Dear the Entering Class of 2017,

You’ve read all the forms, visited campus, and spoken to students. You’ve got it all under control, right? Well, just in case, we’ve compiled a few pearls of wisdom that we thought might be helpful to you as you pack up the last few boxes and prepare for your move to school. We look forward to seeing you in the fall, and until then, if there are questions or some things you are not clear about, nothing is more welcomed than an email to one of us!

With love,

The Entering Class of 2016 & the Medical Student Council

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IMPORTANT FACEBOOK GROUPS

- https://www.facebook.com/groups/1424302214256946/: YSM 2021
- https://www.facebook.com/groups/yaleforsale/: furniture, appliances, etc. (requires a @yale.edu email to join)
- https://www.facebook.com/groups/384063131614992/: Housing (requires a @yale.edu email to join)
- https://www.facebook.com/groups/1483912085183985/: Housing, sublets, and roommates
- https://www.facebook.com/groups/OVERHEARDATYALE/: Overheard at Yale, self-explanatory funny group (requires @yale.edu email to join)
- https://www.facebook.com/search/str/yale+memes+for+special+snowflake+teens/keywords_top: MEMES

GROCERY STORES

- **Stop & Shop** – 15 min walk from med school campus
- **Trader Joe’s** – 15 min drive from campus
  - MVP dumplings and chocolate
- **Elm City Market** – 18-20 min walk from med school campus, mini Whole Foods (Perish, ye with small wallets)
  - Side note: the produce is quite affordable, the rest is Whole Foods price range
- **Whole Foods** – 15 min drive from campus
- **Costco** – 15 min drive from campus
  - Invest in a Costco membership! It’s $50/yr and 2 people can be on the account (or get one membership for the apartment and all go shopping together and split the groceries)
  - OR borrow membership card swipes from the moms in line in front of you. Can be used in a pinch or on a regular basis (not kidding)
- **BJ’s** – 20 min drive from campus
  - For when Costco just isn’t cutting it with its prices or lack of coupon stacking opportunities
  - Ditto for borrowing membership swipes
- **Million Asian Market** – 15 min walk from campus
  - Best asian grocery in Downtown New Haven
- **Hong Kong Market** – 20 min walk from campus
  - Best Asian grocery store in New Haven
- **Nica’s** – 30 min walk from medical campus
  - Great Italian grocery store
- **Sam’s Club** – 15 min drive from campus
  - Requires a membership card for $45/yr but can easily be borrowed from a friend
- **Walmart Supercenter** – 10 min drive from campus
• Delivery
  • Peapod (comparable prices to Stop & Shop in-store)
  • AmazonFresh (cheaper than Peapod but requires monthly subscription)

BANKS
[closet to farthest]

• MetaBank ATM ($1 ATM fee/transaction on top of your bank's out-of-network fees) in Cafe Med
• Worth looking into banks or credit unions that reimburse you for ATM fees so you don’t have to be too location-limited for cash withdrawals
• Bank of America – ATM inside med school and hospital, bank on Broadway (15 min walk)
• Liberty Bank / Webster Bank (regional banks) – ATMs/Bank on College St (<10 min walk)
• TD Bank – ATM/Bank across from Green (12 min walk)
• Wells Fargo – ATM/Bank across from the Green (15 min walk)
• Citizens Bank – ATM/Bank close to the Green (16 min walk)
• Chase – ATM/Bank close to the Green (17 min walk)

IF YOU WILL LIVE IN HARKNESS

• Harkness is hands down the most convenient place to live with the gym in the basement, and indoor walkability to almost everywhere you need to be. That said, it is a dorm, not an apartment. You have to share a bathroom and a kitchen
• Each dorm room do not have bookcases or carpeting. There is a sink, a desk, two chairs, a twin bed, a dresser, and an overhead light. The 4th floor is the only floor with air conditioning; 6th floor is males only, and 8th floor is females only.
• Your mailing address will be:
  367 Cedar Street
  Box # [?]
  New Haven, CT 06510
You will get your box # upon arrival which, most of the time, is the same as your dorm room number. If you are shipping things from home, the box number is not required for your mail to be delivered.
• They say you can’t have a microwave or air conditioner in Harkness. They said nothing about a “radiative food heater” or an “evaporative air cooler”. Both of these things will drastically improve your life, as long as they are covered with towels/blankets when the fire marshals come by in January.
  • I’ve been at Yale for 5 years (undergrad + MS1) and have only passed fire inspection once. When they catch you, nothing happens. My room wasn’t even checked this year. I even have a small toaster oven and rice cooker! (pro tips seriously).
• Courtyard side rooms are south-facing and are even numbered. Lots of natural light + good for growing plants and looking out on the people walking in and out of Harkness.
They are also much hotter during the day. Odd numbers face the north and parking lot/service road, which can get noisy if you’re a light sleeper.

- There is bike storage in the basement and a piano in the ballroom you can play at any time.
  - Bike storage is via wall racks and first-come, first-serve. I swear some of the bikes down there haven’t been touched in years, it’s actually really annoying. More realistic option for the winter is a corner in your room.
- The cots meant to host interviewees can be checked out from the mail room, and it’s super convenient to host friends/family when they come to visit for a day or two. Max is 3 nights in a row.
- If you submit your Harkness housing request early you can also email the housing office along with your application if there’s a specific type of room you’d want (i.e. kitchen floor/courtyard facing/corner room etc.).
- Definitely bring a mini fridge or buy one from an upperclassman. There are communal freezers but they get full very quickly and do not have refrigerators. Buying yourself a small separate freezer might be worth it too depending on how much frozen foods you ingest. (You laugh, but you’ll see…)
- Buy a lamp (OR TWO; one standing, one desk) for your room, extra lighting will be appreciated. The in-house ceiling lights are kind of dim. You can change them out for brighter lightbulbs if you want. Also make sure you have a robust fan or two for the first few weeks of school since it will be pretty hot.
- HD cable is provided through Xfinity, watchable on any device (desktop/tablets) once your NetID is activated for access in Aug/Sept. Go to http://tv.xfinity.com, then select “On Campus” login option. HBO Go is also provided. These are clutch for...well, any time.

**IF YOU WILL LIVE OFF-CAMPUS**

- **Spreadsheet for Housing information, Roommate search, Summer sublet:** [http://tinyurl.com/YSMHousing2017](http://tinyurl.com/YSMHousing2017)
- Set up your Internet and electricity ahead of time (you can set the start date to 1-2 days before you move in so it’s all on)
  - Internet: Comcast is the best deal
  - Electricity: the electricity supplier for New Haven is The United Illuminating Company ([https://www.uinet.com/](https://www.uinet.com/)). Call them to set up electricity for your apartment.
- Buy your furniture ahead of time on the Yale Free and for Sale Facebook group for good deals on used furniture
- **Furniture stores:**
  - Ikea (7 min drive)
  - Jordan’s furniture (10 min drive)
- Try and negotiate your rent a little before you sign your lease! Especially if you are living alone in either one of the Madison/Crown Towers
- If you are pretty sure you want to live alone, look into a 2 year lease to avoid the yearly rent increase
TRANSPORTATION

• If you will be flying in and out of NYC, there are shuttles that will bring you directly to campus from both major airports, or cheap buses that will bring you directly to the MetroNorth train. GO shuttle is $69 to/from LGA or JFK (not Newark), sometimes this is a nice option if you are exhausted from traveling or arrive late at night and trains are not running, BUT make sure to book in advance

• **MetroNorth** is amazingly convenient to go to NYC or anywhere in between along the CT/NY coast. It leaves every 30 mins and the whole 2-hr journey is comfortable and you don’t need to book tickets in advance (~$17 one-way). This should be your public transit choice to/from NYC when not flying.

• **Full out public transit NYC airport directions:**
  
  • JFK $\to$ New Haven Union Station: Take the AirTrain to Jamaica Station (end stop); Take the Manhattan-bound E train to 53rd St; Take the Downtown 4,5,6 to Grand Central; Take the MetroNorth to New Haven Union Station
  
  • LGA $\to$ New Haven Union Station: Take the M60 bus to 125th St-Lexington Ave; Walk (<1 min) to the Harlem-125th St station; Take the MetroNorth to New Haven Union Station

• **Flying out of Newark International** is a nice balance of convenience and cost depending on where you’re flying to. You can take the Amtrak there and if you buy tickets early, you can get roundtrip tickets to Newark for $64. (But if you’re planning later, see below.) Since the train stops right at Newark International, you don’t have to worry about catching another bus or being late due to traffic.
  
  • The trains don’t run after a certain hour, and you can be stranded at Newark (I did not enjoy), make sure to figure it out in advance
  
  • You can also go full out public transit for ~$30, no advance booking required: Take the MetroNorth to Grand Central, the S train to Times Square, the Downtown 1,2,3 to Penn Station, the NJ Transit (MetroNorth style, frequent service) to EWR Int’l Airport. This is a fully underground route in NYC, and you don’t need to emerge onto city streets

• **Parking on campus tips:**
  
  • **Street parking** is metered from 8AM-9PM Monday-Saturday; parking is free outside of this time
  
  • Lots of neighborhood parking beyond University borders are resident permit only, relatively strictly enforced. Parking tickets are $20 ($40 after 30d, $60 after 60d)

  • **Parking lot on 15 Congress Avenue:** telephone paid parking Monday – Friday 8AM-5PM; free outside of this time

  • **Parking lot #97 on 225 Washington Avenue and CP2 on Congress Ave:** staff-only parking Monday-Friday, but open to everyone (free) on Saturday & Sunday

• Try to find a roommate with a car

• **Zipcars** freely available in multiple lots located <15 min walk, consider membership
• **PEDESTRIAN SAFETY PSA:** PLEASE BE CAREFUL WITH ANY FRONTAGE RD (service road) PEDESTRIAN INTERSECTIONS. Wait for your signal. Cars speed on these roads and run red lights all the time. *Please be safe.*

**WHITE COAT CEREMONY**

- White Coat Ceremony details:
  - August 10th, 2017 4:30PM in Harkness Auditorium (inside Sterling Medical Building, 333 Cedar St)
  - The Rose Garden is an outdoor area right next to Harkness Auditorium where you can take beautiful pictures
  - There will be a reception after the ceremony in the lawn in front of Harkness
- **Hotels:**
  - Omni New Haven Hotel* (203) 772-6664
  - New Haven Hotel* (203) 498-3100
  - The Study at Yale* (203) 503-3900
  - Courtyard New Haven at Yale (203) 777-6221
  - La Quinta Inn & Suites New Haven (203) 752-0060

  *These hotels are a safe, walkable distance from the medical school. The other two hotels are also within walking distance, but somewhat further, and we would recommend taking a taxi to these hotels at night.

  Additional hotels are available further from the med school in the surrounding communities. These hotels may be significantly cheaper than the ones listed here, but you or your family would need a car to easily travel to and from the medical school. Feel free to contact us if you need advice on choosing a hotel for your family or friends.

- Check the weather and tell your family to dress accordingly.
- Dinner after White Coat Ceremony: the Medical Student Council will be hosting a dinner with students. Details TBA!

**EMAIL & YALE ACCOUNTS**

- You will receive an email at the end of May/early June with instructions to activate your Yale email account. You can start using it over the summer (sign up for the Free & For Sale Facebook page!)
- Worth noting: your Yale account will also be your hospital account, so they’ll yell at you if you sync it with a non-HIPAA protected device. We all know people who get their Yale email directly to their phone’s email system, but FYI you’re not supposed to do this unless you get extra security for your phone to be HIPAA compliant (IT services will explain this to you in the first week of school)
  - Functionally, this doesn’t matter until you get to clerkships. Even then, it’s very rare that you’ll actually be receiving PHI in plain text emails anyway. Use an app/client. OWA (Outlook Web App, the online interface) user interface isn’t too user friendly
HEALTH & IMMUNIZATIONS

• Schedule your physical exam appointment ASAP and bring your health form with you to the appointment
  • You’ll almost definitely need some updates to your immunizations due to health care-specific requirements.
• If you are participating in Medical Outdoor Orientation Trip (MOOT), a super fun hiking trip then you should get your health form for MOOT completed at the same doctor’s visit that you get your physical exam.

STUDY RESOURCES

• Don’t worry about buying books or resources before you get here, the seniors have an excel sheet where you can buy books from.
• Plus there’s an online drive with copies of all the important books if you don’t mind reading from a screen
• Plus the library has all the textbooks too if you don’t mind coming to the library for hard copies (or reading them online from the Yale Library website)
• **MD/PhD students:** you have a $300 allowance for each academic year to go towards 1) conference attendance, or 2) textbooks. Take advantage of this for your study needs!

IPAD STUFF

• You’ll get a 128GB iPad Pro (9.7 inch) in the first weeks of school, and an Amazon gift card (~$70), which helps offset the price of getting accessories for your brand new iPad Pro
• The iPads come with an app that syncs with the lecture slides, so you can use that to keep your notes organized and also takes notes directly on the slides that way
• ...But lots of people prefer opening the slide decks as PDFs in other note taking apps.

  Popular apps include:
  • GoodNotes 4 – Notes and PDF ($ on app store but solid for handwritten notes, you’ll get a code from Dean Schwartz to download for free)
  • Notability
  • OneNote
• If you take handwritten notes on your iPad, give some thought to the stylus you want to use
  • Apple Pencil – $100, so not at all cheap (in the ballpark of 2-3 times as expensive as everything else) but it is engineered to work specifically with the iPad Pro we get, so writing with it feels the most like writing on normal paper
  • Other styli do work and can be very cheap, but they work so poorly compared to the Apple Pencil, you might as well just type your notes
• **iPad Cases** – It’s a good idea to get at least a simple case to protect your new fancy iPad. If you like typing your notes (or being able to type emails and such without using the on-screen keyboard) you should consider getting a keyboard case. Popular choices include:
  • Also comes in a more expensive version with a battery pack
• Moshi products (for the hardcore Macheads like me): cases so dope you might get in trouble with the DEA
  https://www.moshi.com/ipad-pro-9-7-inch-cases

LAPTOPS AND COMPUTERS

• If you’re looking to get a new laptop for med school, some recommendations are:
  • Mac: A Macbook Air will probably do since you don’t need much computing power unless you need it for your research.
    • Take advantage of the educational promotion through Apple (June-September 2017) which includes a free headphone (you can sell for $$ if you don’t like Beats headphones)
    • If you have the money to spare, Macbook Pro is better for future proofing. Macbook Air performance for the average user decreases dramatically in 2.5-3 years. Usable, but as we continually move into Flash and plug-in heavy websites/apps, you’ll appreciate the better processors for A/V
  • Windows: People seem to like the Surface books, Dell XPS and Inspirons are also good.
  • I’d recommend buying a monitor if you feel you’ll be reading from screens or doing any computer-based research
    • 21” and larger makes life so easy. I recommend 27”-30” 1080p

IPRO (FIRST “BLOCK” OF THE SEMESTER)

• You will have literally no work to do in the evenings. Live it up, get to know one another, and have fun. Real school starts later.
  • N.B.: Here, literally is used in its archaic definition, meaning “what it actually says in its sense”
• A few words on clothing: Be aware that you will need to dress somewhat professionally once a week for iPro and Pre-Clinical patient presentations, clinical skills sessions, and Interprofessional Longitudinal Experiences (ILCE). For men, this means dress pants, shirts and ties. For women, it means nice pants or skirts and blouses. Comfortable dress shoes are a must for everyone.