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Welcome to Detroit!

One of the greatest cities in the world! It’s fair to say that Detroit’s reputation is a complicated one; both well-earned and perhaps unfairly deserved. Since its heyday, Detroit has changed a lot in many regards.

The residents of today’s Detroit see a city filled with great food, amazing history, world-class sports teams and the occasional picnic on Belle Isle. Detroit is a city that is inviting in most places and a work in progress in many others.

As medical students, you will be spending most of your time, especially this summer, at the campus. This guide has been compiled in an attempt to offer you some advice from those who came before you and to show you a few of the sometimes missed places to eat and amazing attractions the city has to offer. This guide will get you started on your journey to figuring out what Detroit means to you and how you’re going to describe it next time someone asks you what you think of this city and going to school here. Good luck on the start of your medical school journey and don’t forget to make the most of your years here.

Welcome to DMC!

MICHIGAN STATE UNIVERSITY
College of Osteopathic Medicine

DMC
DETROIT MEDICAL CENTER
Gary L. Willyerd, DO, FACOEP-D, FAODME
Associate Dean
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Who’s Who at DMC

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Email: cathleen.watson@hc.msu.edu

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Instructional Media Coordinator
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Email: jon.schulz@hc.msu.edu

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Secretary
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Email: wendy.westbrooks@hc.msu.edu

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Hardware/Software Coordinator
Phone: (313) 578-9627
Email: dale.wegienka@hc.msu.edu
Who’s Who at DMC

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Library Assistant
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Human Anatomy Prep Technician
Phone (313) 578-9635
Email: lindsay.rhadigan@hc.msu.edu

Katherine “Katie” Ruger, M.A.
Director of Admissions
Phone (313) 578-9611
Ruger@msu.edu

Floyd H. Hardin III, M.A.
Outreach and Inclusion Manager
Phone (517) 353-7740
Email: Floyd.harding@hc.msu.edu
Who’s Who at DMC

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Sr. Advisor to the Dean
Phone (517) 578-9608 East Lansing x49608
Email: ander215@hc.msu.edu

Charity Troutt, B.A.
Curriculum Assistant
Phone: (313) 578-966
Email: trouttch@msu.edu

Anne M. Snyder, MSA
Admissions Counselor
Phone: (517) 353-7740
Email: anne.snyder@hc.msu.edu
The Peer Mentor Program, first implemented in 1983, is made up of second year students that are nominated by faculty, staff, and COM students.

**Goals of the Program**

- To assist first year students in their transition from undergraduate programs to medical school.

- To reinforce in second year students the skills they have learned in courses like Osteopathic Patient Care, *i.e.*, *listening and confidentiality*.

- To further develop in second year students the need for team work and a collegial spirit by assisting new students and their colleagues.

- Because many of the Peer Mentors choose to also tutor their fellow students, other goals of the Peer Mentor Program are to develop and enhance teaching/learning skills that will continue to carry over when the individual graduates, to help them assist patients in their understanding of health issues and to recruit future osteopathic medical faculty.
# Class of 2018 Peer Mentors

<table>
<thead>
<tr>
<th>DMC Peer Mentors</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class of 2018</strong></td>
</tr>
<tr>
<td>Amal Alghami</td>
</tr>
<tr>
<td>Liala Al-Shatel</td>
</tr>
<tr>
<td>Jeffery Beauregard</td>
</tr>
<tr>
<td>Alex Bejna</td>
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<tr>
<td>Candance Black</td>
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<tr>
<td>Greg Byrd</td>
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<tr>
<td>Julia Church</td>
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<tr>
<td>Tim Cummings</td>
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<tr>
<td>Nora Dagher</td>
</tr>
<tr>
<td>Eryn Duffield</td>
</tr>
<tr>
<td>Matt Dwyer</td>
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<tr>
<td>Rita Elias</td>
</tr>
<tr>
<td>Raef Fadel</td>
</tr>
<tr>
<td>Lisa Gates</td>
</tr>
<tr>
<td>Cindy Ge</td>
</tr>
<tr>
<td>Almir Kalajdzic</td>
</tr>
<tr>
<td>Ghadir Katato</td>
</tr>
<tr>
<td>Israa Kenaan</td>
</tr>
<tr>
<td>Ravi Khemraj</td>
</tr>
<tr>
<td>Anthony Konja</td>
</tr>
<tr>
<td>Josh Kroll</td>
</tr>
<tr>
<td>Dan LaForest</td>
</tr>
<tr>
<td>Samaa Lutfi</td>
</tr>
<tr>
<td>Brian McParland</td>
</tr>
<tr>
<td>William Morgan</td>
</tr>
<tr>
<td>Assi Mostafa</td>
</tr>
<tr>
<td>Megha Patel</td>
</tr>
<tr>
<td>Chris Rogalla</td>
</tr>
<tr>
<td>Houmam (Mike) Saker</td>
</tr>
<tr>
<td>Shafiekhorassani, Zeinab</td>
</tr>
<tr>
<td>George Socaciu</td>
</tr>
<tr>
<td>Anna Stala</td>
</tr>
<tr>
<td>Navya Talluri</td>
</tr>
<tr>
<td>Cole Talsma</td>
</tr>
<tr>
<td>Kirstin Weider</td>
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</tbody>
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<table>
<thead>
<tr>
<th>PMO Class of 2018 E-Board</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniel LaForest</td>
</tr>
<tr>
<td>Ghadir Katato</td>
</tr>
<tr>
<td>Nicolas Talsma</td>
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<tr>
<td>Navya Talluri</td>
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**Michigan State University**

College of Osteopathic Medicine
Meet Your Faculty

**Richard Bryce, DO**

Dr. Bryce received his BA at Michigan State University in Spanish, followed by being a teacher at Truman High School in the Bronx, New York. He returned to East Lansing, where he received his DO degree from Michigan State University College of Osteopathic Medicine in 2008. Following medical school, he completed a Family Medicine Residency through Henry Ford Wyandotte/Henry Ford Hospital. He currently works at the Community Health and Social Services (CHASS) clinic in Mexicantown, Detroit. The Chass clinic is a Federally Qualified Health Center which has allowed Dr. Bryce to earn a National Health Service Corps Scholarship by providing care for underserved patients.

**Nikolai Butki, DO, MPH**

Dr. Butki received his BA from Albion College in Chemistry, followed by a Master’s Degree in Public Health from the University of Illinois at Chicago. He then received his DO degree from Michigan State University College of Osteopathic Medicine. Following medical school he completed a Family Practice Internship and then an Emergency Medicine residency at POH Regional Medical Center where he currently works as an attending physician in the Emergency Trauma Center and serves as the Associate Residency Program Director for Emergency Medicine. He balances his clinical hours and appointments in undergraduate and graduate medical education through the support of his wife, two daughters and occasional therapeutic mountain bike trail rides.

**Annette Carron, DO**

Dr. Annette Carron is familiar to the Detroit area having graduated from Wayne State University with a BS in Biological Sciences. She then received her DO degree from Kirksville College of Osteopathic Medicine. Dr. Carron is board certified in Internal Medicine and Geriatrics as well as Hospice and Palliative Medicine. She currently is Director of Geriatrics and Palliative Care at Botsford Hospital and serves as program director for the Internal Medicine residency program. Dr. Carron is a board member for the American College of Osteopathic Internists and serves on the AOA Council for Palliative Care issues.

**Martha Faner, Ph.D.**

Dr. Faner is an instructor in the Department of Biochemistry and Molecular Biology and is currently serving as a member of the Basic Sciences Faculty at MSUCOM-DMC. She received her Bachelor of Science in Biochemistry from Northern Michigan University and her Ph.D. in Biochemistry from the Department of Chemistry at Wayne State University. During her thesis work she studied regulatory RNAs in bacteria and has recent publications in the field appearing in the journal Nucleic Acids Research and Methods. She is also a member of the RNA Society.
Meet Your Faculty

Diana Hristova, MD, M.Sc.

Dr. Hristova is an Assistant Professor Instructor in the Departments of Radiology, Division of Human Anatomy, Neurology and Ophthalmology and teaches Medical Neuroscience, Clinical Human Gross Anatomy and Palpatory Skills, and contributes to medical residency programs education. She received her medical education from the Medical University of Sofia, Bulgaria. She is a physician with 13 years of clinical experience in the area of integrative family medicine and pediatrics. She has over 10 years of experience of undergraduate teaching in anatomy and physiology, human genetics and pathophysiology courses. Dr. Hristova completed a postdoctoral fellowship in Clinical Neurogenetics and Molecular Medicine with Wayne State University, School of Medicine and Center of Molecular Medicine and Genetics, where she additionally acquired a Master’s of Science degree in Molecular Biotechnology. The focus of her research was the clinical pathogenesis of the axonal survival and implications in patients with Multiple sclerosis and neurodegenerative genetic diseases of the white matter such as Canavan disease and Pelizaeus – Merzbacher disease. Prior to joining the COM-DMC Basic Sciences faculty team in September of 2012, Dr. Hristova worked for 6 years as a clinical advisor for inVentivHealth, Inc, awarded as the best in class leading pharmaceutical clinical organization that provides clinical services for the leading pharmaceutical companies. Her focus was the medical safety aspect of drug use and reporting to regulatory agencies. Dr. Hristova is also a professional member of the Michigan Educational Association and Drug Informational Agency.

Emily K. Hurst, DO

Dr. Hurst is an Assistant Clinical Coordinator and Professor for MSUCOM. Her specialties include Internal Medicine, Critical Care, and Hospice and Palliative Care. Prior to completing her Critical Care fellowship, she practiced primarily Geriatrics at St. Joseph Mercy Oakland Hospital in Pontiac, MI. She now works in all three specialties and joined Henry Ford Hospital as staff this year. She received a dual BS in Psychology and Biology from Iowa State University and her DO degree from Des Moines University. Dr. Hurst is very active politically and is past-president of the Oakland County Osteopathic Medical Association as well as a member of the Michigan Osteopathic Association Council of Government Affairs and Public Affairs Committees. She attends the American Osteopathic Association House of Delegates in Chicago yearly and has been a delegate every year since her second year of medical school. She is the program director of a new Internal Medicine Residency Program through the Detroit Wayne County Health Authority (DWCHA) and is embarking on training in eICU this year.

Rami B. Ibrahim, M.Sc., Pharm.D.

Dr. Ibrahim is a full-time Pharm.D. at MSUCOM-DMC. He received a B.Sc. In Pharmacy from Universite de Montreal, a M. Sc. In Hospital Pharmacy from Universite de Montreal and a Pharm. D. from Wayne State University. He was also involved with Oncology Pharmacotherapy. He has many publications in the field of anticoagulation and drug removal by therapeutic plasma exchange Dr. Ibrahim is also a Clinical Assistant Professor at the School of Medicine at Wayne State University. He is a reviewer of the Annals of Pharmacotherapy, Journal of Clinical Toxicology, and Critical Care Medicine biomedical journals. Dr. Ibrahim is an editorial board member and a reviewer of the American Journal of Health-System Pharmacy. He is a certified CMS National Provider, a member of Michigan State’s Community and Biomedical/Health Institutional Review Boards, and a National Marrow Donor Program registry donor.
Meet Your Faculty

John Meulendyk, DDS, DO, MPH, CPE

Dr. Meulendyk is a Student Advocate and Counselor within the Office of Student Services, and also serves as an Associate Professor of Family and Community Medicine. As a MSU-COM graduate, he is board certified in preventive medicine, anesthesiology, and holistic integrative medicine. Dr. Meulendyk is additionally certified by the American College of Physicians Executives. He received a master’s degree in public health, as well as a doctoral degree in dental surgery from the University of Michigan in Ann Arbor. Rounding out his professional training are master’s degrees in pastoral studies at Marygrove College and in theology at the Lutheran Theological Seminary at Philadelphia, and a doctoral degree in theological studies from the Ecumenical Theological Seminary in Detroit. Academically, his attention is focused on teaching doctor-patient relationships, nutrition, mind-body medicine, and end-of-life issues. Within the Office of Student Services, Dr. Meulendyk’s interests lie in student advocacy, counseling, conflict resolution, and issues of diversity.

Shawna-Marie Nantais, MS

Professor Nantais is an Academic Specialist in the Department of Microbiology and Molecular Genetics at MSUCOM-DMC. She is an instructor in the Biochemistry, Immunology, Microbiology, and Physiology courses. She has over 5 years of teaching experience from Macomb Community College and Wayne State University where she taught Anatomy & Physiology and Histology to undergraduate students. Professor Nantais received her Bachelor of Science in Biological Sciences, as well as her Master of Science in Biological Sciences from Wayne State University where she studied a metastasis suppressor gene. She is a member of the International Association of Medical Science Educators, a regular attendee of the Origins of Cancer Symposium, and was recently named an inspirational mentor by Phi Beta Kappa. In her spare time, she enjoys volunteering in the community, reading, crocheting, and watching sports.

Janice Schwartz, Ph.D.

Before coming to the College of Osteopathic Medicine at Michigan State University, Dr. Schwartz was an Assistant Professor of Physiology at Wayne State University School of Medicine. She earned her PhD in Molecular Endocrinology and Biophysics, was a postdoctoral research fellow in Biochemistry and Molecular Biology, and received NIH and local funding for her research on estrogen receptor signaling in breast cancer. She has authored 19 manuscripts, serves as an external reviewer and editorial board member, serves as a lab leader for Histology, and contributes lectures in Pathology, Endocrinology, and Female Reproductive.
Meet Your Faculty

Alice Shanaver, DO

Dr. Shanaver shares teaching of OMM lab at MSUCOM-DMC. She practices OMM in Downriver Detroit and provides OMM consults and teaching at Oakwood Southshore Medical Center in Trenton. Dr. Shanaver received her D.O. from MSUCOM, her internship was at Riverside Osteopathic Hospital in Trenton and she served in the Public Health Service. She is certified in NMM/OMM and she earned A.B. and A.M. from Boston University, in chemistry and biochemistry. Dr. Shanaver was a research assistant in Boston and at Durham University, England before coming to MSUCOM. She is the chairman of the Committee on Osteopathic Principles and Concepts at (OSMC) and a violist in the Southern Great Lakes Symphony.

Terri Steppe, DO

Dr. Steppe is a Clinical Assistant Professor in the Department of Osteopathic Medicine, teaching Osteopathic Manipulative Medicine (OMM) at MSUCOM-DMC. She received a BA in Art Therapy and Psychology from Capital University in Columbus, Ohio and a DO Degree from Michigan State University. She is an OMM Physician in Monroe, Michigan. Dr. Steppe is also certified by the American Board of Family Medicine and the American Osteopathic Board of Neuromusculoskeletal Medicine.

Kelli Udelhofen, DO

Dr. Udelhofen is an Assistant Clinical Professor for MSU-COM (Detroit Campus). She received a Bachelor of Science degree from University of Iowa in Exercise Science. She then attended Des Moines University where she received her doctorate in Osteopathic Medicine. Following graduation from medical school, she completed a residency in Pediatrics at Children’s Mercy Hospital in Kansas City, MO. She currently works in the Division of Pediatric Hospital Medicine at Children’s Hospital of Michigan as a Pediatric Hospitalist. She also serves as the Assistant Program Director for the Detroit Wayne County Health Authority- Osteopathic Pediatric Residency Program. When not working she enjoys spending time with her husband and daughter.

Barbara Zajdel, DO

Dr. Zajdel is a board certified family physician with specialty certification in Neuromusculoskeletal Medicine and Osteopathic Manipulative Medicine (NMM-OMM). Her holistic approach toward patients’ health problems represents a fundamental health care approach. She received her medical education from the University of New England College of Osteopathic Medicine, Maine. Dr. Zajdel completed both her postgraduate internship and family medicine residency at Garden City Hospital. She then spent one year at the University of North Texas Health Science Center’s Texas College of Osteopathic Medicine/Osteopathic Medical Center of Texas in Fort Worth for her specialty training NMM-OMM. Dr. Zajdel is affiliated with Botsford Hospital and HealthMatch. Dr. Zajdel supervises the DMC student-run OMM Clinic.
Meet Your Clinical Faculty

Mary Jo Voelpel, DO
Nickole Bazger, DO

Michael Burry, DO
Daniel Passerman, DO

Stephen Kohl, DO
POLICY: It is the expectation of Michigan State University’s College of Osteopathic Medicine in Southeast Michigan that all program faculty, staff and students conduct themselves in a professional manner and promote a professional and business-like appearance. In addition to being neat and clean, attire should not be hazardous, distracting, or offensive to students, faculty/staff, or the general public and in the case of the Detroit Medical Center site (DMC), to patients, families, medical staff, and DMC employees given that our location is within a professional medical setting. It is also expected that all faculty, staff, and students will utilize specialized safety equipment/attire as required per academic course instructors.

**Clothing**

All personal clothing should be neat and clean and of appropriate size and fit.

The following are NOT permitted while faculty/staff are on duty or while students are in structured classroom instruction, or when any faculty, staff, or student is conducting MSUCOM related business:

- “Army fatigues”
- Exercise apparel
- Jogging suits
- See-through or revealing clothing
- Stretch pants
- Tank or tube tops
- Cutoffs or shorts
- Exposed midriffs
- Miniskirts or mini-dresses above mid-thigh
- Skirts slit above mid-thigh
- Sweat pants
- Apparel such as jeans and sweatshirts/t-shirts (without holes) may be worn by students and on select occasions with approval of the Associate Dean by faculty and staff.

**Shoes and Leg Wear**

Appropriate shoes must be worn. Open-toed shoes are acceptable; however, slippers are not permitted.

Bare legs/feet are not permitted.

**Badges and Pins**

The MSU provided identification badge must be worn at all times and in full view, at or above mid-chest level, with full name and photo visible.

**Personal Electronics**

Headphones may be used in study areas. Personal cameras, including cell phones with camera capability, may not be used on the premises without permission of the Associate Dean. Personal beepers and phones may be carried, but must be kept on inaudible alert mode in classrooms and study areas.

**Weapons**

Weapons of any kind are not allowed on the premises at any time.

**Off-site Functions**

This Professional Conduct and Appearance Policy should be adhered to when faculty, staff, or students are representing MSUCOM of Southeast Michigan at any outside conferences, community outreach functions and other professional and/or educational events.
Student Organizations
Faculty Advisors & Detroit Executive Board

Class of 2018
Vice President Raef Fadel
Social Events Coordinator Anna Stala
Faculty Advisor Dr. Nikolai Butki

Student Government Association (SGA)
Vice President Houmam (Mike) Saker
Faculty Advisors Dr. William Falls
Mrs. Beth Courey

American College of Osteopathic Family Physicians (ACOFP)
Faculty Advisor Dr. Edward Rosick

American Medical Student Association (AMSA)
Treasurer Greg Byrd
Legislative Director Reem Khazaal
Faculty Advisor Dr. Rebecca Pratt

American Physician Scientists Association (APSA)
Faculty Advisor Dr. Michael Mullins

Canadian Osteopathic Student Organization (COSO)
Liaison Cindy Ge
Faculty Advisor Ms. Kim Peck

Christian Medical Association (CMA)
Vice President Rita Elias
Faculty Advisor Dr. Peter Blakemore

Community Integrated Medicine (CIM)
Vice President Julia Church
Faculty Advisor Dr. Craig Gudakunst
Staff Advisor Ms. Jennifer Miller
### Student Organizations

**Faculty Advisors & Detroit Executive Board**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Vice President</th>
<th>Faculty Advisor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Emergency Medicine Club (EMC)</strong></td>
<td>Candace Black</td>
<td>Dr. Mary Hughes</td>
</tr>
<tr>
<td>Faculty Advisor</td>
<td>Dr. John Dery</td>
<td></td>
</tr>
<tr>
<td><strong>Holistic Medical Society (HMS)</strong></td>
<td></td>
<td>Dr. Lawrence Prokop</td>
</tr>
<tr>
<td>Faculty Advisor</td>
<td>Dr. Lawrence Prokop</td>
<td></td>
</tr>
<tr>
<td><strong>Internal Medicine Club (IMC)</strong></td>
<td></td>
<td>Dr. Emily Hurst</td>
</tr>
<tr>
<td>Faculty Advisors</td>
<td>Dr. Shaheena Raheem</td>
<td></td>
</tr>
<tr>
<td><strong>International Osteopathic Medicine Organization (IOMO)</strong></td>
<td>Rita, Elias</td>
<td>Dr. Gary Willyerd</td>
</tr>
<tr>
<td>Faculty Advisor</td>
<td>Dr. Gary Willyerd</td>
<td></td>
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<tr>
<td><strong>Islamic Medical Student Association (IMSA)</strong></td>
<td>Ghadir Katato</td>
<td>Dr. Reza Nassiri</td>
</tr>
<tr>
<td>Faculty Advisor</td>
<td>Dr. Reza Nassiri</td>
<td></td>
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<tr>
<td><strong>Lesbian, Gay, Bi-Sexual, Transgender and Allies in Medicine (LGBTA)</strong></td>
<td>Kirstin Weider</td>
<td>Dr. Gary Willyerd</td>
</tr>
<tr>
<td>Faculty Advisor</td>
<td>Dr. Gary Willyerd</td>
<td></td>
</tr>
<tr>
<td><strong>Medical Students for Choice (MSFC)</strong></td>
<td>Dr. Dianne Singleton</td>
<td></td>
</tr>
</tbody>
</table>
# Student Organizations

Faculty Advisors & Detroit Executive Board

**Michigan Osteopathic Association (MOA)**

2018 Liaisons
- Curtis Dickey
- Dan LaForest
- Houman (Mike) Saker

Advisor
- Ms. Terry Trombley - MOA

**Pediatric Interest Group (PIGS)**

- Faculty Advisor
  - Dr. Robert Root

**Peer Mentors (PM)**

- Vice President
  - Dan LaForest
- Sunshine Committee Chair
  - Ghadir Katato
- Health and Wellness
  - Nicolas Talsma
- Mentoring Chairperson
  - Navya Talluri
- Faculty Advisor
  - Dr. Celia Guro
- Staff Advisor
  - Ms. Kim Peck

**Sigma Sigma Phi (ΣΣΡ)**

- Liaison
  - Ghadir Katato
- Faculty Advisor
  - Dr. Don Sefcik
  - Dr. John Thornburg

**Student American Academy of Osteopathy (SAAO)**

- Faculty Advisor
  - Dr. Mark Gugel

**Student Association of Military Osteopathic Physicians & Surgeons (SAMOPS)**

- Vice President
  - Jill Jozefowicz
- Faculty Advisor
  - Dr. William Strampel
Student National Medical Association (SNMA)
Vice President: Candice Black
Staff Advisor: Mr. Floyd Hardin III

Student Neurology Ophthalmology and Psychiatry Society (SNOPS)
Vice President: Julia Church
Faculty Advisor: Dr. Brian D. Smith
Dr. Jayne Ward

Student Osteopathic Association of Sports Medicine (SOASM)
DMC Liaison: Dan LaForest
Faculty Advisor: Dr. Lawrence Nassar

Student Osteopathic Medical Association (SOMA)
Vice President: Navya Talluri
Faculty Advisors: Dr. Craig Gudakunst

Student Osteopathic Surgical Association (SOSA)
Vice President: William Morgan
Faculty Advisor: Dr. Shirley Harding
Student Services assists students with a wide array of opportunities to get involved in as well as support for a variety of students’ needs.

Here are just a few things Student Services can assist you with:

- Extracurricular Activities
- Electives
- Excused Absences
- Student Organizations
- Immunizations
- Financial Aid & Scholarships
- Housing
- Health Insurance
- Student Activities
- Local Dining
- Setting up Meetings

For more information on Student Services, log onto [www.com.msu.edu/Students/Index.html](http://www.com.msu.edu/Students/Index.html) or see Cathy Watson, DMC’s Student Services Representative, in the Administrative Office.
Parking

As a COM-DMC student you can access the MSU parking lot by purchasing semester parking.

To purchase parking, log on to: www.com.msu.edu/Students/Resources/DMC.htm

From there, click on “Parking Permits” on the right, then proceed to pay for one semester’s parking or choose “Your Account” and follow the instructions to register and then set up to pay for one or more semesters.

Note: If you choose not to pay for parking, your only other parking option is to park off of DMC premises.

If you have any questions or concerns regarding parking, see Wendy Westbrooks, DMC Secretary II, in the Administrative Office.

Safety & Security

The friendly DMC Safety & Security staff are always available and willing to help with your safety and security needs. If at anytime at DMC you have a safety or security issue, please do not hesitate to stop by their desk, located directly in front of the MSUCOM administrative office.
Helpful Hints from 2nd years

• Take all advice with a grain of salt.
• Everyone has different experiences and this will influence how they feel about various subjects.
• Take time for yourselves, an afternoon off will do you well. Sometimes this is hard to do with so much going on, but all too often, you just need a break.
• You might not be able to stick to one learning style and your learning style might change from class to class and test to test in medical school.
• Do a little each day because there is too much work to be done all at once. Cramming for a test is often counterproductive. In medical school you are trying to remember the information as a lifelong learner, not as an undergraduate trying to absorb the information, regurgitate it on a test and flush it away forever.
• If you do poorly on one test, it is not the end of the world. You will do poorly on at least one test and then when you do, just try a course correction and seek out help.
• Utilize all the resources that are available to you. This sounds obvious, but people all too often wait until it is too late to get help. This applies to both educational and mental health.
• Use your classmates as resources. Often there is someone in your class that is good at a subject and can teach it to you in a different manner. Many students are coming to medical school with different levels of education and experiences.
• Wait to purchase textbooks. Talk to a second year and see which ones you really need as the course packs are usually comprehensive.
• The DMC has a rich tradition of being involved in the community and with MSUCOM events. Please consider getting involved in groups and community service.
• Start your fee follies video(s) early and give yourself time to film and edit.
• Enjoy these first two years. This is a very stressful time, but you can also make the most of it and realize that you will never be here in this moment again.
• Make the most of your stress. Everyone else is going to be stressed too and you will use this as a bonding experience. Get together outside of school and plan activities as a group from the DMC. Some of my best memories have been from impromptu group activities. I’ve also had a really great time getting to know people during lunch or breakfast and it helps to de-stress when you are all complaining about the same thing.
• Email is the College’s official method of communication. Make sure to check it regularly!
• The parking garage is free for visitors in the evenings and on weekends.
• Just a heads up—once you start OMM, everyone will be asking you to work on them.
• Micro and pharm = memorize. There’s no way around it!
• ALWAYS plan an extra 15 minutes into your schedule; the lanes in front of the building can get clogged due to the valet.
• Study rooms and silent study are SILENT! Use the lounge if you want to get rowdy.
• Start practicing for the football game against MUC early. DMC won for the first time ever in 2012 and we EXPECT you to carry on the new tradition.
Helpful Hints from 2nd years

• Learn how to meditate. Very important: your grades in medical school are just as much a reflection of HOW you take a test as they are a reflection of how much you know. The worst mistake you can make is getting psyched-out by a test while you’re taking it. You’ll want to be calm, alert and able to think on test day. Learn to meditate and it will improve how you take a test, and thus your results.

• Do not force yourself to sit and stare at material instead of taking a break; take lots of breaks. Find an activity to do to break up the monotony like playing an instrument or exercising. You use a different part of your brain when you are not studying. When you come back from your break you will absorb more and have greater productivity, than if you just sit and stare at more material.

• Consider the law of diminishing returns. If you spend three hours on some obscure material and only gain one point on the test, you may want to consider re-focusing your efforts. We know you can’t predict the test questions, but you will eventually get a feel for what the professors say is important and this will help guide your studying.

• When You Name It gets old, consider branching out and going to eat around town.

• I’ve found that if I pull an all-nighter I do worse on exams. Most people have said the same thing. Try to get some sleep, because you will be more awake and ready to take those curveballs they throw at you on the tests.

• Be wary of traffic in Detroit! Especially on exam/quiz days! Traffic is unpredictable and students miss a quiz or exam every year due to traffic. Leave yourself enough time to arrive safely and do your best on the exam.

• Fall in love with Detroit. There is always something interesting going on, and something fun to do! Explore it all, immerse yourself in the Detroit culture, bike everywhere, find random/awesome places (they are all over), check out Detroit bands and festivals, study at every coffee shop in the city, truly become part of the Detroit community- it makes Medical School so much more fun!

• Detroit Public Library is a short walk from campus and a great place to study.

And last, but not least...

• The faculty and staff work like crazy to make our lives easier, so be NICE to them... and don’t whine!

Places to Eat & Fun Things to Do

There are simply too many great places and not so great places in the city to list here. You can find a (semi)complete guide of these places compiled by upperclassmen on the bulletin board in the lounge, along with menus for most places if you want to order takeout.

The list is also available online at: www.tinyurl.com/firstyearguide2017
Hints for Studying Anatomy

- The more time you can spend in anatomy lab the better. Seriously, I can’t emphasize this enough.
- Everything will be ok! Do not be overwhelmed by the schedule and volume of material when you first begin. Your study habits will have to change in medical school and everyone is adapting in one form or another. Be conscious of your initial inadequacies and do your best to self regulate and adapt. It is an essential skill moving forward in this profession.
- The best way to study for anatomy was spending a lot of time in lab, and using my time wisely in lab. After I was able to identify all of the structures or “objectives” assigned for each lab, I would review and integrate lecture material into the lab.
- Have iPod dance party study breaks. They bring happiness to everyone.
- Don’t get caught up in the stress of doing well in your courses and forget to live! It is so important to keep doing the things that make you happy and make you who you are. Don’t neglect relationships with friends and family, you will need a strong support system!
- Don’t give up exercising, no matter how busy you get. It is a great way to take a study break without feeling guilty and it clears your head when things get stressful.
- Spend your time in lab for anatomy. Lab is the largest portion of your grade, and learning the lab anatomy well will help you with the lecture content.
- Don’t compare yourself to your classmates. People learn at different speeds. All that matters are your own scores and that you pass!
- STUDY STUDY STUDY! Anatomy is tough. The only substitution for more lab, is more lab. Make sure to go in there and learn the objectives. Medical school is possible. Don’t fear, just find what works for you, and use it!
- A four-color pen is a MUST!
- Rohen Atlas of Anatomy is a must have, the weekly quizzes come from its pictures.

Do you get the idea?

SPEND TIME IN LAB!