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Welcome to Quillen College of Medicine!

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

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

If you have concerns about classes, teachers, staff, etc. please contact Dr. Tom Kwasigroch, Associate Dean for Student Affairs. Together, we strive to make improvements in any way possible, but we must be aware of issues before changes can be made. For more information about OSR and an online version of this manual you can visit https://www.etsu.edu/com/studentsvcs/lifeoutside/osr.aspx

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I. How to Study During the First Year

The first thing to remember is that you made it into medical school, and despite the feelings of fear and inadequacy that every one of you will have, you are extremely intelligent and can make it through medical school. Most of the concepts presented in your classes will not be very difficult, but the sheer volume is challenging. You cannot afford to get behind. Unlike college, you don’t have lulls in the semester that allow you time to catch up. This becomes especially true during your second semester.

There is no magical way to study. You must find what methods work best for you as an individual. Be flexible; be willing to try new techniques to determine what will be the most beneficial. Upperclassmen are always available and happy to give you information and advice about professors, classes, etc., but remember that everyone is different, so you have to identify what is best for you. Below are some of the most common approaches to studying.

You won’t use them all, but these are some methods to consider:

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

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

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

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

The bottom line and the most common advice you will hear is this: *don’t let yourself get behind*. Try to be organized, manage your time wisely, and keep up with the material as it is presented. Although the amount of material will seem overwhelming at times, remember to take it all one page, one lecture, and one day at a time. You will be surprised by how much you can and will (and must!) learn.
II. **General Information**

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

- **Laptops:** Laptop computers are now required for all incoming students. If you have questions about specifications, the IT folks will probably be able to serve you best. Many students have no problems with their Apple computers even though IT discourages Apple (~60% of our class uses a Mac). Virtually every exam you will take next year is given in a secure online format. The standardized Shelf exams are always administered in an online format. Many students found tablet PCs or iPads to be particularly handy for in-class note taking, but it should be noted that some of them were not compatible with testing software. The type of laptop you buy is completely up to you, so feel free to ask other students about their preferences. It's helpful to know that there is a sales tax holiday in Tennessee. You can buy a computer tax-free if it costs $1500 or less. See [http://www.tennessee.gov/revenue/salestaxholiday/](http://www.tennessee.gov/revenue/salestaxholiday/) for more information.

- **iPads:** Every dissection group has its own personal, mounted iPad that can be used for the groups Atlas, Clinical Case Presentation, Web Access for accessing course documents, image capture and note taking to record material for the Cadaver Case Presentation. Anatomy Apps are available on every dissection group's iPad. These currently include Netter's Atlas, Visible Body, numerous radiology apps for cross-sectional anatomy references, quizzing applications, and clinical reference applications. However, these iPads can't be removed from the lab. Some students in the class of 2018 found having a personal iPad helped them streamline their studying (~60% of our class owns a iPad).

- **Diagnostic Equipment:** For the Physical Examination class, it is recommended by the faculty that every student purchase a diagnostic kit. Representatives from Welch-Allyn and Littman will be available during orientation to offer their products. Please see below for bookstore information, online prices of diagnostic equipment from the representatives. Before orientation, you are encouraged to consider how you will go about financing these purchases; students in the past have felt rushed into purchasing this expensive equipment. Don't forget you'll be buying books around this time too. Very few students in the class of 2018 purchased an ophthalmoscope (~15). During your physical exam course, these will be made available to you.

  **Diagnostic Kit**—A few options to consider (These diagnostic kits are not required, but are useful to own if you’re in the Rural Track program or doing mission trips):

  - Standard ophthalmoscope head vs. the PanOptic. The PanOptic is more expensive, but provides a better view of the optic fundus. If you opt to use only the PanOptic, you will be doing yourself a disservice, however, as most offices, including hospitals, still use the standard head. The PanOptic is a luxury, and it is recommended
that you familiarize yourself with both models.

- **Grip/Battery Pack**: This is truly a personal choice. The lithium grips are smaller and lighter. They can only be charged by plugging them into the wall, but they charge faster and don’t have memory. The NiCad battery grip is larger and heavier, but it is cheaper. Also it can run on two C batteries in addition to the battery pack, so if you plan on practicing in developing countries, this is probably the grip you want to purchase.

  - **Stethoscope** – This is the must-have piece of equipment. For quality of sound, you should purchase a cardiology-level stethoscope. The most commonly used brand by students seems to be Littmann (Cardiology III, Classic II S.E.).
  - **Pen light** – These are made available for your use by the Physical Exam course, so you don’t have to buy one unless you want one for your personal use.
  - **Blood Pressure Cuff** – These are also provided for you, so there is no reason to purchase one unless you just prefer to have your own.
  - **Snellen eye chart, tuning fork, reflex hammer (a heavy one).** These items are also optional. A Snellen chart may be included with the purchase of a diagnostic kit.

- **Anatomy Equipment**:
  - **Old/cheap scrubs**: Most people in lab choose to wear old or inexpensive scrubs, or something you don’t care about getting dirty and smelly. Some people want to wear a plastic apron over their clothes or scrubs. You can buy aprons at the bookstore.
  - **Gloves**: Preferably, you should purchase non-latex gloves because are some faculty members and other students with latex allergies. There are cheaper places than the bookstore to buy gloves (e.g., Wal-Mart or most drug stores).
  - **Lab Coat and Goggles**: It is an OSHA requirement to wear goggles. A lab coat is not a necessity, but some students prefer to wear one. To save on cost, some students choose to wear an old long-sleeve shirt. Changing into old pants or scrubs is a personal preference. Each of you will have a locker outside the anatomy lab, where you can keep your ‘lab clothes.’
  - **Scalpel Blades**: Start off by buying at least four. The bookstore always has more if you need them. These are very inexpensive.

- **Textbooks**: Every textbook required for a course and most of the recommended ones are on reserve in the Library. Aside from the ones listed below in course descriptions, we recommend that you refrain from purchasing every single book on the list, as most of them you will open once or not at all. Information about which
books to purchase is included with the discussion of each course.

- Something to become familiar with are “grid books or BRS books”. They are Board Review Series book on medical school courses, known as grid book for the characteristic grid on the front. Many students find these helpful to go through as the course progresses and they are good review books for the shelf and board exams.

- Even though it is convenient to buy all your books at the bookstore, don’t assume they have the best prices. If you plan ahead and know which books you are definitely going to use, Amazon is a great place to find better prices. Your Big Sib will most likely give you a few books for your first year.

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

Big Sib/Lil Sib – Peer Advisement Program:
The Big Sib/Little Sib – Peer Advisement Program - was established to pair each incoming MS-1 with a MS-2 mentor. Each student will be matched with a Big Sib in the summer based on personality and common interests. The goal of this program is to provide the MS-1s with an MS-2 whom they can build a relationship with and look to for advice on classes, what books to buy, what apartments to rent, etc. Since the MS-2 just finished their first year of medical school, they have the most recent experience with changes that have been made at Quillen. Some MS-2’s choose to pass on books and old practice tests to help with classes. This relationship can be very beneficial throughout the year as it is always nice to know that you have someone you can count on for advice and help through the year.

General Resources that Are Beneficial:

- **First Aid for Step 1**: You will probably want to wait until January, when the new edition of this book is released. It is a helpful in studying for the Physiology Shelf and several of the Shelf exams in your second year. Also, this is a resource that you will use in studying for Step 1, and it is good to become familiar with it early. You don’t need to buy the new edition that will come out before your Step 1 Exam.

- **Stedman’s Dictionary**: In the past, the AMA gave this book out as a sign up gift, but don’t join any organization just for the bonuses. You can always buy a Stedman’s on your own. It is a resource you will use throughout your medical education and career but don’t feel pressured to buy one at this time.
Diagnostic Kit Pricing Information:

Vendor sales – Representatives from Welch Allyn and Littman will visit during orientation and offer you the option to buy a diagnostic kit, a stethoscope, and other medical equipment that day. If you choose to buy from the vendors, you will likely get a pretty good deal on well-recognized brands. They offer reduced prices to incoming students. The internet is also a useful shopping center. The following is a list of prices of Welch Allyn from www.themedicalstore.biz (website used by most in our class).

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

Neebo’s (ETSU Quillen Bookstore)
824 West Walnut Street
Phone 423.926.0833
Email: rbrundige@nebook.com

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

The following prices are accurate as of May 6, 2014:

**Bookstore** – contact Bob Brundige (rbrundige@nebook.com) for the most up to date prices

- Littman Cardiology III Stethoscope $180.00
- Littman Master Cardiology Stethoscope $220.00
- Pocket Diagnostic Set with Hard Case $266.00
- Taylor Hammer $2.95
- Eye Chart $2.50
- Tuning Fork $10.70
- Basic Blood Pressure set $35.00

**Shelf Exams:**

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

Curriculum Vitae (CV):

A Curriculum Vitae is essentially a resume, and you will be required to submit one to residency programs. Your CV acts as a vehicle to record your extracurricular activities and achievements, and includes items such as activities, community service, honors, research experiences, etc. You should start working on it early in your medical career and add to it as you participate in more activities. The Career Exploration class requires you to start your CV and submit in the drop box, and you will need it when you talk with Dr. Daniel Wooten about your career choices. If you put it off, it may prove difficult to remember all the activities in which you were involved when you start applying for residencies, so the best advice is to start it as early as possible in your medical school career. The Career Exploration webpage on D2L contains links to sample CV’s, or you can search “Curriculum Vitae” to find other examples.
III. First Year Schedule

Fall Semester:

Block 1 – 11 weeks
  Human Anatomy & Embryology Intro to Physical Exam
Block 2 – 9 weeks
  Cellular and Molecular Medicine Full Semester
  Communications (Every other Thursday. Starts in August and lasts until December.)

Spring Semester:

Block 1 - 12 weeks
  Physiology Cell & Tissue
  Longitudinal and Week-long Preceptorship
Block 2 - 5 weeks
  Biostatistics & Epidemiology
  Lifespan Development Medical Genetics

Year-Long Courses:

  The Profession of Medicine: Physician, Patient & Society (During Orientation week and selected dates in the Fall and Spring)
  Case-Oriented Learning
  (Meets once a week on Thursday mornings)
  Career Explorations
  (Meets only three times during the year)

• M1 academic schedules can be found on QCOM’s website under Academic Affairs
  http://www.etsu.edu/com/acadaffairs/studentinfo/education/m1curriculum.aspx
IV. Fall Semester Courses

Flipped Classroom Approach

Just starting in the fall of 2013, certain courses at Quillen began utilizing the “flipped classroom” approach while teaching in the classroom. Flipping the classroom requires that students watch either lecture recordings or podcasts before the material was presented in class the following day. For example, you would watch and preview Tuesday’s lecture material on Monday night. On Tuesday, lecture would be abbreviated and the professor would only touch on key concepts and answer any questions that students had. A short group quiz was given at the beginning of class, especially during Anatomy and Cellular and Molecular Medicine. Therefore, it is important to preview the material so that you can succeed on the quizzes. The idea behind flipping the classroom comes from giving students an opportunity to preview information before it’s presented. This helps students see material twice instead of just a single time. Theoretically, this helps to improve retention. Also, in Anatomy, flipping the classroom was aimed to enable students to spend less time in lecture and more time in lab. The courses that utilized the Flipped Classroom Approach were Anatomy and Cellular and Molecular Medicine.

How effective is the "Flipped-Classroom"?

Answered: 104   Skipped: 0
Did you like the "Flipped-Classroom" Approach?

Answered: 104  Skipped: 0

- No
- Yes
- Not at first, but I...
- Yes at first, but I...
- Other

In the courses where the "Flipped-Classroom" approach was fully utilized, how often did you actually preview the material?

Answered: 104  Skipped: 0

- Always
- Most of the time
- Sometimes
- Rarely
- Never
In general, how much time did you spend previewing material before lecture in the "Flipped-Classroom" courses?

Answered: 104    Skipped: 0

- 30 minutes
- 31-60 minutes
- 1 hr-1 1/2 hrs
- 1 1/2 hrs-2 hrs
- >2 hrs

Do you feel like you have retained more knowledge from "Flipped classroom" courses vs. "Traditional Style" courses?

Answered: 104    Skipped: 0

- Yes
- No
- I feel the same about b...
- Other
**Recorded Lectures**

Another aspect of Quillen education is that a lot of the lectures are being recorded. With the “flipped classroom” aspect for Anatomy and Cellular and Molecular Medicine, all lectures were prerecorded so that students can preview the material. Dr. Monaco in Cell and Tissue Biology made free podcasts on iTunes which covers all lecture material. A lot of students chose to listen to these instead of attending class because there are no in class quizzes in Cell and Tissue (it is not a “flipped classroom” course). Some lectures for Physiology and Genetics (also not flipped classroom courses) are recorded. Because each student learns differently, we recommend coming to all classes at first, and then later choosing which approach to take. Note that most of the lectures can be sped up, but the quality of the recorded video lectures isn’t always the best.

**Medical Human Gross Anatomy & Embryology**

This will be the most challenging and time-consuming course during your first semester. The material progressively becomes more difficult with each section, but over time, you learn how to study more effectively. There is an incredible amount of information packed into this 11 week course and it is crucial to keep up with the material as you go. The flipped classroom approach will help with this. You will take the first exam (embryology) within two weeks of starting school, which will allow you to gauge the efficiency of your study methods. The faculty is willing to help you and you should feel free to ask questions, especially to gain clarification in the lab.

With the Flipped Classroom, the aim is to spend less time in lecture (~90 minutes) and more time in lab (~2½ hours). For lab you will need scalpel blades, at least one box of non-latex/nitrile gloves, and a pair of old clothes or scrubs and old shoes. Inexpensive scrubs are available at Wal-Mart or other retailers. You will be assigned a locker near the lab, so you may change into scrubs or old clothes for lab, then change back into your regular clothes before your next class.

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

Dr. Thomas Kwasigroch  
"Dr. Kwas"  
Course Director  
kwasigo@etsu.edu  

Dr. Richard Feit  
feit@etsu.edu  

Dr. Caroline Abercrombie  
abercrombie@etsu.edu  

Dr. James Denham  
denham@etsu.edu  

**How to Study for the Course:**

- **Lecture:** It is important to know every detail included in the lecture handouts. The fact that a point was not emphasized in class does not mean that it will not be on an exam. Reviewing old exams will give you an excellent indication of how effectively you have been studying. There is a group quiz before every lecture that will highlight main points/concepts/"body parts". This is where previewing the lecture material is important! The quizzes usually require identifying images taken from Netter’s or may include clinical vignettes that require you to apply information from the notes. The quizzes are given in a group format, and you may work with the members of your lab group. Besides helping you prepare for exams, quizzes may also improve your overall score; if you do well, your quiz average can bolster your final grade. The BRS review tests are also very helpful for this course.

- **Test:** There will be one test per section. The sections are Embryology, Back & Thorax, Head & Neck, Abdomen & Pelvis, and Extremities. The test will be split into a practical and a written exam (Embryology is just a written exam). The practical will be taken in lab with each student at a station for a timed period to answer two questions about 2 structures tagged. You will rotate around to each station when a timer goes off. It may seem intense that you are timed at your station but do not worry. There is plenty of time at each station to identify the structure and answer the questions. The best advice is to orient yourself and relax when you approach a station. You will have studied hard. Be confident and remain calm. The other portion of the exam is a written part that is taken online with a lockdown browser.

- **Lab:** The lab is typically closed the day before tests so that the faculty can set up the exam. Otherwise it is open for students’ use at any time of the day. To make best use of your scheduled lab time, it is helpful to look ahead and be somewhat familiar with the dissection you are to do that day in lab. The professors are present during this time and are able to answer questions. Make sure the lab is clean before they close it, as you don’t want them to have to clean up before they set up the exam.

  - Know your own cadaver very well, but **also study other cadavers**, as structures do appear differently in different dissections. Be courteous when
using others’ cadavers. Don’t shred someone’s dissection, and always spray the bodies with diluted preservative before recovering so they don’t dry out. Spraying the cadavers is to your benefit! The dissections look much better for the exam if they aren’t dried out.

- **If a cadaver in the lab has an anomaly, make sure to look at it because these structures may appear on exams.** Your class may choose to keep a running list of any good examples of structures or irregularities on one of the white boards in the lab.
- Study in groups in the lab, even if you generally do better studying alone. It forces you to think through what you are looking at, which you will have to do on the test. Friendly “pimping” of each other over minute points you have discovered in the notes and dissector may also pay off. The prosected cadaver (dissected by the faculty) will provide good examples of the structures for you to look at.
- If there is a structure that no one in the class has dissected, it is very likely to appear on the exam. The professors do extensive dissections the day before the exams and may dissect out items to include on the test.
- Old exams: Items that appeared numerous times on old practical exams are likely to reappear on yours. The relative orientation questions are also very beneficial to work through as these can be fairly difficult.
- Practice practicals: The second-year class will set up one of these before your first test. Your class will be responsible for setting up the others. These are usually organized by the class secretary and held the evening before the lab is closed. Good practice questions require identifying structures and answering questions about them on the cadavers, x-rays, models and cross-sections. **This session is one of the best preparations for the lab exam;** it provides one last review of the structures and allows you to assess your performance before the lab closes.

**How to Study for the Shelf:**

- Due to the volume of detail, it is important to learn the material thoroughly as you go. Don’t wait until the end of the block to start learning details!
- Study a Gross Anatomy review book. The Gross Anatomy Board Review Series Book (Grid Book) provides an excellent review. Be sure to pay particular attention to any clinically relevant information in the BRS. You can skip the extremities sections as you will have just taken an exam on that material. **The Head and Neck section is not generally emphasized on the Shelf.** The NBME website gives a breakdown of how many questions are expected to come from each section of the Gross Anatomy course.

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

**Essential:**

- Either Netter’s or Grant’s: Your personal preference determines which one you should use. Most pictures used in class PowerPoint lectures and on the quizzes come from Netter’s. Cross-referencing your class notes with pictures
from an atlas is an excellent way to study the material. Netter’s was definitely the most preferred book in our class.

- iPad Apps: Some of you may choose to purchase the Netter’s and/or Visible Body Apps instead of the Netter’s or Grant’s textbooks. Most students with their own iPads chose this route.

Recommended:

- **Color Atlas of Anatomy**: This has pictures of actual dissections. It is a very helpful resource throughout the course, but especially the night before the exam when the lab is closed and you are unable to look at a cadaver.

- **Netter’s Flashcards**: These provide you with Netter’s images and allows you to ID anatomical parts with answers on the back of each card.

- **Rohen’s Flashcards**: These cards have actual pictures of dissections, which are very beneficial to supplement your studies in the lab.

Optional:

- Buy both Netter’s and Grant’s: There is a fair amount of overlap, but each has its strengths and weaknesses. You may find it helpful to have both.

- There are “grease” copies of Grant’s Dissector in the lab, but you might find it useful to buy a personal copy for previewing or reviewing dissections.

- **Clinically Oriented Anatomy**: Most of the pictures in this book are also found in Grant’s. It has some helpful tables and diagrams of muscle attachments. The clinical discussions in the blue boxes can be interesting and useful.

- **Acland’s Anatomy Videos**: This guy has the best dissections known to man! There are DVD’s of him talking through real prosections in the medical library. His prosections are literally perfect. Although a bit lengthy, you will know the material very well!
Cellular & Molecular Medicine

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

Notes are put up online and cover all of the material you need to know. You can also purchase colored notes, distributed by the faculty albeit, these will be a little pricier. They are detailed and thorough, but contain more clinically relevant information than seen in the past. Class attendance will help supplement the information by highlighting the most important concepts. Lecture is also a useful means of ensuring that you understand the material. A great deal of information will be compacted into this 9-week course and it will be absolutely essential to keep up with the material daily. This course has been modified to meet the flipped classroom approach, and each faculty member has their own lecture recordings that must be watched before attending class. There will be a quiz before each lecture on its material and it is vital that you are prepared for class.

Faculty:

Dr. Mitchell Robinson  
Course Director  
robinson@etsu.edu

Dr. David Johnson  
davidj@etsu.edu

Dr. Antonio Rusinol  
rusinol@etsu.edu

Dr. Doug Thewke  
thewke@etsu.edu
How to Study for the Course:

**Know the notes!** Any minute detail may show up on the exam. The course requires a great deal of memorization, so how well you do will directly correlate with how much you studied. You may want to go over the PowerPoint presentations, but it isn’t vital. The handouts are very important and will provide all of the information needed for the tests. Old tests for the biochemistry course may be of some use, but this is a new course and you may have to skim through the tests to find any questions that pertain to the material you will be tested on. The old tests will help you gauge your level of knowledge, but again you may have to do some sorting.

How to Study for Final:

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

Quizzes:

There are group quizzes before each lecture (flipped classroom approach). These quizzes cover the lecture material for that day, and if you do well on them, you probably have a good grasp of the concepts and materials that you need to know for the exam. The quizzes will be taken on paper and is multiple choice.

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

Practice Tests

Dr. Robinson normally posts a practice exam that is like an abbreviated version of the upcoming exam. This can be used as a barometer to measure how prepared you are for the exam. *It is also a good policy to look back over all of the online quizzes before the test because some of the questions from the quizzes may be reused on the exam.*

Tests:

Tests are administered online during class. You will take them on your laptop using a lockdown browser. The quizzes are extremely similar in style and substance to the questions you will see on tests, and your performance on them should be a fairly accurate indication of how you will perform on the exams. It would be a good idea to study your quizzes for the exam as the questions are very similar in format to the ones of the exams.
Books to Buy/Not to Buy:

- **The notes are sufficient for this course.**
  
  Optional:
  - If you choose to purchase a book, buy one that you can use in preparing for your final and Step 1 (i.e., a review book). Explore the review books in the bookstore and identify the one that best fits your study style.
  - Biochemistry Grid Book: *This BRS is similar in setup to the other grid books you’ll likely use for other classes.* It allows for a pretty rapid review when you’re trying to go over all of the material, but the figures are often times too small to be really useful.
  - No book is essential for the cell biology and molecular genetics sections of the course, but some students found the 3rd edition of Jorde’s Medical Genetics to be helpful.
  - Lippincott’s Illustrated Reviews: This text is probably the most popular choice because the text and illustrations are helpful in reviewing the large amount of material covered. Many of the pictures and figures in the PowerPoint presentations come from Lippincott’s. Be careful about spending too much time studying it, though, as the text frequently has more information than is requisite for the tests.

Do Not Buy:
- Lehninger’s *Principles of Biochemistry*: Very few people purchase it, and even fewer use it. It is too dense. If you need to reference it, use the copy on reserve in the medical library.
Physical Exam

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

A common complaint about this course is that it is required too early in your training, before you know enough to understand what you are doing. Learning these skills early, though, allows you the opportunity to hone them throughout the first two years. It also facilitates understanding in some of your future courses and will certainly come in handy during your first year preceptorships. The faculty teaching this course seems to change somewhat frequently year-to-year, based on physician’s schedules, so these may or may not be involved with the next class.

Faculty:

Dr. Jason Moore               Dr. Peter Bockhorst
Course Director               Co-Director
moorej@etsu.edu              bockhors@etsu.edu

Other presenters include Drs. Reid Blackwelder (Fam Med), Caroline Abercrombie (Anatomy), Howard Herrell (OB/GYN), Mark Howell (ENT), Mark Brummel (Fam Med), Stephen Kimbrough (Neuro), Erin Harris (Fam Med) and Beth Fox (Fam Med).

How to Study for the Course:

○ Before class, read the detailed checklist that pertains to the assignment you’re doing that day.
○ Read the assigned sections in the text book.
○ Watch the physical exam CD that pertains to the assignment you’re doing that day. The CD is excellent. Since it was created by the author of the physical exam book, you won’t be getting two different opinions. Rather, the main concepts found in the book are fortified in the CD.
○ This course is often put on the back burner because the other basic science
classes take so much of your time. The content of this class is just as important, if not more important than all of the classes in the fall semester. Try to make time to read the chapter and keep up with the skills for the class, however it is by no means essential in order do well in the course.

- OSCE: Study and follow the checklist.
- It is helpful to practice on each other.

**How to Study for the Final:**

- The online exam is comprised of multiple choice questions. Be quite familiar with the material, including some basic pathologies that relate to your exam skills.
- Staying on top of the material throughout the semester will save you time at the end.
- The exam is given a week or two before the other finals. To study, *attend Dr. Moore’s review sessions*. Reread through the assigned pages in the text to review the pathologies.
- Be sure to look over the study guide given to you on the M1 CD. It is fairly lengthy, but knowing this material will help you do well on the exam.

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

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

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

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

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

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

How to Study for the Course:
Show up to class, try to employ the strategies you discuss, and go through the PowerPoint slides before class. If you do all these things, you should have no trouble passing the course. Remember to keep a positive attitude. They ultimately just want to see that you can approach and communicate with a patient with compassion. One of the biggest goals is picking up on patients’ clues. Be curious and LISTEN.

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

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

Books to Buy/Not to Buy:
Don’t buy any texts for this course even if they are recommended, as they are unnecessary.
Case-Oriented Learning (COL)

This course will very much depend on the faculty your group is assigned. You will have to feel out your faculty members to determine exactly what will be required of you. Don’t fret about the grades you are given on your assignments. If you are turning them in and showing up to class, then you will pass the course. Use this class to your advantage. It is a nice break from lecture and requires you to access resources you will use in your future clinical life, instead of just memorizing notes. This is also the only course you have on Thursdays, so these can be used as catch up days!

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

How to Study for the Course:
- Depending on your facilitators, you will have to prepare papers or PowerPoint presentations. Complete them on time and be ready to present them.
- The Medical Library’s website has numerous sources to help you attain the information you need.
- A few of useful resources are PubMed, Up-to-Date, and MDConsult. There are also several online textbooks such as Harrison’s Internal Medicine as well as countless journals. Most students used Google to help them navigate to accredited journals.

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

Books to Buy/Not to Buy:
Recommended:
- Stedman’s Dictionary: This is a resource that you will use throughout your first two years to lookup medical terms. There are some online medical dictionaries you may want to try before purchasing this. It isn’t at all necessary though.

Do Not Buy:
- Harrison’s Text of Internal Medicine: This is available for free online through the COM library’s website, and you can get all the information you need through other resources on the library’s website.
Profession of Medicine: Patients, Physicians and Society

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

A variety of teaching formats will be used throughout the year, including presentations, panel discussions with patients and practicing physicians, independent learning and community activities. Some of the topics will correlate with the Case Oriented Learning and Communications courses.

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

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

Faculty:

Dr. Theresa Lura  
Course Director  
lura@etsu.edu

Dr. Ramsey McGowen  
mcgowen@etsu.edu
V. **Spring Semester Courses**

**Physiology**

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

**Faculty:**

Dr. William Joyner
joynerw@etsu.edu

Dr. Robert Wondergem
wonderbe@etsu.edu

Dr. Richard Feit
feit@etsu.edu

Dr. Krishna Singh
singhk@etsu.edu

Dr. Brian Rowe
rowe@etsu.edu

Dr. Tm Ecay
Course Director
cay@etsu.edu
How to Study for the Course:

As with all the courses, you must know your notes. Anything in the notes is fair game for exams. If there are homework assignments/quizzes, do these in a timely manner, as they will help you in preparing for your exams. This is a course you must keep up with due to its conceptual nature. Old exams are beneficial, especially in preparing for the tests where you are expected to perform mathematical calculations. The exam on the cardiac section tends to have several clinically oriented questions. If you encounter questions about diseases you haven’t studied, don’t be startled, you should be able to answer the question based on knowledge presented in lecture. This course is currently not utilizing the “Flipped-Classroom” Approach.

How to Study for the Final:

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

Books to Buy/Not to Buy:

Recommended:

- Physiology Grid Book (Board Review Series): This is an excellent book that provides clear and concise explanations.
- Physiology by Costanzo: The author of this book also writes the BRS book, and she is brilliant. The textbook covers topics in more detail than the grid book. Some find it helpful to have both, and some just use the BRS, but most consider this book a must have. It explains things very simply and is easy to follow. Most of the teachers get their information straight from the book as well as most of the figures and tables used in the PowerPoint slides. This is probably the most widely used textbook. The chapters are short, concise and easy to read, yet it provides plenty of information to understand the material fully. This book is considered ESSENTIAL by our class when information provided by the professors isn’t “adequate.”
Cell and Tissue Biology (Histology)

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

Faculty:

Dr. Paul Monaco  
Course Director  
monacop@etsu.edu

Dr. Dennis Defoe  
defoe@etsu.edu

Dr. Fred Hossler  
hossler@etsu.edu

How to Study for the Course:

- Lecture: *Know the notes.* You need to know everything because minute details from the PowerPoint slides will be included on the exam.
- Lab: It is helpful to look through slides in lab while the professors are there because they often will provide easy ways to distinguish tissues that may not be covered in lecture. Write these tips down; they are very helpful.
  - Going through the Kodachrome slides as a group before going to the glass slides is helpful. Using the multihead microscopes and the TVs is also beneficial because you can talk with your classmates about a tissue while looking at the same section.
  - Don’t forget to look at the EM images. Several of these will appear on every exam, but it should be noted that the number typically diminishes as the semester progresses.
- An additional resource that was very beneficial for some people is an online histology website: [http://www.path.uiowa.edu/virtualslidebox/](http://www.path.uiowa.edu/virtualslidebox/). If you click on the histology atlas link followed by the table of contents link, the slides are broken up into systems. Annotated slides are available on this site as well.

There are many other helpful histology websites and videos online. One of the best set of videos is called “Shotgun Histology.” It can be found on YouTube. The professor covers a specific tissue and describes everything there is to know in a matter of minutes.

- Dr. Hossler says, “Make sure you study the glass slides. This is crucial to appreciating the histology and doing well on the exams.” However, a quick Google Image search will do just as well as searching through your glass slides. This being said, be sure that you are still proficient in using a microscope!
How to Study for Final/Shelf:
Lab Final: Study the practice tests. Review the Kodachromes. Despite the fact that none of the exact images are on the exam, it is a quick and efficient way to review the tissue systems.
- Skim through the notes or read a review book. The grid book is pretty good. Dr. Monaco’s review handout is sparse on information; but if you are pressed for time it is a good resource.
- If you have time, it is a good idea to go back through all the slides in the slide box. If this doesn’t seem feasible, take a slide from each category, mix them up, and try to identify them and the major features of the tissue.
- Shelf Exam: Typically students at Quillen do well on this exam. By studying for the lab final, you are adequately prepared for the shelf. Spend some time after your practical touching up on information. You can use the BRS grid book or Dr. Monaco’s and Dr. Hossler’s review materials.

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

Do Not Buy:
- Any cell biology textbook. You will not use it. The notes are more than sufficient.
Lifespan Development

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

Faculty:

Dr. Ramsey McGowen
Course Director
mcgowen@etsu.edu

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

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

Books to Buy/ Not to Buy:
All material for this course is posted on the Lifespan Development link in D2L.
Biostatistics/Epidemiology

This course is basically a typical undergraduate statistics course with a directed approach toward the study of disease and research applications. This course is aimed at giving students tools to help read medical reports and articles. Dr. Kalbfleisch hands out a notebook to follow along in and fill in during class, so attendance will help you out, particularly if you’re not mathematically inclined. Biostats has eight total lectures, with new material being presented in seven of those, so you will find yourself moving through the material pretty quickly in about 3 weeks. Make sure to stay up to date or you may end up trying to cram numerous equations and statistics at the end of the sessions.

Faculty:

Dr. John Kalbfleisch
Course Director
kalbflei@etsu.edu

How to Study for the Course:

○ Homework is absolutely vital for this course as the quizzes make up 50% of your total grade. Do well, start early, and put in the effort. Go see Dr. Kalbfleisch if you have any questions, and you will almost certainly get A's on all of them. Work together in groups to check answers and methodology, making sure you understand the material and can come up with logical solutions,

○ Test: The final is the only exam for this course, and it has the potential to be pretty challenging. It constitutes the remaining 50% of your grade.
  ○ Go through the course booklet, but don’t simply memorize the statistical equations. You need to understand the principles behind problem-solving approaches and how to apply the different analysis methods in various situations.
  ○ Dr. Kalbfleisch distributes a flash drive with computer programs he wrote for the course. Each class section has a quiz associated with it that can help you check your understanding. There are also programs you can use to help you with the problem sets. These programs may seem old-fashioned, but it is much easier to plug the numbers into the program instead of figuring it out on paper. Unfortunately, the programs do not
work with Apple products, so you will have to use it in the computer lab if you have a Macbook. (However, there are free programs available for download that will allow Dr. Kalbfleisch’s programs to run on a macintosh e.g. “winebottler”)

- Don’t gloss over the Epidemiology sections, as you will find that a significant portion of the final exam is made up of questions covering this material.
- The homework sets are good practice to see if you understand the material. However, the test is multiple choice and you will not be expected to compute problems like the homework. You need to understand the concepts.
- It will really help if you spend a portion of your review time going over old tests. They will give you a good idea of the sorts of questions that are going to be asked and the relative weight of various topics presented during the course.

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

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

The vast majority of course material is well covered in Dr. Kalbfleisch’s course booklet, but there are a couple of textbooks that may supplement the topics covered in class. You probably will not need to read a whole lot of any of them, but they are useful references to have at hand.

- Glaser’s *High-Yield Biostatistics* is an extremely brief (~100 pages), yet very helpful resource for nearly all of the class material. It helps clarify some of the complicated concepts you will come across in the course and is probably enough for your needs.
- Dawson and Trapp’s *Basic & Clinical Biostatistics* offers a much more in depth look at the analyses and concepts presented to you if you prefer a thicker reference.
Genetics

This course will be taught during the second block of spring semester. This will be your major science course of block two. It aims to give you a closer look at genetic based diseases and genetics during embryological development. Many of the lectures are entirely clinically based and taught by a clinician. You should find them interesting since most of the material you have been taught up to this point has been pure science. Dr. Monaco recorded our lectures into Tegrity, so you may be able to preview these before attending class. If you feel it isn’t necessary, attendance to this course may not be required for your learning.

Faculty:

Dr. Paul Monaco
Course Director
monacop@etsu.ed

Test: In the past, the grading has been solely based on two exams. There has not been a shelf exam given previously. As a general rule you can count on Dr. Monaco’s questions coming straight from the PowerPoint slides, so know them well.

Books to Buy/Not to Buy: Half the class bought and found the Jorde’s *Medical Genetics* book helpful. Although you will be able to get through the class on the notes and material presented in lecture, Dr. Monaco will highly suggest you get the book (and also the Medical Embryology book used previously) to have and review over the summer for Step 1.
VI. More about Books to Buy

Below is a list of books, some required and some recommended, for the courses in the first year curriculum. A short description follows each title. In some courses, you will have multiple choices as to which book will suit your learning style the best. The Class of 2017 took a survey to see how useful the books were according to those who bought/used them, the graphs represent these findings. This is only meant to serve as a guide as you decide how to study for your classes. Your Big Sib is also an excellent resource for both books and advice on which books to buy, use, or ignore.

Human Anatomy/Embryology

Which resources did you find useful in Human Anatomy/Embryology?

Answered: 103  Skipped: 0
1. Netter’s *Atlas of Human Anatomy*: A very complete visual aid. Does not include any text other than labels. Commonly used in lecture and quizzes. This book rocks!
3. Langman’s Medical Embryology: A somewhat simplified explanation of the embryology portion of the course. Dr. Sadler would highly encourage you to read this book.
4. *Clinically Oriented Anatomy*: An anatomy textbook that can be used to supplement the lecture if necessary. Many images are from Grant’s *Atlas*.
5. Grant’s *Dissector*: A useful companion in lab to guide dissection. Used more toward the beginning of the course. All information in the dissector is fair game for exams. “Grease Copies” are located in lab for your use.
6. Grant’s *Atlas of Human Anatomy*: Another option. Includes more text and tables to accompany images.

**Which apps did you find useful in Human Anatomy/Embryology?**

Answered: 102  Skipped: 1
Cellular & Molecular Medicine

Which books did you find useful in Biochemistry?

Answered: 103    Skipped: 0

1. Lipincott's Illustrated Reviews of Biochemistry: A course aid to help with some pathways and enzymes presented.

Physical Exam

Which books did you use in Physical Exam?

Answered: 103    Skipped: 0

**Physiology**

**Which books did you use in physiology?**

Answered: 103  Skipped: 0

- **Physiology (Costanzo)**
- **Physiology BRS (Grid Book)**
- **Physiology BRS Case Book (G...**
- **I did not use a book for t...**

1. Costanzo’s *Physiology*: A very useful companion to the course. Gives GREAT clarification in many areas and offers an alternative view for some of the information presented in the course.
Which books did you find useful in Cell and Tissue Biology?

Answered: 103    Skipped: 0

1. **Basic Histology**: A good aid in recognizing cell types and their functions. Images are useful.

2. **Color Atlas of Histology**: A lab aid to highlight certain traits of the cells in a particular organ system. Includes both diagrammatic images and true microscopic photographs.

3. **Histology**: A new optional aid textbook. Has very detailed descriptions that are beyond what is needed to pass the class, but sometimes helps supplement the lecture.
Medical Genetics

Which books did you find useful in Genetics?

Answered: 102    Skipped: 1

1. Jorde’s Medical...
2. Genetics BRS (Grid Book)
3. I did not use a book for...

Biostatistics

Which books did you find useful in Biostatistics?

Answered: 102    Skipped: 1

1. High Yield Biostatistics
2. Biostatistics BRS (Grid Book)
3. I did not use a book for...

1. High Yield Biostatistics: A course aid. All of the notes are given out in a bound notebook, but many found this book to be a fantastic supplement (or necessity) to their understanding of the notes.
The board review series is a collection of subject-based books designed for Step 1 preparation (and beyond). Many classes have found some of the volumes useful throughout the course as additional study aids or as useful study methods in preparing for the shelf exams. Above are the ones that were applicable to the first year and how the class ranked their respective degrees of usefulness.
VII. **Study Methods & Locations**

The first year of medical school is more academically challenging than any other year of school you have ever had. Old study methods that you used during undergraduate courses may not be effective this year. You must be willing to try new methods of studying even if it brings you out of your comfort zone. Studying is also a very personal thing. What works well for some many not necessarily work well for others. Find the way you learn the best and use it to help you master the material.

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

Answered: 103  Skipped: 0

![Bar chart showing study preferences:]

- **Alone:** 70%
- **With One Study Partner:** 20%
- **In a Small Group (2-5...):** 10%
- **Larger Groups:** 0%

An effective study location is a necessity during medical school. During your first year you will not only discover how you study best, but where you study best. The following are locations around campus and Johnson City that are all frequently used by students.
Campus:
- Stanton-Gerber
  - Study rooms and the Biochemistry Reading Room are available on the ground floor and are open 24 hours/day.
  - Classrooms are available on the ground floor and close at 11pm.
  - The Histology/Anatomy Lab on the ground floor is available 24 hours (you will have a key).
  - Department break rooms are available in the evenings on the first floor.
  - Large rooms used for study are available on the second floor, as well as break room areas.
  - The Office of Student Affairs and Academic Affairs conference rooms have generously been made available for after hours study and daytime study when not in use. Your ETSU ID will gain you access to these rooms.
- Medical Library
  - Study rooms, large open tables, and study carrels are all available. Starting in the fall, all medical students have access to the downstairs 24 hours/day.
  - Dr. Kwas has set up a spinning room for a quick exercise break during studying in the Medical Library.
- Student Study Center
  - A new building with single, double and group study rooms. Fully equipped kitchen, open dining area, full feature patio, and a cozy lounge area with leather furniture and a TV. ONLY Medical students will have access 24 hours/day. No one else is allowed inside the SSC, keep that in mind.
- Sherrod Library (ETSU Main Campus)
  - Study rooms, large open tables, and cubicles are all available, for hours go to http://sherrod.etsu.edu/
  - A 24 hour study room is available. Check it out, but you may find the noise of the undergraduates distracting. This is a great place for weekend study, because the undergrads seem to disappear on the weekends.
What was the best place you found to study?

Answered: 103    Skipped: 0

Around Town with Free Wireless Internet:

- **Johnson City Public Library**
  - 100 W Millard Street
  - (423) 434-4450
  - For hours, go to [http://www.jcpl.net/](http://www.jcpl.net/)

- **Panera Bread**
  - 3140 Peoples Street
  - (423) 952-2253

- **Acoustic Coffee House**
  - 415 W. Walnut Street
  - (423) 434-9872

- **Oasis Coffee House**
  - 2011 North Roan Street
  - (423) 281-0137

- **Starbucks**
  - 2008 N. Roan Street
  - (423) 283-0818

- **Barnes & Noble Booksellers**
  - 3030 Franklin Terrace Drive
  - (423) 952-5577
On average, how many hours did you spend studying per weekday?

Answered: 103    Skipped: 0

Which science course during the fall was more difficult?

Answered: 103    Skipped: 0
Which science course during the spring was the most difficult?

Answered: 103  Skipped: 0

- Physiology
- Cell/Tissue Biology
- Genetics
- Biostatistics/Epidemiology
- Lifespan Development

[Bar chart showing the percentage difficulty of each course]
VIII. Student Positions

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

Class Officers

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

- President:
  - The president serves as the conduit through which class information and issues are passed back and forth between faculty/administration and student. He/she will automatically become a member of OSR and serve on a range of committees as the class representative.

- Vice President of Social Events and Functions (VP1)
  - This position involves planning events with the class and social gatherings. The VP is responsible for planning Cadaver Ball and Back to Books and any other class functions. He/she is also responsible for the Big Sib/Little Sib program.

- Vice President of Fund Raising and Community Involvement (VP2)
  - The vice-president mainly involves planning fund raisers such as golf tournaments, dragon boat races, Relay for Life, ping pong tournaments, etc. In addition, he/she plans community events for the class to be involved in. Through these events, the class (and school) remains plugged-in to the community. He/she is also responsible for doing merchandise fundraising to boost the class budget.

- Secretary
  - The class secretary is responsible for printing notes for the class. Each person that signs up for the notes then writes a check to the class account for the amount of that section of notes. Notes are printed for each test and not for all tests at once, and the price of notes vary for every test (anywhere from $5 to $25).
  - Classes first year in which notes are mass printed: Anatomy,
Biochemistry, and Physiology

- The secretary is also responsible for setting up the anatomy practice practicals, sending out the task list to the class every week, and being the liaison between the class officers and the class.

- Treasurer
  - The treasurer is entrusted with the task of maintaining class finances, collecting dues, establishing a class bank account, and allocating funds for class events.

- Current Class officers:

<table>
<thead>
<tr>
<th>President</th>
<th>Vice President</th>
<th>Secretary</th>
<th>Treasurer</th>
</tr>
</thead>
<tbody>
<tr>
<td>MS-2</td>
<td>MS-3</td>
<td>MS-4</td>
<td></td>
</tr>
<tr>
<td>Luis Mejia</td>
<td>Ty Stannard</td>
<td>Sara McHenry</td>
<td>Anahita Rahimi-Saber</td>
</tr>
<tr>
<td>Lauren Allen</td>
<td>Phoebe Shoemaker</td>
<td>Jennifer Bowman</td>
<td>Will Sumner</td>
</tr>
<tr>
<td>Sean Ochsenbein</td>
<td>Landon Pratt</td>
<td>Megan Roberson</td>
<td>Maranda Williams</td>
</tr>
</tbody>
</table>

Organization of Student Representatives (OSR)

- OSR ([https://www.aamc.org/members/osr/](https://www.aamc.org/members/osr/)) is the student branch of the Association of American Medical Colleges (AAMC). The OSR is charged with representing the national medical student body to the academic medicine community. Unlike other student organizations (e.g., AMA-MSS, SNMA, or AMSA), who represent their membership, the OSR's constituency is comprised of only medical students. The concerns of the OSR lie exclusively within academic medicine and medical education.

- The mission of OSR states: “The purpose of this organization will be to serve as a liaison between the student body and administration, and promote camaraderie among the classes; to keep abreast of student needs and serve as change agents/troubleshooters.”

- The president from each medical class shall serve a four-year term. Two members from the first-year class will be elected to serve a four-year term on OSR.

- Other committee members such as the Community Service Representative, CME liaison, and SGA liaison from the MS2 class will attend each OSR meeting. The MS2 representatives for these positions are then held responsible for relaying the information presented in the OSR meetings to the MS-1 representatives.

- AAMC Representative: OSR members make a recommendation to the COM Dean for an OSR member to serve as an AAMC representative. The AAMC representative will receive monthly AAMC mailings and disseminate information as needed to OSR and others in the COM, and attend AAMC meetings.

- For OSR Constitution and By-Laws go to: [http://www.etsu.edu/com/studentsvcs/lifeoutside/osr.aspx](http://www.etsu.edu/com/studentsvcs/lifeoutside/osr.aspx)

- Current OSR Members
  - President: Lindsey Shipley, MS-2
• Vice President: Kyle Boden, MS-2
• MS-2 Class President: Luis Meija
• MS-3: Kyle Owens, Liane Gozmao, Lauren Allen
• MS-4: Lorenzo Olive, Michael Neblett, Sean Ochsenbein

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

Committee Supporting Student Health (CSSH)
• Includes two student representatives for each class, the Dean of Students and other members of the Quillen Community. Its mission is to support the total health of the student population which includes support in dealing with stress, family crisis, mental illness and substance abuse. Actions of the committee may include hosting lunch- and-learns about common med school stressors, planning activities for students that promote good total health, planning interventions and scheduling treatment for students with potential substance abuse problems and reintegrating students into the student body after receiving treatment. Committee members are elected by their class during the first semester and serve for a period of four years.

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

Gold Humanism Honor Society
• The Gold Humanism Honor Society (GHHS) honors senior medical students, residents, and faculty for demonstrating excellence in clinical care, leadership, compassion, and dedication to service. Election to membership in the GHHS is a significant honor. The inductees have demonstrated exemplary attitudes and behaviors characteristic of the most humanistic physicians.
• A multi-step process is used to select no more than 15% of the fourth year class for induction into the GHHS. The selection process includes peer and clinical faculty nominations.
• Membership in GHHS is automatically awarded to students receiving the Leonard Tow Humanism in Medicine Award.
• The GHHS chapter at QCOM is made possible with a grant from The Arnold P. Gold Foundation. The chapter promotes humanism and professionalism in the field of medicine through a variety of activities such as community service projects and academic events.
• See http://www.etsu.edu/com/studentsvcs/ceremoniesawards/goldhumanism.aspx for more information.

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

**Interview Day Lunch Tour Guide Coordinator**
• An MS-1 student will be selected by the Admissions Office to coordinate lunch tours on interview days for prospective QCOM students.
• For more information contact Stephanie Cole in Admissions at 439-2036.

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

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

Student Promotions Committee
• The Student Promotions Committee is to review on a continuing basis the total performance of each individual student, including all cognitive and non-cognitive evaluations which have been submitted. The committee will meet and review progress of students each mid-semester, at the end of each semester and prior to commencement.
• There will be one student appointed by each class to the committee. Although they are consulted, student members do not vote.
• For more information go to: http://www.etsu.edu/com/dean/StudentPromotions.aspx

Student Ambassadors
• Student Ambassadors at QCOM assist the Office of Student Affairs with recruitment and general promotion of the institution. Student Ambassador Activities include group tours, tours for individuals interested in applying to QCOM, “Ask a Student” web feature and public service/community events. Students selected are expected to serve as a Student Ambassador throughout their remaining years as a medical student.
• The application and selection process takes place during the first semester of the MS-1 year. Student Affairs - Office of Admission sends an email to all first-year Students to notify them of the application process. Students interested in serving as an ambassador are asked to submit information for consideration by the Student Ambassador Review Committee. The Review Committee will determine an appropriate number of ambassadors to select each year, based on planned activities.

Newsletter Committee
• Moments in Medicine: a biannual newsletter written and published by the MS-1 and MS-2 classes. The newsletter primarily celebrates the activities and the accomplishments of the MS-1 and MS-2 classes in hopes of creating connections with one another beyond the classroom. Past editions of the newsletter may be found on the QCOM website and the QCOM Facebook page. While students provide all of the written material for Moments in Medicine, the "staff" consists of an editor, a publisher, and several student liaisons.
• One M1 coordinator will be appointed to the committee by his/her class.
• Contact: Currently Inactive

Student Government Association (SGA) Liaison
• One member from the first-year class will be elected to serve a two-year term on the OSR committee. Together, they will work with the current M2 to represent QCOM on the main ETSU campus. Duties include writing legislation to benefit the medical school, looking into possible sustainability projects, relaying important information from the main campus, and educating student organizations about registering with
the SORC and applying for B.U.C. fund.
• Contact: Scott Bontrager, MS-2 SGA Liaison

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

Continuing Medical Education (CME) Student Liaison
• The role of the continuing medical education (CME) liaison is to be the student resource to the CME office, as well as making classmates aware of CME activities that would be pertinent to them. The office of CME develops and sponsors medical-based lectures to promote the lifelong learning that is required of physicians; all physicians must pursue CME credits in order to retain their medical license. While medical students cannot use CME credits necessarily, it is important for the CME liaison to impart the concept of CME to his or her fellow medical students, ensuring that they understand the requirements of lifelong learning. As such, the CME department will sponsor hundreds of events throughout the year, and the CME liaison will promote and advertise certain events of particular interest to medical students. Additionally, the CME liaison will serve on the CME committee, which meets on the first Thursday of every month. As a CME committee member, you will observe the approval process for CME events and provide input from a medical student’s perspective as needed. This is a 2 year position.
For more information, contact MS-2, Anthony Angelone at angelone@goldmail.etsu.edu

Community Service Liaison
• The Community Service Liaison acts to organize service projects in the community involving medical students, residents, and faculty to improve Quillen’s community outreach. This position helps to ensure Quillen’s involvement with community agencies such a Carver Rec and the Corazon Latino festival. The M1 CS Liaison works to assist the M2 with potential projects and organization. The M2 CS liaison organizes at least one project each semester and attends the OSR meetings to inform the student body about
projects.

- For more information, contact MS-2, Nathan Bowers at bowersnk@goldmail.etsu.edu

**Honor Council Committee**

- The Honor Council is composed of 3 elected representatives from each class. The Council was founded to allow student oversight and maintenance of the Quillen honor system. The Council has one scheduled meeting each semester to discuss the application of the Honor Code. If a possible violation of the Honor Code is reported, the Council meets to investigate the allegation and act as a fact-finding board.

- There are many resources available to students, both print and digital. Moreover, many of these resources—particularly digitally shared resources—are either copyrighted or outright forbidden to be shared. While helping classmates is encouraged, it is strongly discouraged that a class-wide dropbox or distribution system for these materials be established, as it potentially puts students and the College of Medicine at risk of copyright infringement. Furthermore, if a digital dropbox were established, copyrighted material should be absolutely prohibited, as the sharing or piracy of copyrighted content might be considered a violation of the Honor Code.

- MS2 representatives: Alex Ankar (ankara@goldmail.etsu.edu), John Kirby (kirbyjw@goldmail.etsu.edu), Kelsey Lloyd (lloydkl@goldmail.etsu.edu)
IX. Student Organizations and Interest Groups

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

American Medical Association (AMA)

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

American Medical Student Association (AMSA)

- The American Medical Student Association (AMSA), with a half-century history of medical student activism, is the oldest and largest independent association of physicians-in-training in the United States. Today, AMSA is a student-governed, national organization committed to representing the concerns of physicians-in-training. AMSA members are medical students, premedical students, interns, residents and practicing physicians from across the country. Founded in 1950, AMSA continues its commitment to improving medical training and the nation’s health.
• The local chapter here at Quillen has 91 active members. AMSA mission is towards improving health care, and health care delivery to all people, promoting active improvement in medical education, involving its members in the social, moral and ethical obligations of the profession of medicine, assisting in the improvement and understanding of world health problems, contributing to the welfare of medical students, and advancing the profession of medicine. When you join AMSA, you become part of a vital force of future physicians who believe that patients and health professionals are partners in the management of health care and that access to high-quality health care is a right and not a privilege. At AMSA, student idealism is transformed into meaningful public service, innovation and institutional change.

• Members enjoy many benefits and service programs, including free online subscription to AMSA’s award winning magazine The New Physician, $10 – $50 discounts on USMLERx Step 1 Question Bank, Bank of America credit card, 35% discount on Thieme book purchases, The New England Journal of Medicine subscription discount, medical instrument discounts, health, auto & renter’s insurance discounts, car rental and hotel discounts, and more. The QCOM chapter’s activities include collaborating with other student groups for National Primary Care Week, coordinating events for National PharmFree week, Lunch and Learn series on Healthcare Policy, bringing in keynote speakers on current health topics, Policy & A Pint and working with other Tennessee medical school chapters to plan the Tennessee AMSA Lobby Day at the state capitol, to name a few.

• Several members attended the national convention in Washington, D.C. this past spring. This year’s national convention will be held in New Orleans, LA, March 6-9, 2014 and will be the world’s largest gathering of medical students as AMSA hosts the general assembly of the IFMSA. More than 2,500 physicians-in-training from more than 100 countries are expected to attend the event this year. There are two positions specifically for MS-1 students on the executive board of the chapter: a PharmFree Coordinator and Recruitment Coordinator. These positions will be in charge of coordinating various events throughout the year and will also be able to attend AMSA leadership conferences in the fall. There are also plenty of other ways to become involved both locally and nationally with many different committees and events.

• For more information please visit the website at http://www.amsa.org/AMSA/ Homepage.aspx
• Contact: Andy Rowe, MS-2 at roweja@goldmail.etsu.edu

Christian Medical and Dental Association (CMDA)

• CMDA is a national organization (Headquarters in Bristol, TN) comprised of healthcare professionals who desire to glorify God with their lives, including their careers. CMDA provides resources, networking opportunities, education, and a public voice for Christian healthcare professionals and students. CMDA strongly supports integrating your faith with your profession.
CMDA began as a group of students, and student ministry continues to be at the heart of the organization. The ETSU student chapter of CMDA is designed to encourage spiritual growth through activities like monthly lunch meetings, retreats, bimonthly praise and worship times, and opportunities to go on mission trips through Global Health Outreach (GHO). GHO, a part of CMDA, provides opportunities for healthcare professionals, students and their families to serve.

- No dues
- Check out the website at [http://www.cmdahome.org/](http://www.cmdahome.org/)
- Contact: John Kirby, MS-2 at kirbyjw@gmail.com

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

- The Complementary and Alternative Medicine Student Interest Group seeks to educate students about other healing systems. Current topics of interest include Chinese medicine, Appalachian herbalism, Naturopathy and body/mind healing systems such as yoga and Tai Chi.
- We also seek to inform students of how these systems can complement allopathic medical treatments. Throughout the academic year, we sponsor lectures and demonstrations and hold discussion groups. Our group is constantly evolving and is driven by our members’ interests and needs.

- No Dues
- Currently Inactive

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

- This is an interest group at Quillen that promotes leadership development for medical students.
- The group is guided by the notion that leadership is not necessarily an innate trait, but rather something that can and should be learned. The group’s purpose is to facilitate discussions and activities that foster principles important to being a strong and successful leader. Given our eventual places as physicians in leadership roles within our own communities, defining, promoting, and implementing the characteristics of a good leader is a responsibility that must be fulfilled.
- Over the past year, DLFP has hosted many speakers who have each taught techniques and strategies to be an effective leader as a physician. Faculty members, community physicians and the Dean have all shared insight with the group. Group meetings focus on the numerous aspects of physician leadership and ways to develop those skills early on in the medical education process.

- No Dues
- Contact: Currently Inactive

**Doctors Outside the Box (DOB)**

- This is an organization that was created three years ago by recent graduates of QCOM.
- The organization focuses on medical students providing education to the community about preventative medicine.
- We present fun, interactive and informative presentations to local schools and
community programs in order to raise awareness about the prevention, to name a few.

- In addition, this year we had a group of students reach out to a senior citizens organization to teach them exercise that are catered specifically to their age group so that they can continue to be active, no matter their age, health or mobility limitations.
- With these community talks, our goal is to help people live healthier and happier lives and to help improve the community’s overall health with time.
- No Dues

Emergency Medicine Interest Group (EMIG)

- Emergency Medicine (EM) is a relatively young and fast growing specialty. Quillen’s Emergency Medicine Interest Group (EMIG) is dedicated to exposing medical students to the field of EM and its sub-specialties.
- EMIG strives to foster interest in this field by providing first-hand accounts of what life and work in EM entails, along with detailed information about residency programs. Some of EMIG’s past meetings have featured talks about sports medicine, health policy, toxicology, residency life and emergency physician lifestyle issues.
- With activities including hands-on intubation and extrication workshops, helmet safety events, and ski trips with wilderness medicine talks, EMIG activities are not only informative, but fun and interesting as well.
- EMIG members and officers look forward to meeting the new first year students.
- Contact: David Carle, MS-2 at zdac22@goldmail.etsu.edu

Family Medicine Interest Group (FMIG)

- The Family Medicine Interest Group (FMIG) at James H. Quillen College of Medicine provides students with many avenues of opportunity to increase their awareness and interest in Family Medicine. All students are considered members and able to participate in as many events as they wish. The Quillen chapter of FMIG has been nationally recognized for excellence by the AAFP as a Program of Excellence. Activities include noon-hour luncheon lectures, evening workshops (e.g., alternative/complementary medicine, splinting/casting, sports medicine), social events, and community engagement projects (see below for descriptions and contacts). Whether you want to pursue family medicine or not, FMIG offers opportunities to learn and serve that pertain to medical students of all interests.
- Website: http://www.etsu.edu/com/familymed/
- Facebook: https://www.facebook.com/QCOMFMIG
- Email: gcomfmig@gmail.com
- Contact: John Kirby, MS-2 at kirbyjw@goldmail.etsu.edu
Global Health Interest Group
- The Global Health Interest Group is dedicated to raising awareness about issues of global health and preparing Quillen students to work in medically underserved areas worldwide. Activities include lunch meetings with regional speakers who are involved in international medicine and public health, various service projects and opportunities to go to national conferences such as the Global Health and Innovation Conference at Yale University.
- No Dues
- Contacts: Danielle Kelvas, MS-2 at schultzde@goldmail.etsu.edu

Internal Medicine Interest Group (IMIG)
- The Internal Medicine Interest Group is for anyone interested in learning more about internal medicine, both to provide information about IM career options as well as to expose students to physicians currently in the field who can provide a sense of what an internist does. Past meeting ideas have included how to get into residency, interpreting EKGs, the ABCs of ABGs, the “Gong Show” (a medical trivia game), ACLS basics, and the difference between IM and Family Medicine.
- Contact: John Kirby, MS-2 at kirbyjw@goldmail.etsu.edu

Medical Ethics Interest Group (MMIG)
- The medical ethics student interest group is a student-led organization with the goal of facilitating discussion on current ethical issues. The past two years’ activities have included lunchtime forums on end-of-life issues, wrongful life lawsuits and the pharmaceutical industry. Speakers are drawn from both the faculty and community and have included pharmacists, lawyers, clinicians and former pharmaceutical reps.
- No Dues
- Currently not active

Medical Students for Choice (MSFC)
- The Quillen chapter of Medical Students for Choice was started in the fall of 2013 as a student-led interest group working to DE stigmatize abortion provision among medical students through education, awareness, and open discussion regarding issues of reproductive health. MSFC is dedicated to ensuring that women receive the full range of reproductive healthcare choices, including abortion, a part of standard medical education. MSFC hosts lunch and dinner meetings throughout the year to present a wide range of topics including, but not limited to, abortion provision, “Values Clarification Workshops,” and “Meet the Doctor” events. Members also have the opportunity to attend MSFC’s annual Conference on Family Planning. Membership to MSFC is open to all Quillen students, faculty, and staff, and we welcome members of all backgrounds and respectful opinions. No dues.
- Contact Abby Schultz, MS-2, schultza@goldmail.etsu.edu
Military Medicine Interest Group (MMIG)

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

Neurological Sciences Interest Group (NSIG)

- The Neurological Science Interest Group (NSIG) was formed in 2012 to meet the needs of students interested in specialties within the field of neuroscience including Psychiatry, Neurology, and Neurosurgery. This group also aims to enrich the neuroscience education of all medical students, regardless of specialty interest. NSIG is sponsored, in part, by both the Department of Biomedical Sciences and the Department of Psychiatry at Quillen. Because of the broad range of interests in this group, a variety of activities are offered including residency information for various specialties, physician lectures and workshops, and contacts for mentoring and research opportunities. For more information, find us on Facebook at QCOM Neurological Sciences Interest Group (https://www.facebook.com/groups/qcomnsig/).
  - Contact: Tim DiPeri, MS-2 at diperi@goldmail.etsu.edu
  - Sara McHenry, MS-2 at mchenrys@goldmail.etsu.edu

Ob/Gyn Interest Group (OGIG)

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

Orthopedic Surgery Interest Group (OSIG)

- The Orthopedic Surgery Interest Group serves to provide Quillen students with opportunities to learn about Orthopedic Surgery. Each year, we coordinate several activities that allow students to interact with orthopedic surgeons in the community. We also have meetings with fourth year students who plan to match (or have matched) in Orthopedic Surgery to provide counsel and advice to underclassmen. If
if you have any interest in exploring our pursuing a career in Orthopedic Surgery, come participate in our group.

• Contact: Alex Hicks, MS-3 at alexhicks07@gmail.com

Pediatrics Interest Group (PIG)

• PIG functions to generate interest and prepare students for careers in pediatrics. Throughout the semester, PIG hosts lunch meetings to present a wide variety of topics related to pediatrics and evening workshops for students to learn physical exam techniques from pediatricians. PIG also provides volunteering and service learning opportunities for its members, such as mentoring and tutoring for local school children and throwing a diabetic-friendly Halloween party.

• Contact: Heather Waldron, MS-2 at waldronhk@goldmail.etsu.edu

Physicians for a National Health Program

• The USA spends more of its GDP (17% versus the next highest, France’s 11%) on healthcare, yet, with over 40 million uninsured citizens, it is the only major industrialized nation that does not guarantee health insurance as a right. A 2009 Harvard study concluded up 45,000 die each year from a lack of insurance and a separate study concluded over 2/3 of all personal bankruptcies were related to medical debts. Physicians for a National Health Program (PNHP) is a single issue organization advocating a universal single-payer national health program that will, based on many peer-reviewed studies, significantly lower healthcare costs and increase insurance coverage. With more than 19,000 members in several chapters across the United States, the mission of PNHP is to educate physicians, other health professionals, and the general public on the need for a comprehensive, high-quality, publicly-funded health care program that is accessible and affordable for all residents of the United States. The Quillen branch of PNHP aims to mix activism and education by sponsoring debates, presentations from local physicians, movie screenings, lobby days, and more! No dues.

• Contact: Anand Saha, MS-3 at saha.quillen@gmail.com

Psychiatry Student Interest Group (PSIG)

• The Psychiatry Student Interest Group is for students who want to find out what psychiatry is all about. Past activities have included a lunch lecture on hypnosis and a movie night at an area psychiatrist’s house.

• Currently not active

Quillen High School Outreach Program (QHOP)

• Appalachia through high school visits and events. We offer the unique perspective of having been in their shoes and can speak to the importance of cultural competence in medicine. By visiting high schools throughout the region and hosting an annual Health Careers Leadership Summit for 40 students, we encourage students to consider careers in healthcare. This organization has the support of ETSU President, Dr. Brian Noland; Vice President for Health Affairs, Dr. Wilsie Bishop; and the Deans of each college represented by the Academic Health Sciences
Student National Medical Association (SNMA)

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

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

- Dues: $100
- Contact: Tawanda Charumuka, MS-3 at charumuka@goldmail.etsu.edu

Student Physicians Interested in Anesthesiology (SPINAL)

- SPINAL is an organization for students who are interested in pursuing Anesthesiology as a career. This organization is open to all students, and it is not required that Anesthesiology be a top choice as a student’s specialty interest. It is the goal of SPINAL to provide an extensive perspective of the field of Anesthesiology and how this field integrates into the realm of medicine.

- Contact: Will Sumner- MS2 at sumnerw@goldmail.etsu.edu

Student Women in Medicine (SWIM)

- SWIM is open to all medical students, residents, and ETSU faculty—regardless of gender—who seek to learn more about women’s issues in medicine, whether as healthcare providers or patients. Meetings are held at least twice per semester with various community outreach events interspersed throughout the year. Speakers include community physicians from various specialties and

Center. Given its focus on the healthcare team, and our perspective, we prefer that Planning Committee members (elected August) have graduated high school within a 50 mile radius of Johnson City, TN. However, we will not restrict membership based on this.

- Contact: Emily Paulus, MS-2 at pauluse@goldmail.etsu.edu
representatives from regional organizations. Recent programs include preparing Christmas baskets for Safe Passage Women’s Shelter and Violence Sensitivity Training. A dinner is held every year for SWIM members and significant others with varying topics such as financial planning, balancing kids with a family, and legal protection.

- Contact: Leigh Ann Hurst at MS-2, hurstl@goldmail.etsu.edu

**Surgery Student Interest Group (SSIG)**

- The Surgery Student Interest Group is for all students, not only those who are interested in pursuing a surgical career. It is a good place to learn about the field of surgery and to meet some of the residents and attendings.
- The group meets at least every other month. Meetings generally consist of a meal followed by a workshop or a speaker and a discussion. Topics in the past have included: new trends in surgical training, the life of a surgical resident, orthopedic surgery and a breast cancer clinical case scenario. SSIG has also hosted various workshops, including a suture workshop and a trauma ultrasound workshop.
- Dues: Covered by the Department of Surgery
- Contact: Parth Sheth, MS-2 at shethp@goldmail.etsu.edu

**Wilderness Medicine Interest Group (WMIG)**

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

**Women’s Health Student Interest Group (WHSIG)**

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

- Joining this group provides a great opportunity to become involved at the College of Medicine. We pride ourselves on not only organizing lectures at lunchtime, but also the community service activities that we do each year.
- Currently not active

**Ophthalmology Interest Group (OIG)**

- The Ophthalmology Interest Group was started in the Spring of 2015 to help provide Quillen students with information and networking within ophthalmology, as there is generally only scant information about the field in medical school. Meetings are held once every month to two months with the purpose of bringing in local ophthalmologists, residents, or future residents (current MS-4's) to speak about their subspecialty, starting a practice in ophthalmology, finding a residency, etc. Dr. Judaun Allison is our faculty sponsor as of the fall of 2015.
- For more info, contact Jacob Fleenor (fleenorjw@goldmail.etsu.edu) or Kyle Buck (buck.jamesk@gmail.com)
X. Community Service Opportunities

Tar Wars – A Youth Tobacco-free Education Program
Teach kids in the local school district about the dangers of smoking by teaching them from a designed curriculum, showing them lungs from the anatomy lab, and encouraging them to participate in a anti-smoking poster campaign. To participate, contact Kenan Wilhoit, MS-2 at wilhoitk@goldmail.etsu.edu.

Church Hill Free Medical Clinic
The Church Hill Free Medical Clinic is a volunteer-run Family Medicine Clinic for underserved and uninsured families and individuals. Medical students may shadow the volunteer physicians. In some cases, there may be opportunities to assist with patient care, translating, and clinic operations. To participate, please contact Lizzie Monroe, MS-2 at monroell@goldmail.etsu.edu.

Migrant Camp Clinics
Rural Medical Services (RMS) has a long history of reaching underserved migrant farm workers in Northeast Tennessee with the mobile Migrant Camp Clinics. There are opportunities available for students to participate in screening, delivery of primary care and outreach programs. To participate, please contact Lindsey Shipley, MS-2 at Crosnoe@goldmail.etsu.edu

Remote Area Medical (RAM)
RAM is an organization dedicated to providing free health, dental, veterinary, and eye care to low-income rural communities. RAM expeditions occur on weekends, mostly in Eastern Tennessee and Southwestern Virginia. For the interested medical student, there are a range of potential jobs through a partnership with the ETSU Rural Programs Coordinator. To participate, contact Amy Cohee, MS-4 at coheea@goldmail.etsu.edu

Meet the Doctor
Groups of medical students to go to Carver Recreation Center to do one hour presentations for children in an after-school program. The program teaches the children about what to expect when they go to the doctor, such as why the doctor needs to listen to your heart and breathing with a stethoscope, what blood pressure is, how to check their reflexes, etc. To participate, contact Kristian Maples, MS-2 at mapleska@goldmail.etsu.edu.

Nutrition Program
The nutrition program works with the children at Carver Recreation Center and focuses on teaching long-term healthy eating habits. Each 30 minute pre-designed lesson has its own theme that builds on the previous session. To participate, contact Lindsey Shipley, MS-2 at crosnoe@goldmail.etsu.edu.
Anatomy On Display
Volunteer for this great event, and you will get to show organs and models from the cadaver lab to the kids at the Carver Rec Center. To participate, contact Rob Becker at zrmb32@etsu.edu

Community Garden
The Community Garden provides organically grown, fresh produce to local food pantries as well as the Nutrition Program at Carver Rec. Volunteers are needed to help water and weed the garden in addition to picking ripe produce for delivery to our sponsored food pantries. To help with our garden, contact Tera Tongumpun, MS-2 at tongumpun@goldmail.etsu.edu

Ready, Set, Fit
Come and help teach kids at Carver Recreation Center the value, importance, and enjoyment of physical activity. To participate, contact Kayla Raines, MS-2 at rainesk@goldmail.etsu.edu.
X. **Class Budget**

- **General:** The treasury was founded with the primary intention of serving as an emergency class fund and to finance “class-related” events. The class voted and a $50 per semester (per student) “dues” fee was established to set up the class treasury. This money is handled by the class treasurer and used for traditional QCOM events throughout the four years of medical school, as well as class-approved expenditures. Currently, the class of 2017 has elected to pay these dues for at least the first two years, when the majority of class expenditures are necessary, totaling to $200 per student.

- Several of the expenditures include:
  - **Back to Books:** A party hosted by M1s for the M1/ M2 classes, held in the early part of spring semester.
  - **Cadaver Memorial Service:** At the end of anatomy, a memorial service is held.
  - **Annual Quillen Classic Golf Tournament:** A new tradition established in 2011, the M1 class hosts a charity golf tournament held in the latter part of the spring semester. This event wasn’t held this past year.
  - **Cadaver Ball:** The formal affair of the year, hosted by M2s, held in the latter part of fall semester.
  - **Class Cookouts/Parties:** Various out-of-school gatherings for students and their families, funded primarily by the class treasury.
  - **Senior Gala:** A party for the M4s to celebrate graduation, and partly paid for by the class.

- It is recommended to collect the dues in a one-time payment. However, if necessary, students may pay in semester installments.

- Each class spends a variable amount of money for each of these events. It is the duty of the class treasurer to ensure class funds are sufficient throughout your four years at Quillen.

XI. **Summer Research**

- Should you do it? This is a personal decision you must make. For most people, the decision comes down to whether they want to spend their last real summer doing something “fun” (or at least non-medical), or whether they should do something to help their CV. If you are in this boat and are extremely interested in research, go for it. There are some tremendous opportunities here. If you do find yourself in this quandary, the following are some things you may want to consider: research is something that competitive residency programs, especially at academic centers, look for applicants to have. If you don’t do it, you aren’t preventing yourself from getting into those programs, but you may need to do some research while going through your clinical rotations or make up for it in some other way. With the summer research, the money is typically pretty good, and the work usually is not
too strenuous. The other side of the issue is that people who do summer research don’t get away from school and can start second year without the rejuvenation of someone who did something unrelated to medicine.

- What’s Available? You will start receiving emails about research opportunities at the beginning of your second semester. Most of these will be at sites away from Quillen. Typically, sometime in March, an email will be sent out about research opportunities here. The Department of Family Medicine typically sponsors several research fellows. A research program headed by Dr. Ardell in the Department of Pharmacology also sponsors several research fellows. The exact number of spots is dependent on funding. The Family Medicine Research Program typically pays less. You will have to investigate which program best fits you. People from Quillen often go to other places to do research, but the investigation of those opportunities will fall on you.

- There will likely be a meeting at the beginning of the spring semester that will help you make a more informed decision about whether or not to do research. Whatever you decide to do, enjoy your summer!

XII. Class Notes

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

CopyNet:
- Over the years, QCOM students have established note files and test files for all the classes during your first two years. These files are located at CopyNet, where you may get copies of old tests, bound notes, etc. As mentioned in the General Information section, the current M2s have posted a majority of old tests on the web; these items are still available at CopyNet if you prefer to have them printed and bound.
- The bound notes pertain more to your second year (Neurology, Pathology), but some students took the CDs distributed with lecture notes from Anatomy, for example, and had them printed all at once at CopyNet. Using this resource is certainly a personal preference, and is mentioned only to provide you with another option. As a student you receive a 10% discount.
- 420 West Walnut St
  (423) 926-6299  www.copynetonline.com

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

By now you have probably come to the realization that medical school student often equals broke. Don’t worry though, you can make your limited budget work and not eat Ramen noodles every day. The Financial Services Office will provide you with an estimated budget workup that looks similar to the one below, which is from 2012-2013 school year. Numbers for your actual budget will be slightly different, and tuition will most likely--and unfortunately--be a little higher.

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

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

<table>
<thead>
<tr>
<th></th>
<th>M1 10 MONTHS</th>
<th>M2 10 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A: Tuition and Fees</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Service Fee</td>
<td>$50,026</td>
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<tr>
<td>Out of State Tuition</td>
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<tr>
<td>Program Service Fees</td>
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<tr>
<td>Health Insurance</td>
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<tr>
<td>Disability Insurance</td>
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<td>$46</td>
</tr>
<tr>
<td><strong>Total Tuition &amp; Fees In State</strong></td>
<td>$64,221</td>
<td>$64,221</td>
</tr>
<tr>
<td><strong>Total Tuition &amp; Fees Out of State</strong></td>
<td>$65,407</td>
<td>$65,407</td>
</tr>
<tr>
<td><strong>B: Indirect Costs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Books and Supplies</td>
<td>$1,300</td>
<td>$1,500</td>
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<tr>
<td>Equipment Rental Fee</td>
<td>$2,200</td>
<td>$2,000</td>
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<tr>
<td>Diagnostic Equipment</td>
<td>$700</td>
<td>$900</td>
</tr>
<tr>
<td>USMLE</td>
<td>$0</td>
<td>$500</td>
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<tr>
<td>Transportation</td>
<td>$3,220</td>
<td>$3,220</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>$2,045</td>
<td>$2,045</td>
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<tr>
<td><strong>Total B</strong></td>
<td>$7,581</td>
<td>$6,721</td>
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<tr>
<td><strong>C: Room and Board</strong></td>
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<tr>
<td>Rent **</td>
<td>$5,600</td>
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<tr>
<td>Food/household Items</td>
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<td>Utilities/Phone</td>
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<tr>
<td><strong>Total C</strong></td>
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<td>$11,407</td>
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<tr>
<td><strong>Subtotal:</strong></td>
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<tr>
<td>In State</td>
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<tr>
<td>Out of State</td>
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<td><strong>D: Estimated Federal Loan Fees</strong></td>
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<td><strong>Total Federal Loan Fees In State</strong></td>
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<tr>
<td><strong>Total Federal Loan Fees Out of State</strong></td>
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<td><strong>Total Base Budget In State</strong></td>
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<tr>
<td><strong>Total Base Budget Out of State</strong></td>
<td>$66,754</td>
<td>$65,546</td>
</tr>
</tbody>
</table>

* Allowance includes gas, insurance, tags, general maintenance. M2 Year includes funds for rotation to Knoxville, T.N.
** Maximum student contribution for housing.

Additional budget items may be added. Contact Financial Services at 438-2835
--- Tuition and fees are subject to change by State Board of Regents ---
To help make your financial life a little easier, we surveyed the 2018 class to determine how most students were handling their budget. The following survey questions attempt to answer some of the common question that several of us had when trying to budget our money.
Do you have another source of income?
Answered: 103  Skipped: 0

If you answered yes to the previous question, what is that source of income?
Answered: 59  Skipped: 44
Housing:

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

**If you purchased a home, how much is your monthly mortgage?**

Answered: 92   Skipped: 11

About 87% of the class of 2017 and 2018 decided that renting was the best option. The most common range for monthly rent fell into the $500-$700 category (next page). The school budget example only allots about $500 per month for rent; however, the rent amount can certainly be increased by adjusting spending in other categories.
If you rent, how much is your rent per month?

Answered: 99    Skipped: 4

Household Utilities and Phone/Cable:

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

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

Answered: 103    Skipped: 0
On average, how much is your monthly water bill?

Answered: 103    Skipped: 0
How much do you spend on cable/internet service per month?
Answered: 103    Skipped: 0
Food:

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

On average, how much do you spend on groceries per month?

Answered: 103   Skipped: 0

Another big question you may have is whether or not you will be able to eat out. More than 80% of last year’s M1 class spent over $50 per month on eating out. Although cooking or bagged lunches may not seem ideal, it is a great way to help stretch your budget dollars further. Bringing your lunch can also save precious time. Many students use the extra time at lunch to catch a quick workout, to have some extra study time, or to just relax.
On average, how much do you spend on eating out per month?

Answered: 101    Skipped: 1
How often do you eat out for lunch per week?

Answered: 102    Skipped: 0
How often do you eat out for dinner per week?

Answered: 102    Skipped: 0

[Bar chart showing the frequency of eating out for dinner per week, with categories: Over 5, 4, 3, 2, 1, 0, and corresponding percentages.]
Auto:

Auto expenses can often be a huge chunk of a budget. As you many notice, the standard budget only allots for gas, insurance, etc. but does not include any type of car payment. Of the students answering, only about 14% were making monthly car payments. However, if you are currently making a car payment, the budget can still work. You may just have to reduce spending in other areas to make up the difference.

Do you make monthly car payments?
Answered: 101   Skipped: 1

- Yes
- No

Do you make car insurance payments?
Answered: 102   Skipped: 0

- Yes
- No
As far as gas is concerned, the students responding to the survey indicate a monthly cost between $50-$100 on average. Of course, this amount will vary greatly depending on your distance from school, trips home, carpooling etc. Car insurance will not change much. However, if you change your county of residence to Washington County, you may experience a change in rate. (This may be something to look into if you are paying for your own car insurance.)

**On average, how much do you spend on gas per month?**

Answered: 102  Skipped: 0
XIV. **Health Insurance**

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

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

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

**Health Insurance -101**

All health insurance plans essentially fit into two main categories:

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

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

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

If you are young and healthy and never go to the doctor, then a LBP may be sufficient. However, if you are diagnosed with a serious, possibly terminal illness or have a catastrophic accident, you can max out a LBP’s benefits in less than a month, in a worst-case scenario. An LBP, such as the one offered through the University, is not an individually-owned policy. You are a member under the certificate of the "master policy" issued to the University, similar to an association-type policy. This type of policy is usually cheaper than an MMP, because it doesn’t provide comprehensive coverage (hence the title "Limited Benefit Plan"). The University plan with the optional catastrophic rider pays to a maximum $250,000 lifetime benefit. In comparison, most individually-owned MMP’s will have $5,000,000, and some as high as $7,500,000 lifetime max.

Another comparison between plans is based on what "network" of providers and facilities are contracted by the insurance company. This can have major implications, depending on where you are located. Most of the LBP’s, which are typically attempting to cover people in many geographic areas, contract with national networks that are almost never as comprehensive as regional carriers such as BC/BS. The University plan utilizes the BeechStreet Network. Compare that network to BC/BS and you will see what we’re talking about. It’s much scarcer than a Premium A Rated Carrier.
All plans are going to have similar coverage as well as exclusions. Some plans use copays and others, such as the University plan, apply everything toward the deductible without copays. Once a deductible is satisfied, then costs are shared between you and the plan benefits, based on the co-insurance percentage splits (such as you paying 20%, and the plan paying 80%). This split of co-insurance continues until you either reach your max out of pocket, or the plan limit, depending on the plan.

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

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

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

**HEALTH INSURANCE - First and Foremost:**
Understand that the disability insurance fee paid as part of a school’s tuition is **not** health insurance! Services not covered by this fee include:
- Referrals
- Diagnostic testing
- Prescriptions
- Hospital Services

Therefore, the school mandates that its students have health insurance.
Health Insurance: Options:

If you need assistance in obtaining coverage you may contact Pat Mayers-Hall with Licensed Life, Health, and Medical Supplement Agent

1915 NW Amberglen Parkway, Suite 300
Beaverton, OR 97006
Phone: (800) 259-0455 ext. 204
FAX: (503) 924-5934
Email: PatM@Forteagra.com

Another Option:

Simply Blue: This is a private health insurance for those on a tight budget (us). Other Blue Cross/Shield packages are both more inclusive and more expensive. Simply Blue health plans offer a lower-cost, basic level of coverage that provides financial protection against an unexpected injury or illness.

Simply Blue plans feature:

- **Basic Medical Coverage Subject to Deductible (and coinsurance if applicable)**
- **Including:**
  - Well child care
  - Adult preventive screenings
  - Care received at a physician's office, hospital or outpatient facility
  - Emergency care
- **Optional** dental and maternity coverage
- Nationally recognized plan
- Freedom to choose any provider
- Prescriptions coverage
- Online personal health status and claims

For more information on Simply Blue, visit:

What type of health insurance do you have?

Answered: 102    Skipped: 0

![Bar chart showing types of insurance]

To get information about government assistance you can visit TennCare at:

http://www.tn.gov/tenncare/

Community Information

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

**Housing:**

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

**Brandy Mill Apartments**
1315 Indian Ridge Rd.
Refrigerator, stove, washer/dryer hookup, central heat and air, carpet
www.brandymillapt.com
(423) 246-7999

**Buccaneer Ridge Apartments (ETSU)**
Efficiency, 1 or 2 Bedrooms
ETSU Residence Life (423) 439-4446

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

**Homestead Properties**
1604 Cherokee Road Johnson City, TN 37604
www.homesteadpropertiestn.com (866) 378-9580

**Miller Crest**
1000 Sauvignon Court
Refrigerator, dishwasher, garbage disposal, stove, washer/dryer hookup, central heat and air, carpet, vinyl

http://www.brooksidemgmt.com/miller-crest
(888)887- 3306 and (877) 875- 6824

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

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

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

Fox Glen Apartments
1406 Skyline Drive
Refrigerator, stove, laundry facilities, pool, fitness center
http://www.foxglenhouses.com/
(423) 434- 9100

Ravenwood
2914 South Greenwood Dr
Refrigerator, stove, laundry on site, central heat and air, carpet, vinyl, pool,
Chuck Rich, Office on-site
(423) 926- 2100

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

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

Swadley Park Apartments
606 Swadley Road, Johnson city, TN
Refrigerator, washer/dryer, microwave, stove, central heat and air, carpet and tile
Phillips Properties: (423) 773-4414
Some who rent condos do from Dominion Condos, 1747 Skyline Drive, Johnson City, TN 37604. Some use craigslist.com to find a unit, and some just drive around looking for “rent” signs. General rent is around $700.

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

**Dining:**

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

- More expensive style dining
- Mexican
- Free Internet
- Lunch spot close to Med Campus
- Good hang out Bar
- Study Spot
- Serve food late

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

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

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

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

**Alta Cucina**
1200 N. Roan St, Johnson City, TN
(423) 928-2092
Buffalo Wild Wings
2035 Hamilton Place Drive
Johnson City, TN 37604
(423) 434-0492

Café One 11 – Sushi and Japanese ($) ($20)
111 Broyles Dr. (across from Target)
(423) 283-4633

Café Lola – Wine Bar ($/$$) ($15)
1805 N. Roan St. (by the movie theater)
(423) 928-5652

Capone’s ($)
Good live music. 227 E. Main St (downtown)
(423) 928-2295

Carrabba’s Italian Grill
175 Marketplace Dr., Johnson City, TN
(423) 232-2858

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

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

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

Dixie Barbecue Company
3301 N. Roan St
(423) 283-7447

Edo's Sushi & Grill
1805 N. Roan St.
(423) 262-8550

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

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

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

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

Giuseppe’s (good local Italian)
2539 E. Stone Dr, Kingsport, TN
(423) 288-5265

Gourmet and Company - $
214 E. Mountcastle Dr.
(423) 929-9007

Harbor House Seafood
2510 N Roan St
(423) 282-5122

Jack’s City Grill
1805 N Roan St
Johnson City, TN 37601
(423) 928-5225

Jason’s Deli
1091 Hamilton Pl
Johnson City, TN 37604
(423) 467-3354

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

Johnny Brusco’s New York Style Pizza
2111 N Roan St
Johnson City, TN 37601
(423) 477-4992

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

Magic Wok Chinese restaurant
701 S. Roan St
(423) 929-9550

McAlister’s Deli
2111 N Roan St
Johnson City, TN 37601
(423) 631-0606
Mellow Mushroom
2929 N Roan St
Johnson City, TN 37601
(423) 928-6356

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

Misaki Seafood & Steakhouse of Japan
3104-C Bristol Hwy
(423) 282-5451

Monsoon West
Hwy 67 Butler, TN
(423) 768-3327

Moto Japanese Restaurant
2607 N. Roan St.
(423) 282-6686

Oasis Coffee House (The Mall) 2011
N. Roan St.
(423) 218-0137

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

One 12 Downtown
Nicer sports bar, after-hours bar
112 Tipton St.
(423) 631-0505

Panera Bread (The Mall)
3140 Peoples St
(423) 952-2253

Peerless - upscale dinning $
2531 N. Roan St
(423) 282-2351

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

Red Pig Bar-B-Q
2201 Ferguson Rd
(423) 282-6585

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

Ridgewood Barbecue
900 Elizabethton Hwy
(423) 538-7543

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

Salt 'N Pepper
300 2 E Oakland Ave.
(423) 283-7685

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

Smokey Bones Barbecue & Grill
1905 N Roan St
(423) 979-1706

Starbucks
2008 N. Roan St
(423) 283-0818

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

Thai AM
Hampton, TN
(423) 725-3424

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

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

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

1101 Volunteer Pkwy
Bristol, TN 37620
(423) 444-6394

Wellingtons at the Carnegie Hotel $
(423) 979-6401

Which Wich
1069 Hamilton Pl
Johnson City, TN 37604
(423) 929-9424
Wok & Hibachi - Chinese, Japanese, Thai, and sushi (S8)
101 E. Unaka Ave
(423) 928-9696

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

Activities:

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

Target Center
2116 N. Roan St.
Johnson City, TN
Overview: Retail shops including Target Stores, Pier 1 Imports, Books-a-Million, T.J. Maxx, and other specialty shops.

Johnson City Crossings
3211 Peoples St.
Johnson City, TN
Features Home Depot, Stein Mart, Michaels, PetSmart, Old Navy, Ross Clothing, Bed Bath & Beyond, Amigo's Mexican Restaurant, & more.

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

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

Shops at Franklin (C25-26)
3101 Browns Mill Road
Johnson City, TN 37604-4100

Mountcastle Shopping Center
412 East Mountcastle Dr.
Johnson City, TN

Mahoney's Outfitters
www.mahoneysports.com
830 Sunset Dr.
(423) 282-5413

Franklin Terrace
3030 Franklin Terrace Dr
Overview: Ornare Aveda Salon, Barnes & Noble, Chico's, Soundroom, Cheddars Restaurant, Chili's, Chico's, etc.

Slings Shoe Store
306 Sunset Dr.
423-282-1481
Overview: BCBGirls, Cole Haan, Royal Elastic, Kenneth Cole, Lacoste, etc

Sparrow's Nest
1902 Knob Creek Road Gifts that comfort & delight.

Theaters & Entertainment:

Carmike 14 Theaters
1805 N. Roan St.
(423) 929-7151

Johnson City Community Theatre
600 E Maple St
(423) 928-2526

The Barter Theatre (Abingdon, VA)
127 W. Main St.
Abingdon, VA

Real to Reel
130 W. Springbrook Dr.
(423)-282-2131

International Storytelling Center (Jonesborough,TN)
http://www.storytellingcenter.net/center/center.htm
116 W. Main St

Jonestown Repertory Theatre
125 1/2 W. Main St.
(423) 791-4440
Blue Moon Dinner Theatre
215 E. Main St.
(423) 232- 1350

Proud Annie Mystery Theatre
920 Old Boones Creek Rd.
(423) 753- 3753

Fun Fest (Kingsport, TN)
(423) 392- 8810

Music:
The Down Home
http://www.downhome.com
Address: 300 W. Main St.
Phone: (423) 929- 9822
Types of Music: Bluegrass, acoustic, old-time, singer/songwriter

The Paramount Center
http://www.theparamountcenter.com
Address: 518 State St., Bristol, TN
Phone: 274-8920

The Carter Family Museum/ Carter Fold (Hiltons, VA)
http://www.fmp.com/orthey/carter.html
Address: A. P. Carter Highway
Phone: (276) 386-6054
Types of Music: Bluegrass, old-time

Johnson City Symphony
http://jcsymphony.com/
(423) 926-8742

Symphony of the Mountains (Kingsport, TN)
http://www.symphonyofthemountains.org/
(423) 392-8423

Museum:
B. Carroll Reece Museum
ETSU
(423) 439- 4392

Rocky Mount Living History Museum (Piney Flats, TN)
http://www.rockymountmuseum.com/
(423) 538- 7396

Hands On! Regional Museum
www.handsonmuseum.org/
315 E. Main St.
Johnson City, TN
(423) 434- 4263

Tipton-Haynes State Historic Site
2620 S. Roan St.
(423) 926-3631
www.tipton-haynes.org

General Shale Brick Natural History Museum and Visitor Center at the Gray Fossil Site
1212 Suncrest Dr.
(866) 202- 6223
www.grayfossilmuseum.com
**Festival:**

- **Music On The Square (Jonesborough, TN)**  
  (423) 753-1010

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

- **Blue Plum Festival (Johnson City, TN)**  
  (423) 737-5818

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

- **Bristol Rhythm and Roots Fall Folks Arts Festival (Kingsport, TN)**  
  (423) 288-6071

- **National Storytelling Festival (Jonesborough, TN)**  
  (423) 743-3000

- **Erwin/Unicoi County Apple Festival**  
  (800) 952-8392

- **Corazon Latino Spanish Festival (Johnson City, TN)**  
  [http://www.etsu.edu/cas/lrc/events/corazon.aspx](http://www.etsu.edu/cas/lrc/events/corazon.aspx)  

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

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

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

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

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

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

**Exercise & Fitness/Yoga:**

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

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

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

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

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

**Hiking/Recreation Areas:**

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

- **Blue Ridge Parkway** [http://www.blueridgeparkway.org/](http://www.blueridgeparkway.org/)
- **Great Smoky Mountain National Park** [http://www.nps.gov/grsm/](http://www.nps.gov/grsm/)
- **Bays Mountain Park and Planetarium** [http://www.baysmountain.com/](http://www.baysmountain.com/)
- **Grandfather Mountain** [http://www.grandfather.com/](http://www.grandfather.com/)
- **Cherokee National Forest** [http://www.fs.fed.us/r8/cherokee/](http://www.fs.fed.us/r8/cherokee/)
- **Warriors Path State Park** [http://tennessee.gov/environment/parks/WarriorsPath/](http://tennessee.gov/environment/parks/WarriorsPath/)
- **Hot Springs, NC** [http://www.hot springsnc.org](http://www.hot springsnc.org)
- **Rock Creek Park** [www.flag pond.com/recreation/rock-creek/](http://www.flag pond.com/recreation/rock-creek/)
- **Roan Mountain State Park** [www.tnstateparks.com](http://www.tnstateparks.com)
- **Winged Deer Park** [www.johnsoncitytn.org](http://www.johnsoncitytn.org)
Suggested Hikes [http://www.tehcc.org/FavoriteHikes.htm]
Quillen is within easy driving distance to many hikes on the Appalachian Trail and Blue Ridge Parkway. The following is a list of hikes recommended:

**Mountain Biking:**
Virginia Creeper Trail [http://www.vacreepertrail.org/]

**Rafting and Kayaking:**
Nolichucky River
  - Class III – IV French
Broad
  - Class II-III
Doe River/Watauga
  - Advanced Kayaking
Linville Gorge
  - Advanced Kayaking and good hiking
  - Big South Fork
Boone
  - Leisurely float river
New River Gorge [http://www.nps.gov/neri/]

**Fishing:**
Watauga River
South Holston River
Boone Lake
Nolichucky River
Wilbur Lake

Check Fishing conditions at the TVA websites: [http://lakeinfo.tva.gov/htbin/lakeinfo?site=WTH&DataType=All&Submit=View%2Bdata](http://lakeinfo.tva.gov/htbin/lakeinfo?site=WTH&DataType=All&Submit=View%2Bdata)  [http://lakeinfo.tva.gov/htbin/lakeinfo?site=BOH&DataType=All&Submit=View%2Bdata](http://lakeinfo.tva.gov/htbin/lakeinfo?site=BOH&DataType=All&Submit=View%2Bdata)

**Skiing:**
Sugar Mountain [http://www.skisugar.com](http://www.skisugar.com)
Appalachian Ski Mountain [http://www.appskimtn.com](http://www.appskimtn.com)
Cataloochee Ski Area [http://www.cataloochee.com](http://www.cataloochee.com)
Hawksnest Golf and Ski Resort [http://www.hawksnest-resort.com](http://www.hawksnest-resort.com)
Ski Wolf Laurel [http://www.skiwolfridgenc.com](http://www.skiwolfridgenc.com)

**Golf:**

- **Buffalo Valley Golf Course**
  - 90 Country Club Dr
  - Unicoi, TN
  - (423) 743-5021
  - Public, 18 hole, 6624 yds, Par 71

- **Pine Oaks Golf Course**
  - 1709 Buffalo Rd, Johnson City
  - (423) 926-5451
  - Public, 18 hole, 6224 yds, Par 71

- **Johnson City Country Club**
  - 1901 E. Unaka Ave., Johnson City, TN
  - (423) 928-5161
  - Private, 18 hole, 6402 yds, Par 72

- **Blackthorn Club**
  - 1501 Ridges Club Dr., Jonesborough, TN
  - (423) 913-3100
  - Private, 18 hole, 7147 yds, Par 72
**Banks in the area:**

**First Tennessee: Main Office**
1500 W. State of Franklin Rd., Johnson City, TN (K1)
1919 N. Roan St., Johnson City, TN (423) 461-4021
3230 Peoples St., Johnson City, TN (423) 854-9977
2112 N. Roan St., Johnson City, TN (423) 461-1200 or (423) 461-1716

**Bank of America**
2105 N. Roan St., Johnson City, TN (423) 461-8115
1616 W. Market St., Johnson City, TN (423) 794-2122

**Bank of Tennessee**
112 Mountcastle Dr., Johnson City, TN (423) 282-9500

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

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

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

**State of Franklin Bank**
1000 W. Oakland Ave., Johnson City, TN (423) 854-2180
612 W. Walnut St., Johnson City, TN (423) 461-4550
1907 N. Roan St., Johnson City, TN (423) 926-3300

**SunTrust Bank**
1806 W. Market St., Johnson City, TN (423) 434-4277 (G5)
Mockingbird Ln., Johnson City, TN (423) 461-1090

**Regions Bank**
207 Sunset Dr., Johnson City, TN (423) 282-7601
1212 E. Watauga Ave., Johnson City, TN (423) 282-7657
1408 W. State of Franklin Rd., Johnson City, TN (423) 282-7657

**Peoples Community Bank**
300 Sunset Dr., Johnson City, TN (423) 915-2200

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

**BB&T**
104 University Pkwy., Johnson City, TN (423) 926-5866

**Greater Eastern Credit Union**
2110 W. Mountcastle Dr., Johnson City, TN (423) 283-4300

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

**Consumer Credit Union**
516 W. Oakland Ave., Johnson City, TN (423) 434-2211

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

**Johnson City Federal Credit Union**
716 W. Market St., Johnson City, TN (423) 282-0671

**The Tennessee Credit Union 310 Sunset Dr., Johnson City, TN (423) 915-0222**

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

**Elizabethton Federal Savings Bank**
1190 W. State of Franklin Rd., Johnson City, TN (423) 433-6250

304 Sunset Dr., Johnson City, TN (423) 952-2560
Citizen Banks
3028 Peoples St., Johnson City, TN
(423) 952-2560

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

Capital One
503 N. State of Franklin Rd., Johnson City, TN
(423) 975-5900

Other useful places

Veterinarians
Young’s Animal Hospital
1802 W. Market St.
Johnson City, TN
(423) 926-3878

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

Beauty Salons
Hair Plus
2011 N. Roan St.
Johnson City, TN
(423) 282-4742

Beauty Unlimited #4232
2011 N. Roan St.
Johnson City, TN
(423) 282-0369

Jelly Beans Salon & Wig Boutique
109 Broyles Dr.
Johnson City, TN
(423) 929-2321

Cost Cutters Family Hair Salon
1805 W. State of Franklin Rd.
Johnson City, TN
(423) 232-1895

Sista’s Act Styling Studio
207 Elm St.
Johnson City, TN
(423) 928-8599

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

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

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

Barbers
Cherokee Barber Shop
2700 S. Roan St.
Johnson City, TN
(423) 928-6201

Craig’s Crown Cutz
111 Spring St.
Johnson City, TN
(423) 434-2158

Earl’s Barber Shop
805 Sunset Dr.
Johnson City, TN
(423) 282-5113

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

Jerry’s Barber & Style Shop
2021 E. Unaka Ave.
Johnson City, TN
(423) 926-3562
Dry Cleaners
Quick Cleaners & Laundry Inc.
2694 Boones Creek Rd.
Johnson City, TN
(423) 952-2288

Quick and Grady's Dry Cleaners
425 W. Walnut St.
Johnson City, TN
(423) 928-9201

Electricity and Water Services
Johnson City Power Board
146 Gibson Rd., Johnson City, TN
(Follow I-26 to Boones Creek)
(423) 282-5272

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

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

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

James H. Quillen College of Medicine
Department of Learning Resources
Medical Library
P. O. Box 70693, Johnson City, TN (423) 439-2402

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

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

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

Home Improvement Centers
Home Depot
3207 Peoples St., Johnson City, TN

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

Ingles Markets No. 372
(423) 952-0815
4470 N. Roan St., Johnson City, TN

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

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

Lowe's
180 Marketplace Blvd., Johnson City, TN