Congratulations!!

Congratulations on being accepted into Oklahoma State University College of Osteopathic Medicine! We are very excited to welcome you to our school. Inside this newsletter you will find some helpful information and dates. You will need to be fitted for your white coat before July 15. Please stop by the OSU-COM bookstore or call Jenny (918) 561-1170 as soon as possible to give your coat measurements. If you have any questions, please feel free to contact our office at any time.

We will be hosting an Admitted Student Day on Saturday, June 13th. This is a great opportunity for you and your families to visit our campus, meet your classmates and learn a little more about Tulsa! Be on the lookout for an email to RSVP for this event!

Sincerely,
OSU-COM Admissions

Spouses, Significant Others, Family, and Friends

The Student Advocate Association (SAA) is an organization whose main objective is to support the friends and family of Oklahoma State University College of Osteopathic Medicine students. Through social events and service projects, SAA works hard to support the entire student body and further promote Osteopathic medicine. The SAA hosts monthly meetings where we plan activities and events consisting of playgroups, social events, fundraising, our annual Spookoween and Thanksgiving Dinner, meals during finals, and much more! Friendships are made that will last a lifetime, all while advocating osteopathic medicine. For more information please visit our website (saaosu.wix.com/connect) or find us on Facebook (Student Advocate Association for OSU COM). If you have any other questions, whether it be about your move, what to expect for the next four years, or about SAA, please feel free to contact our president Brittany Fisher at saa.osu@gmail.com. Thank you and we hope to hear from you soon!
FAFSA Reminder:
Each year, you must complete the Free Application for Federal Student Aid or the renewal FAFSA. You must have this completed before loan amounts can be determined.

**OSU-COM's Title IV School Code is G11282**

This code must be listed on the FAFSA section for your information to be sent to the school. Failure to use this code could greatly delay your aid.

For the college to receive the results of your FAFSA by our first-priority deadline we strongly recommend that you file your FAFSA as soon as possible. Please visit our website for links to FAFSA and for more information:

http://www.healthsciences.okstate.edu/student/financialaid/incoming_firstyear.cfm

You can always contact Jason Marrujo in the office of Student Affairs if you have more questions at:

Jason.marrujo@okstate.edu or (918) 561.8278.

**“What I wish I had Known..”**

**Advice from first-and second-year students**

- Every first year will be given a second year “mentor” sometime during the summer. Sometimes your mentors provide you with books, so you might want to wait until closer to the school year to buy your text books. Textbooks are also available online for free through the library website, so this is something to keep in mind.

- If you are looking for an apartment I would recommend driving up and down Riverside, visiting Nickel Creek and Tuscany Hills Apartments (near Tulsa Hills), and West Port (located next to the school).

- Do not wait until August to move in. Moving in July is ideal so that you have time to get settled before orientation.

- Don’t be afraid or intimidated to contact current students. They are all willing to help you.

- Ask first-years for advice on what type of computer to buy. There are lots of different options.
Computers

Our students are required to have a laptop computer. However, as long as the hardware/software (operation system, etc.) requirements are met, the decision of what laptop you buy is up to you. The school will provide more information on computer and suggested brands later. You can also talk to current first-year students to get suggestions. The most important thing is that your computer is dependable and up-to-date. You should be familiar with its operation or be ready to learn how to use it in a shorter information/operation classes but will help you with minor operation questions. Laptops are preferred over tablets because tablets are incompatible with the electronic testing software (ExamSoft) used in all OSU-CHS classes.

While OSU-CHS provides computers for in-classroom exams, there are instances where you will need to use ExamSoft on your personal computer for quizzes and/or take home assignments. Laptops also provide a larger screen for viewing images in several of the first and second year courses. You can purchase and use a tablet in addition to the laptop depending on personal preference.

Mac computers can also be used, although a program (Mac CrossOver or related) will need to be installed to view virtual images discussed in biochemistry, cell and tissue biology, and in some of the systems courses. This program will allow one to use the computer like a microscope when viewing images on an OSU-CHS server; it is easily installed and assistance will be provided.

There are free downloads available to students such as Microsoft Office for Mac. Visit https://app.it.okstate.edu/sdc/ for more information. You must have an O-KEY account to download items. This is something you will receive over the summer.

Dates to Remember

June 13: Admitted Student Day
August 3 — August 7 (tentative): Orientation
August 1: White Coat Ceremony
August 10: First Day of Class

If you have any questions about these events please contact Maghin Abernathy for more information at:
(918)561.8277 or Maghin.abernathy@okstate.edu
We have polled our students as to where they live and what they like/dislike about it, and the area. Listed below is what they had to say! Keep in mind these are only a few suggestions and there are many, many more options available in Tulsa.

- There are several fun areas to try to find a house or duplex for rent: near Brookside, Cherry Street or Florence Park (between Lewis & Harvard and 15th & 21st Streets. You can use sites like trulia.com and craigslist to find listings.

- I would recommend Nickel Creek Apartments. It is located near the new Tulsa Hills shopping area and is an easy 10 minute commute on Highway 75 to the school. They are newer apartments and are very nice. A big group of students live here. Definitely worth looking at!

- I live at the Westport Apartments next to OSU-COM. Westport offers a variety of different sized apts to fit your needs and wants at a reasonable price. I have a 2nd floor apt with a view of the river and downtown skyline, which is great. Living next to the school cut out the commute and was useful at times when I forgot something important at home. Westport offers 3, 6, & 12 month leases. The staff is friendly and maintenance requests are responded to in a reasonable amount of time.

- I live at The Enclave, and I can't suggest it enough! It is a brand new apartment complex that just began leasing in 2014. There are many different room options, and although the rent price is slightly expensive, it averages out with the quality of the apartment. It is in a great location just off of Brookside on 41st street, which is near all the swanky bars and restaurants. It has an awesome outdoor pool area that is at the center of the complex that features an outdoor grill area, TVs, and firepit. The complex also has an amazing workout facility. For groceries, I usually go to the Neighborhood Walmart although I am next door to Whole Foods and a Reasor's that has yet to open.

- I live in a house in Broken Arrow with my husband and we live there because we were already living there before school and did not want to move. It is a half hour drive to school, which sounds far compared to all the apts. near by, but it is actually not a bad drive. Plus, it gives me time to unwind and leave my stressful day behind before I get home. The down side is, you don't really have the option of driving home for lunch or dinner or to get anything you forgot; once you go home, you won't drive all the way back. I enjoy having a house, not an apt. and I enjoy not being able to see school from my porch.

- Highland Crossing Apartments is located right off of Hwy. 412 at the 81st St. exit. It is a Tulsa address but is basically in Sand Springs. It is less than a ten minute drive to the school. The apt. complex is three years old so everything is nice and new. There is a Wal-Mart and Walgreens less than two miles away. I like being in the Sand Springs area and not in the middle of Tulsa.

- I have just signed a new lease at Pinehurst Apartments, and they are really nice. They are new, and only 10 minutes from school in Sapulpa. They are kind of in the country, so if that is what you are looking for, check them out. (They are a bit cheaper than Westport too, for more sq. ft.)

- I chose Renaissance Uptown Apartments because I love living 1 mile from school in downtown. The view of the city is amazing! Also, I enjoy going home for lunch and running on the river nearby. It's gated and as a single female in downtown, I feel extremely safe. It's right off of the Broken Arrow Expressway so I can get to anywhere around Tulsa, Broken Arrow, and Jenks in 15-20 minutes. The nearest grocery store is Reasor's about 4 minutes away right off of the BA Expressway. The Neighborhood Walmart is 8 minutes away. We have laundry rooms in each apartment, a nice pool, gym, and a 3 story parking garage for covered parking. The complex is really quiet and the management is great too

- I would avoid most areas north of downtown Tulsa & also be careful when looking at places around 61st & Peoria/Riverside. If you ever have questions on areas of town, send an e-mail to osuambassador@okstate.edu.

- I live in a rental house on 39th and Peoria with two roommates who are not medical students. There are a TON of rental houses around this area that seem to open up every day. If you are considering renting, this is the area that I would begin looking, and I would start looking early. It is only a 10 minute drive from the school, light traffic in the mornings, next to the running trails near the river, and close to all of the fun bars and restaurants.
Welcome to Tulsa!!

Tulsa is a city that feels Southern, Eastern and Western all at once. You will enjoy its Cosmopolitan flavor and small-town friendliness. It is big enough to have everything you need, but small enough to make you feel right at home. Tulsa is a great place to live, work and raise a family. We want to provide you with fun, helpful information on this great city! Of course, armed with the power of Google you all can explore all this information further.

There are some distinct areas in Tulsa and I’m sure people will refer to them when they are telling you about things to do, places to eat, etc. It is helpful to know what these areas are and where they are located.

- **Utica Square** is located between Utica and Lewis on 21st Street and is close to the school. Utica (as it is sometimes referred to as) is an upscale, outdoor shopping center containing chain stores like Banana Republic, Gap, Pottery Barn and Saks as well as many locally owned boutiques. There are several locally owned restaurants, including Queenies, The Stonehorse Café, and Wild Fork. During the summer, Utica Square hosts a concert series in their parking lot, called Summer’s 5th Night. This is a fun event where people pack their lawn chairs and picnic baskets full of beverages and dinner. Adult beverages are allowed if you so please. (www.uticasquare.com)

- **Cherry Street** is located between Peoria and Harvard on 15th St. it is an eclectic area full of mostly locally owned bars, restaurants and boutiques. It contains favorites like The Pint, Ghengi’s Grill, Tucci’s, Hideaway Pizza, Andolini’s, Jason’s Deli, and Panera. A few of the nicer restaurants are Mi Cocina, Smoke, and Zanmei (sushi).

- **Brookside** is located between 31st and 46th St. on Peoria. Experience locally owned restaurants, fun nightlife, unique shopping, and art galleries at Brookside. It contains favorites like Leon’s ($5 pizza on Wednesdays), Brookside by Day, Keo, Old School Bagel, In the Raw, Pei Wei, Lambruscoz’s, R-Bar, The Brook, and many more. There are many local clothing shops like The Stache, Black Optical, and Urban Outfitters. The Philbrook Museum is located close to here. (www.brooksidetheplacetobe.com)

- **Downtown/Blue Dome District** is located close to the school and is also where our hospital, OSU Medical Center, is located. There are lots of restaurants frequented by our students along with the Tulsa Drillers, our minor league baseball team, Tulsa Performing Art Center and the BOK Center, where sporting events and concerts are held, Cain’s Ballroom, and the Brady Theater. A few of our students’ favorite restaurants include Yokozuna (1/2 price sushi from 3-5), Hey Mambo, McNellie’s ($4 burger & fries on Wednesday), Dilly Deli, Fat Guys Burgers and Elote,(elotetulsa.com) Back Alley Blues & BBQ offers a pulled pork sandwich special for a $1 on Mondays. You may also be interested in checking out The Max, a retro arcade/bar or The Dust Bowl, a retro bowling alley.
Tulsa information continued...

- **71st & Memorial** This area of town is located further away from the school, but contains the biggest mall in Tulsa (Woodland Hills), big movie theater, Super Target, etc. It contains more nationally owned chain stores and restaurants than the above areas of town. There is also a dollar movie theater (Cinemark) located at 68th & Memorial.

- **Tulsa Hills** is located at 71st street and Highway 75. This is a fast growing shopping center located near Jenks. There are several new apartment complexes in this area. It contains places like Chick-Fil-A, Buffalo Wild Wings ($0.60 traditional wings on Tuesdays & $0.60 boneless on Thursday), Smash Burger, Target, Lowes, Marshall’s, Sam’s Club, and Peachwave (froyo).

- **Tulsa’s River Walk Crossing** is located at the west end of 96th Street river bridge at Jenks. There are several restaurants, Melting Pot and Los Cabos, and a movie theater. The Oklahoma Aquarium is located nearby.

If you need any other recommendations feel free to contact me or e-mail osuambassador@okstate.edu and our ambassador coordinators will be happy to help you out or put you in touch with someone who can answer your questions. {This article was put together by student ambassadors and myself and we are not responsible if you get lost or hate the recommendations. :)}

Sincerely,

Lindsey Kirkpatrick, Director of Admissions
Lindsey.kirkpatrick@okstate.edu
918-561-8468

p.s. When you hear people refer to The BA, short for the Broken Arrow Expressway, it is a major highway in Tulsa (HWY 64/51.).

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**Tulsa Websites**

Tulsa Food Blog: tulsafood.com (download the app for discounts)
Tasha Does Tulsa: tashadoestulsa.com
This Land: thisland.com
Student Advocate Association: http://saaosu.wix.com/connect
Careers in Medicine (CiM) is a four-step career-planning program that is designed to assist you in understanding your options for choosing a specialty and selecting and applying to a residency program to meet your career objectives. At OSU-COM, the program is used as both a self-managed course and combined with career/specialty guidance programs.

CiM has been developed in collaboration with medical schools, and it employs tried and true career development theory used throughout higher education. The goal is to help you learn how to make good career decisions, not only in choosing a specialty, but also throughout your career as a physician.

A thoughtful career planning process, while not easy or quick, will help ensure your satisfaction as a physician. As you begin keep in mind that:

- There are no easy answers that will tell you what specialty is best for you.
- You may find a number of specialty paths that will be equally satisfying.
- Making a good career decision requires work.
- There is no reason to do this alone—getting information and feedback from mentors, faculty, and staff will help you make this decision.
- You are in charge of your own career and you must be proactive.

The CiM program has been developed to guide you through the necessary steps to help you make career decisions in an efficient and effective way. There are four steps to the program:

1. Understanding Yourself – *What so I like to do? What are my strengths?*
2. Exploring Options – *What is the work/life balance for different specialties?*
3. Choosing a Specialty – *What is the best fit for me? How realistic is my decision?*
4. Getting into Residency – *How do I apply to programs? How do I have a successful match?*

There are also a number of self-assessment tools available through the CiM website that will help you understand yourself and make a good career choice. Consideration of interests, various areas of medicine, personality and values are important factors in choosing a rewarding career as a physician. Please visit the Careers in Medicine website at: [https://www.aamc.org/cim/](https://www.aamc.org/cim/)

If you are interested in obtaining an access code to register with Careers in Medicine, please e-mail:

tanya.ogrady@okstate.edu OR angela.bacon@okstate.edu
Career Development Specialist Director of Student Services
**Student Health Insurance Options:**

All OSU-COM medical students are required to have health insurance. Listed below is an option offered through OSU. You may obtain health insurance from any company you choose and you do not have to use the option listed below. You may have heard of a health insurance plan offered through SOMA, a club on campus. We were recently informed that SOMA will no longer be offering this health insurance plan.

Offered to anyone enrolled as a student at OSU:

https://okstate.myahpcare.com/#

The new plan will be tentatively available for you to enroll in on July 1. There is not a specific option for a medical student, so please choose the classification of graduate student. Since the enrollment date is actually the same date we previously listed as the deadline to submit your health insurance coverage, that deadline has been extended to August 1. You need to submit proof of health insurance to the OSU Health Care Clinic. (The address and/or fax number can be found in your health forms located on the admissions portal at applymedicine.okstate.edu)

Should you have any questions regarding the insurance plan offered through OSU, please contact:

Rindy LaRue, Benefits Specialist – student health plans
rindy.larue@okstate.edu
405-744-6247

Note: This is one option for you to explore. You may have other choices for insurance.

**Student use of the OSU Clinic System (from the Student Handbook):**

**Health Service Fees**

The student health service fee is intended to cover the co-payment and deductibles of OSU-CHS students that result from the charge for an office visit to a primary care physician employed by OSU-CHS. This fee does not replace the requirement for students to obtain health insurance coverage. Students must make an appointment with an OSU Physician and follow the normal check-in procedures for patients. The fee applies for the following services:

- The physician fees associated with sick and preventative care visits, including well woman exams. Appointments for these visits must be made with Family Medicine, FM Women’s Health, Internal Medicine, or OB/Gyn.
- Up to three visits to OMM for treatment that resulted from an injury. This is not intended to cover ongoing visits associated with chronic pain.
- Lab tests following an inadvertent needle stick.

The following services are **not** covered by the fee and will be the responsibility of the student:

- Services provided by non OSU Physicians
- Specialty care, procedural fees or hospitalization
- Fees associated with a pregnancy
- Prescriptions and over-the-counter medications
- Laboratory tests (other than for needle stick accidents)
- Radiology services
Completing the admissions process

There are a few details you will need to complete prior to matriculation. Please review the list below and make sure you are submitting the documents prior to the listed deadlines in your acceptance packet.

BACKGROUND CHECKS—You are required to complete a background using our approved company SR&I and you are responsible for the fee ($30). You can find instructions by logging into your admissions packet at applymedicine.okstate.edu.

TRANSCRIPTS—Please submit a final set of transcripts to our office. Make sure transcript shows degree conferred and/or Spring/Summer grades. 1111 West 17th St., Tulsa, OK 74107

MEDICAL RECORDS—Please submit your medical history and physical, immunizations and proof of health insurance by **July 15th to:**

OSU Health Care Clinic
attn.: Tanya Baldwin / Medical Records
2345 Southwest Blvd.
Tulsa, OK, 74107

If you have any questions Tanya can be reached at 918.561.1256.

**Our office is NOT allowed to accept any medical records** so please make sure you send them to the Health Care Clinic.

CONTACT INFORMATION—Please update Sarah if you have any changes to your contact information (email, phone or address). Sarah.quinten@okstate.edu or 918-561-8324.

Questions?

Have questions about books, laptops, where to live, etc? Want to talk to a first or second year student?

Ask a Student Ambassador for Advice!

email them at:

OSUAMBASSADOR@OKSTATE.EDU