, attendings.
➢ Start exploring early (shadowing different fields, etc.). Don’t discount ANYTHING. Try to keep an open mind, but recognize aspects of your personality that might fit better with one field than another.
➢ Accept early on that you know nothing about anything, that you WILL change your mind, and then shadow someone in any field that sparks your interest.

❖ **Exercise:**
➢ Join an IM sports team. They’re relatively low-commitment, but good fun and easy exercise.
➢ Gold’s! You pay for it in your tuition. Cardio kickboxing, Christine’s yoga classes and Body pump are all excellent group classes.
➢ Consistently do what you enjoy. And stay active. You’ll feel better. Find a way to work physical activity into your daily routine and you will find that it really improves your overall attitude.
➢ Med school is better when you do things that make you happy, whether it’s exercising or lazing about.
➢ Our gym is great! I liked being part of a sports team with my classmates and I recommend it. You’re going to be spending a lot of time sitting in a chair and so any chance you get to prevent muscle atrophy, do it!