July 11, 2013

Dear Class of 2017:

Welcome to Arizona College of Osteopathic Medicine! During the next four years, you will be expected to learn a great deal. You will also grow as an individual as you become an osteopathic physician.

This packet has been prepared to help you get a head start in your learning and preparation for school, so that by the time orientation begins, you have already begun the formative process of becoming a physician.

I look forward to getting to know you over the coming year. During orientation, we have arranged for an on-campus afternoon of socializing and games, as well as an event at the Phoenix Art Museum so we can meet each other and you can get to know your classmates and Big Siblings from the Class of 2016. Please note that orientation is mandatory. If you must be excused from orientation due to illness or family emergency, please contact the Dean’s Office at 623-572-3300, or Mark Speicher, Associate Dean for Academic Affairs, at 623-572-3217 or mspeic@midwestern.edu.

In addition, you and your classmates will be invited to a lunch with my associate deans and me during the Fall and Winter quarters. Please join us for that lunch so we can get to know each other. If you are invited during a time when you are unable to join us or you are unable to eat for any reason, please notify my assistant, Nancy Lenox, at 623-572-3300 or nlenox@midwestern.edu, and we will reschedule your lunch.

I am happy you will be joining us here at MWU. Get ready for an exciting journey!

Sincerely,

Lori A. Kemper, D.O., FACOFP
Dean-AZCOM
Midwestern University
June 29, 2013

Hello, AZCOM Class of 2017!

As the AZCOM Class of 2016 Big Sib/Little Sib Committee, we are writing to congratulate you on your acceptance and welcome you to Midwestern University. We have matched you with a second year medical student “Big Sib” who is eager to help ease your transition into your first year of medical school. Enclosed in this packet is his/her contact information on a bookmark postcard written for you. Please feel free to contact this person during the summer and throughout the school year with questions or concerns you may have. Additionally, we gave your “Big Sib” your midwestern.edu email so he/she can contact you this summer, so please be sure to check your email.

If you are interested, some individuals have set up a group on Facebook called “AZCOM 2017.” This is a great networking opportunity and contains additional useful information as you prepare to matriculate.

The following are included in this packet from our committee:
- 2017 Class List
- Bookmark postcard from your Big Sib with his/her contact information

Make sure you relax and enjoy the rest of your summer! There will be plenty of coursework and activities to keep you busy when school starts. If you have any questions, feel free to contact us at bmelcher65@midwestern.edu or spradhan95@midwestern.edu. We look forward to seeing you in August!

Sincerely,

Brian Melcher and Satej Pradhan
June 19, 2013

Dear AZCOM Class of 2017:

I know that I am likely not the first to welcome you to Glendale and to campus, but let me add my voice to the chorus of those members of the faculty, staff and other students who anxiously await your arrival on campus in August.

We know that many of you are uncertain, or even worried, about the amount of information that we will give you in your first quarter here, and for most of you it will be an adjustment in the amount of time you will spend on schoolwork, homework and studying. As we have for the last two years, we are trying to measure the needs of the class for study and test-taking skills improvement before the first quarter even starts. To help us do this, we ask that you take a self-assessment survey on study and test-taking skills, the Learning and Study Strategies Inventory (LASSI), a 10-scale, 80-item assessment of thoughts, behaviors and attitudes that can relate to successful learning. There is no charge to you for this test, and we think the test will take you just 15 minutes or less to complete.

I have attached information regarding your consent to a study we are undertaking with information from the LASSI. Please do not take the LASSI before reading the consent information; your taking of the LASSI serves as your consent to participate in the study.

To take the LASSI, please go to the MWU Intranet site under Student Services (AZ Campus) and access the assessment under the link Tutoring and Academic Assistance, or go directly to http://www.hhpubco.com/lassi/

Enter the following information:
The School Number: 78666
Username: ukpz (all lower case)
Password: snd4n

Please don’t enter your ID number, but please do enter your first and last name, and your MWU e-mail address to have your results e-mailed to you.

The results of this test will be helpful in several ways. You will get a score report that shows how you performed in each of the ten scales (e.g., Anxiety, Concentration, Information Processing, Time Management) and suggestions for improvement. We will use the aggregate results to plan some skills improvement opportunities for the academic year. We may use your individual performance in cooperation with you to personalize a study or learning plan if you feel that you are having difficulty. We will determine how well the results correlate to academic performance to see if we can provide additional academic
support that takes into account both your cohort’s assessment results and how those results are related to classroom performance. The chief risks to participating in this assessment include disclosing your results to me (I am the principal investigator) for the study. Please note that taking this study is strictly voluntary and your participation in orientation, in your courses, and in our study skills seminars we will offer will not be affected by your decision to participate. The evaluation of your performance in any course will not be affected by your scores on the LASSI.

Thanks for your cooperation. Because we want to present some aggregate results (of course, we will never publicize an individual student’s results!) in the orientation session Thursday (and some suggestions for skill improvements based on the results) we ask that you complete the survey by July 31, 2013. Even if you don’t have time to complete the survey by this date, please do complete it! We hope that you find this helpful as you prepare for an exciting first quarter. Throughout the year, we will offer study strategy and test-taking skill building workshops based on the aggregate results of this test.

I look forward to meeting all of you on campus.

Mark Speicher, Ph.D.
Associate Dean for Academic Affairs
(623) 572-3214
Midwestern University

The Use of a Study Skills Assessment to Predict Academic Success in Osteopathic and Podiatric Medical Students

I. PURPOSE OF THE STUDY
The purpose of this study is to assess the effectiveness of a standardized learning strategies assessment in predicting academic success in rigorous graduate health education.

II. PROCEDURES
You will be one of approximately 500 students to be asked to participate in this study.

The study involves the administration of the Learning and Study Strategies Assessment (LASSI), a 10-scale, 80-item assessment of learning and study strategies to all 250+ incoming first-year DO students at the Arizona College of Osteopathic Medicine and all 30+ incoming students to the Podiatric Medicine Program of the College of Health Sciences. Students will be given the LASSI again before the end of the Fall Quarter. The students’ academic performance will be tracked and a model using student characteristics and LASSI scale scores to predict academic success will be developed. In addition, the LASSI will be given to the second-year class, who also took the test last year.

In addition, outside the study, the LASSI scores will be used to introduce students to study skill improvement strategies designed for their specific weaknesses by the AZCOM Dean’s Office, the Office of Student Services, and the Basic Science Faculty. The LASSI will be re-administered to students in one year to determine the changes in study skills.

III. RISKS/DISCOMFORTS
By participating in this study, you agree to release the results of your assessment to principal investigator, Mark Speicher, Ph.D., Associate Dean of Academic Affairs, Arizona College of Osteopathic Medicine, Mary Niemczyk, Ph.D., consultant to the University in learning strategies, and other members of the research team. In addition, your information will be used to compare to your academic performance. It is possible that members of the study team who have access to your assessment results will be assessing your academic performance in classes; your information from the LASSI assessment will not be used in assessing your academic performance. Study results that are made public will NOT include any individual information.

There is a very small chance that an injury may occur from using your computer to take the assessment involved in this investigation. No injuries have ever been reported during the administration of this assessment.

IV. BENEFITS
The students who are the subjects of this study may benefit from the analysis of the strengths and weaknesses of their learning strategies and styles. In addition, students may choose to attend study sessions geared toward specific areas of improvement that will be offered by Dr. Niemczyk during the academic year on the MWU-Glendale campus. On the other hand, there may be no benefit to the student in spite of their use of the assessment survey. If the LASSI is shown to be moderately or highly predictive of students’ academic performance, future students may benefit from early interventions that will be developed at the individual student level.

The Institutional Review Board for Midwestern University requires the inclusion of this statement in the consent: By participating in this research protocol, unsuspected abnormalities or disease may be uncovered. The nature of any identified abnormalities will be made clear and a course of action will be suggested (e.g., referral to a physician for further evaluation).

V. ALTERNATIVES
The only alternative to this study is non-participation. Therefore if you do not want your assessment information disclosed to the investigators as a part of the study, do not take the assessment, as the information you provide in the assessment will be stored securely on the web server until we download the information for the study.

VI. FINANCIAL COSTS TO SUBJECTS
There are no financial costs to the subjects of participation.
VII. **STATEMENT ON COMPENSATION FOR RESEARCH INJURY**
In the unlikely event that you suffer an injury or illness directly related to your participation in this research project, upon your request, Midwestern University will arrange for the provision of treatment for such injury or illness at the closest medical facility. Payment for such treatment will be your responsibility, although your commercial insurance carrier, if any, may pay all or part of the medical expenses that you might incur. Midwestern University will not pay any monetary compensation for research related injury or illness or pay for treatment outside any MWU-affiliated Hospitals or Medical Centers. You are not waiving any of your legal rights by volunteering to participate in this study.

VIII. **PAYMENTS TO PARTICIPANTS**
There is no payment offered to participants in this study.

X. **CONFIDENTIALITY**
Participation in research may involve a loss of privacy, but information about you will be handled as confidentially as possible. The researcher (Mark Speicher, Ph.D., Associate Dean for Academic Affairs, A2COM) and his research associates and team members will have access to information about you. Your name will not be used in any published reports about this study.

XI. **CONSENT:**
**PARTICIPATION IN RESEARCH IS VOLUNTARY.** You may refuse to participate or may discontinue your participation AT ANY time, without penalty or loss of benefits, or change in your present or future education. The investigator has the right to withdraw you from the study at any time. Your withdrawal from the study may be for reasons related to you (e.g., not following study-related directions from the investigator) or because the entire study has been terminated. The Dean’s Office has the right to terminate the study of the investigator’s participation in the study at any time.

If you have questions of the Investigator, please contact Mark Speicher, Ph.D. at 623-572-3214 or mspeic@midwestern.edu. If you have additional questions during the course of this study about the research or your rights as a research subject you may address them to the Director, Office of Research and Sponsored Programs or the Institutional Review Board (630/515-6396 Downers Grove, 623-572-3620). If any other problems arise, you may contact Mark Speicher at 623-572-3214.
# Student Immunization Record – Midwestern University Glendale, AZ

Name (please print - Last/First/Mi): ____________________________  Student ID: __________________________

The entire form needs to be completed by all students prior to matriculation.

Attach (mail/fax/email) copies of documentation for all vaccines and blood titers listed below to:
Student Services at 19555 N. 59th Ave Glendale, AZ, 85308 or to 623-572-3287(fax) or kgilbo@midwestern.edu

<table>
<thead>
<tr>
<th>Immunization/Vaccination</th>
<th>Vaccine Date</th>
<th>Or Physician Diagnosed Disease (note date of onset)</th>
<th>Or Serology/Titer (note results &amp; date)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 MMK's (combo measles, mumps &amp; rubella vaccine) 1st dose after 1st birthday; 2nd dose at least 28 days later. (Or list individual vaccines below)</td>
<td>#1</td>
<td>Date and result of titer</td>
<td></td>
</tr>
<tr>
<td>2 MEASLES 1st dose after 1st birthday; 2nd dose at least 28 days later</td>
<td>#2</td>
<td>Date and result of titer</td>
<td></td>
</tr>
<tr>
<td>1 MUMPS after 1st birthday</td>
<td>#1</td>
<td>Date and result of titer</td>
<td></td>
</tr>
<tr>
<td>1 RUBELLA after 1st birthday</td>
<td>#2</td>
<td>Date and result of titer</td>
<td></td>
</tr>
<tr>
<td>SHEPATITIS B (month/day/year)</td>
<td>#1</td>
<td>Date and result of titer</td>
<td></td>
</tr>
<tr>
<td></td>
<td>#2</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>#3</td>
<td>Date and result of titer</td>
<td></td>
</tr>
<tr>
<td>VARICELLA (month/day/year)</td>
<td>#1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>#2</td>
<td>Date and result of titer</td>
<td></td>
</tr>
<tr>
<td>TUBERCULOSIS test PPD, QuantiFeron-TB Gold or T-Spot within the last 12 months. If test is contraindicated due to history of past positive result, you must provide date and measurement of the past positive test. Students with history of positive test must also complete sections marked with an * and receive annual clearance from a physician that you do not have active TB.</td>
<td>1st PPD - Date Placed:</td>
<td>PPD Date Read (48-72 hours after placement)</td>
<td>PPD Results/measurement: __________ mm of induration</td>
</tr>
<tr>
<td>2nd PPD - Date Placed:</td>
<td>PPD Date Read (48-72 hours after placement)</td>
<td>PPD Results/measurement: __________ mm of induration</td>
<td></td>
</tr>
<tr>
<td>QuantiFeron-TB Gold or T-Spot test date</td>
<td>QuantiFeron-TB Gold or T-Spot Test Result:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Month/Day/Year)</td>
<td>Attach lab results</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Chest X-Ray Date:</td>
<td>*Chest X-Ray Results: Y N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*If positive TB test &amp; normal chest x-ray, were you treated with INH? (circle)</td>
<td>Y N</td>
<td></td>
<td></td>
</tr>
<tr>
<td>if &quot;Y&quot; for how many months did you take INH? __________ months</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The following questions are mandatory for students with a history of positive TB test:</td>
<td></td>
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</tr>
<tr>
<td>*Have you had loss of appetite, or unexplained weight loss in the past year? Y N</td>
<td></td>
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<tr>
<td>*Have you had a persistent low-grade fever or night sweats over the past year? Y N</td>
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</tr>
<tr>
<td>*Have you had an unusual, persistent productive cough lasting more than 2 weeks, or have you coughed up blood at any point in the past year? Y N</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>TDAP (Tetanus, Diphtheria, and Pertussis)</td>
<td>(Required, regardless of date of last tetanus) Date: xx/xx/xxxx</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SEASONAL INFLUENZA</td>
<td>Date: xx/xx/xxxx</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Student Health Status**

<table>
<thead>
<tr>
<th>Name (Last, First, MI)</th>
<th>Student ID</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permanent Street Address</td>
<td>City, State, Zip</td>
<td>Home Phone Number</td>
</tr>
<tr>
<td>Local Street Address</td>
<td>City, State, Zip</td>
<td>Cell Phone Number</td>
</tr>
<tr>
<td>Home e-mail</td>
<td></td>
<td>Male</td>
</tr>
<tr>
<td>Program and Expected Graduation Year</td>
<td>Age</td>
<td>Country of Birth</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Female</td>
</tr>
</tbody>
</table>

To provide a safe and healthy environment for the entire Midwestern community, it is important that all students be aware of their health status. All incoming students are required to have a physical examination and a signed Student Health Status form on file with the Office of Student Services.

This form needs to be completed, signed by your healthcare provider (DO, MD, NP, or PA), and returned to Student Services prior to orientation.

**You will not be cleared to attend class until this form is received.**

This record will be kept in your personal student health file and not released without your permission.

---

I have performed a physical examination on the above-named individual and, in my medical opinion, the above-named individual is physically and mentally capable of participating in the above-referenced full-time academic program.

Signature of Provider_________________________ Date_________________________

Provider Name (printed)_________________________

Provider Address_________________________

Provider Phone Number_________________________
Welcome to Midwestern University, AZCOM Class of 2017!

Orientation is just around the corner and we understand that everyone is excited to start this next part of their journey towards becoming a physician. We are excited as well, to welcome you to our campus.

**Dates and Times**
Orientation's from Tuesday, 7/30/13 through Thursday, 8/1/13. During this time, you will learn a great deal about the campus, your faculty, and your classmates. Hopefully, you will also have some fun. Unless you have made prior arrangements with the Dean’s office, you are expected to check-in on the first day. If you are not accounted for the morning of 7/30/13, you may be dropped from the program.

**MS I Financial Aid Refund Dates:**

<table>
<thead>
<tr>
<th>Medical</th>
<th>Summer</th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
</tr>
</thead>
<tbody>
<tr>
<td>MS1 Class of 2017</td>
<td>N/A</td>
<td>08/09/13</td>
<td>11/27/13</td>
<td>02/26/14</td>
</tr>
</tbody>
</table>

**Prior to the start of orientation, please have the following paperwork completed:**

- **Insurance information:** Please login to your student portal at [https://onlineregistrar.midwestern.edu/auth/login.cgi](https://onlineregistrar.midwestern.edu/auth/login.cgi) You will be required to either opt-in to the student health insurance (Aetna) or sign the waiver with proof that you have comparable health coverage through another carrier.
  - **Immunization records:** Please complete the Student Immunization Record. This form, in addition to the Student Health Status form (which must be completed by a healthcare provider) needs to be submitted with all vaccination records to Student Services by the start of orientation.
    - Email: kgibso@midwestern.edu
    - Fax: 623-572-3287
    - Mail: Office of Student Services, 19555 N. 59th Ave., Glendale, AZ 85308
    - If you have any medical questions regarding your immunization status, please email Kendra Ibrahim at kibrab@midwestern.edu.

- **Student loan applications:** The priority deadline for applying for federal loans was June 28, 2013. If you have not already done so, please verify with the Office of Financial Services that your loans have been applied to your tuition.

Orientation begins at 8:00 am every day and will generally end by 4:00 pm. Breakfast will be provided every day.

**On the first day of orientation, you will need:**

- To wear your stylish best! The ID photos we take will be used throughout your careers here, including for some hospital IDs. Please be professional in your dress, hairstyle and hygiene!
- Proof of alternative health insurance if you signed the waiver. Bring your insurance card and information regarding the effective dates of coverage.
- License plate numbers of all vehicles that will require a parking sticker.
- Any immunization information that was not previously submitted to Student Services.

There is a ton of information provided to you at orientation but you will also have several opportunities to interact with fellow classmates and faculty. We hope to encourage cooperation and camaraderie with an afternoon at the Phoenix Art Museum and another afternoon of sports and games.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 – 8:00</td>
<td></td>
<td></td>
<td>10/3/13 PSYC 1511 Exam</td>
<td>Human Behavior PSYC 1511 Lecture</td>
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<tr>
<td>EXAMS</td>
<td></td>
<td></td>
<td></td>
<td>Beginning 8/29/13</td>
</tr>
<tr>
<td>Start Time and Room</td>
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<td>Beginning 8/16/13</td>
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<td>Noted Below</td>
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<td>8:00 – 8:50</td>
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<tr>
<td>9:00 – 9:50</td>
<td>Biochemistry</td>
<td>Biochemistry</td>
<td>ICM1</td>
<td>Biochemistry</td>
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<td></td>
<td>BIOC 1511 Lectures (Except 8/21/13, 8/23/13, 8/24/13, 8/25/13, 8/26/13)</td>
<td>BIOC 1511 Lectures (Except 8/21/13, 8/23/13, 8/24/13, 8/25/13, 8/26/13)</td>
<td>ICMID 1511 Lecture</td>
<td>BIOC 1511 Lecture</td>
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<tr>
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<td>Auditorium 2</td>
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<td>Workshops</td>
<td>Workshop Held On</td>
<td>Workshop Held On</td>
<td>Workshop Held On</td>
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<td></td>
<td>10/2/13, 10/15/13, 10/16/13, 10/23/13, 10/29/13</td>
<td>10/2/13, 10/15/13, 10/16/13, 10/23/13, 10/29/13</td>
<td>5 Glendale MDI Rooms</td>
<td>5 Glendale MDI Rooms</td>
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<td>10:00 – 10:50</td>
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<td>11:00 – 11:50</td>
<td>LUNCH</td>
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<tr>
<td>12:10 – 1:00</td>
<td>Histology Embryology I and Gross Anatomy I</td>
<td>Histology Embryology I and Gross Anatomy I</td>
<td>Interdisciplinary Healthcare</td>
<td>Histology Embryology I and Gross Anatomy I</td>
</tr>
<tr>
<td>HIST 1511 and ANAT 1511</td>
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<td>HIST 1511 and ANAT 1511</td>
<td>CORE 1511 Lecture</td>
<td>HIST 1511 and ANAT 1511</td>
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<td>Lecture</td>
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<td>Lectures</td>
<td>Lectures</td>
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<td>Auditorium 2</td>
<td></td>
<td>Auditorium 3</td>
<td>Auditorium 2</td>
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<td></td>
<td>12:10 – 4:00 PM</td>
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<td></td>
<td>Lectures</td>
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<td>Auditorium 2</td>
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<td>1:10 – 4:00 PM</td>
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<td>Labs</td>
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<td></td>
<td>Agave and Sahuarro Gross Anatomy Labs</td>
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<td>2:10 – 5:00 PM</td>
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<tr>
<td>EXAM SCHEDULE (Times are noted)</td>
<td>Time</td>
<td>Location (s)</td>
<td>** Orientation 7/30/13 – 8/1/13; *Labor Day: Monday, 9/02/12 (no class) **Thanksgiving Break: 11/12/11 through 11/29/13 Note: White Coat Ceremony is 10/4/13. Course dates, times, and rooms may be affected this week.</td>
<td></td>
</tr>
<tr>
<td>Monday, August 12</td>
<td>HIST 1511</td>
<td>8:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, August 19</td>
<td>BIOC 1511</td>
<td>8:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, August 26</td>
<td>BIOC 1511</td>
<td>8:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, August 29</td>
<td>HIST 1511</td>
<td>9:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, September 9</td>
<td>BIOC 1511</td>
<td>9:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, September 16</td>
<td>ANAT 1511</td>
<td>12:45 PM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, September 23</td>
<td>HIST 1511</td>
<td>9:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, September 30</td>
<td>BIOC 1511</td>
<td>9:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Wednesday, October 2</td>
<td>OMEC 1511</td>
<td>1:10 PM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Thursday, October 3</td>
<td>PSYC 1511</td>
<td>7:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, October 14</td>
<td>HIST 1511</td>
<td>9:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, October 21</td>
<td>BIOC 1511</td>
<td>9:00 AM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Wednesday, October 23</td>
<td>OMEC 1511 (Written) Final</td>
<td>1:10 PM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Monday, October 28</td>
<td>ANAT 1511</td>
<td>12:45 PM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Wednesday, October 30</td>
<td>OMEC 1511 (Practical) Final</td>
<td>1:00 PM</td>
<td>Aud.3</td>
<td></td>
</tr>
<tr>
<td>Thursday, October 31</td>
<td>ICMID 1511</td>
<td>8:00 AM</td>
<td>OMM Lab</td>
<td></td>
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<tr>
<td>** FINALS: Week of November 4 – 6 Exams in Auditorium 3: **</td>
<td>MON 11/4: HIST 9:00 AM; TUES 11/5: ICM 10:00 AM; WED 11/6: BIOC 1511; FRI 11/8: PSYC 7:30 AM</td>
<td></td>
<td>** Orientation 7/30/13 – 8/1/13; *Labor Day: Monday, 9/02/12 (no class) **Thanksgiving Break: 11/12/11 through 11/29/13 Note: White Coat Ceremony is 10/4/13. Course dates, times, and rooms may be affected this week.</td>
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<td></td>
<td>** Orientation 7/30/13 – 8/1/13; *Labor Day: Monday, 9/02/12 (no class) **Thanksgiving Break: 11/12/11 through 11/29/13 Note: White Coat Ceremony is 10/4/13. Course dates, times, and rooms may be affected this week.</td>
<td></td>
</tr>
</tbody>
</table>
Directions to Midwestern University Glendale Campus
(coming from Sky Harbor Airport)

**Via Interstate 17**
- Head North on Interstate 17
- Exit on Loop 101
- Continue W on 101 to 59th Avenue exit
- Turn left onto 59th Avenue
- Pass the Glendale Arrowhead Post Office; go through the light
  and take the next street left (Utopia)
- Midwestern University is on the left

**Via Interstate 10**
- Take Interstate 10 West to 101
- Take 101 North to 59th Avenue
- Turn right on 59th Avenue
- Pass the Glendale Arrowhead Post Office; go through the light
  and take the next street left (Utopia)
- Midwestern University is on the left
A Few of the Great Restaurants

*Seamus MacCaffrey's Irish Pub and Bar*
18 West Monroe St, Phoenix, AZ 85003

*The Windsor*
223 N Central Ave, Phoenix, AZ 85012

*Chili's*
603 N Central Ave, Phoenix, AZ 85003

*Federal Pizza*
20 N 1st St, Phoenix, AZ 85004

*Carly's Bistro*
136 N Central Ave, Phoenix, AZ 85004

*Chez Vronitou*
602-478-0733, 1316 N Central Ave, Phoenix, AZ 85004

*St. Francis*
477 N 1st Ave, Phoenix, AZ 85013

*America's Taco Shop*
(Also on 7th Street)

*Pizzamaster's Genuine Pizza*
602-424-1044, 1011 N 3rd St, Phoenix, AZ 85004

*Marty's Big Breakfast*
825 N 1st St, Phoenix, AZ 85004

*Federal Pizza*
602-252-2285, 705 N 1st Street Pub, Phoenix, AZ 85004

*The Turf*
40 N 1st St, Phoenix, AZ 85004

*The Turf*
602-252-2285, 705 N 1st Street Pub, Phoenix, AZ 85004

*Hann's*
602-252-2285, 705 N 1st Street Pub, Phoenix, AZ 85004

*Positano Central*
514 N Central Ave, Phoenix, AZ 85012

* невозможен*
Learning to Observe
Phoenix Museum of Art
Thursday August 1 2013
You and your big sib have been assigned to Orientation Group B. Please be at Whiteman Hall inside the Museum at 2:15 P.M.

Join the Class of 2017, their Big Sibs from 2016 and the AZCOM Dean’s Office at an afternoon of observation and socializing as we learn about the importance of observation in the clinical setting and in medical school at the leading museum in the American Southwest.

All incoming students are expected to attend. Big Sibs, please RSVP to Terrence Kaleta at 623-572-3217 or tkalet@midwestern.edu By Monday, July 29, 2013

From the Midwestern University campus, take the 101 Freeway east to the I-17 south; exit at McDowell Rd., then turn East (left) and proceed to Central Ave. Parking is on Central Ave. North of the Museum (most convenient) or just past Central, North of McDowell on Alvarado. The main entrance is on the north side of the Museum.
Midwestern University
Office of the Registrar

**Name Changes?**

Please go to your http://online.midwestern.edu web page and check your name for correct spelling, paying particular attention to:

- Multiple capital letters in your name (i.e., McDonald)
- Suffixes (i.e., Jr. or II's or III's)
- Middle names vs. initials
- Periods after initials

Changes can be requested online. If you are simply tweaking the spelling, adding/deleting your middle name or initial—no documentation is required and you will see your change the next business day.

If you require a major change due to a marriage, divorce, or court order, you must send us a copy of the legal documentation (i.e., marriage certificate, divorce decree, court order) before your requested name change can be approved. The documentation can be mailed, faxed or emailed to us. Your requested name change will be approved and updated upon receipt of valid documentation.

**WHY?**

Your **legal name** is required as it will be used on your:

- Student ID
- Transcript
- Diploma

Your ID will be printed on your first day of orientation.

Midwestern University
Office of the Registrar
19555 North 59th Ave.
Glendale, AZ 85308
Phone: 623-572-3325
Fax: 623-572-3337
E-mail: azregistrar@midwestern.edu

Questions? Don't hesitate to call.
Mission Statement

The purpose of the Student Osteopathic Medical Association (SOMA), the student affiliate organization of the American Osteopathic Association (AOA), is to promote Osteopathic ideals and unity within the profession, to educate future Osteopathic Physicians, and to establish and maintain lines of communication among healthcare professionals in an ongoing effort to improve the quality of healthcare.

Activities & Benefits Include

- Professional Networking
- Leadership Experience
- CV/Resume Workshops
- Scholarships
- Weekly Grand Rounds With Dr. Steinway
- Research Competitions
- Physician Mentor Opportunities
- Preparing Your Residency Application
- Over 2 Dozen “Member-Only” Discounts
- DO Day At The State & National Capitols
- Community Education Events

FREE!!!
NETTER’S ATLAS
WHEN YOU
JOIN SOMA TODAY
A $70 VALUE!

H. NETTER, MD
ATLAS OF HUMAN ANATOMY
5 EDITION

www.studentconsult.com

www.bitly.com/SOMA-Discounts
FEDERAL DIRECT LOANS:

- Stafford Loan
  o No credit check is required, but you must meet citizenship requirements and you cannot be in default on any federal loans.
  o Annual limits apply; the Stafford loan limit will not completely cover tuition or any other billable expenses.
  o Stafford is an unsubsidized loan; origination fees are assessed by the lender and 6.8% interest will accrue on disbursed funds.
  o Master Promissory Note (MPN): You need to complete one (1) MPN for your Stafford MPN – the MPN is good for the length of your program, up to 10 years.
  o If we do not originate a loan within a year, the MPN will expire.

- Graduate PLUS Loan:
  o Unless you have your own resources to help pay tuition and other billable expenses and all of your own living expenses, you will need to also apply for a Graduate PLUS loan.
  o Master Promissory Note (MPN): You need to do only one (1) MPN - your Grad PLUS MPN is good for the length of your program, up to 10 years. Exception: Anyone who uses a cosigner or endorser.
    • If you needed a cosigner or endorser you must complete a new MPN every year and for any loan increases.
  o If we do not originate a loan with a year, the MPN will expire.

FEDERAL PERKINS LOAN; PRIMARY CARE LOAN (PCL)

- Promissory Note (PN): Perkins and PCL Promissory Notes are signed through the ECSI website: http://www.ecsi.net.
- A Promissory Note must be signed within the specified timeframe or loan will not disburse and award may be delayed or cancelled.
- Once you receive your Award Letter, sign your Promissory Note immediately thereafter.

COST OF ATTENDANCE BUDGETS

- Award Letters and Cost of Attendance budgets are accessible via the “Financial Aid” tab in your internal MWUNET portal: https://www.midwestern.edu.
- “Maximum” Loan Request: Loans, scholarships and/or other funding awarded up to your full cost of attendance should be sufficient to pay all your direct expenses and a monthly living allowance.
  1. Maximum On-campus budgets provide financial aid to cover all direct expenses plus about $1,946 monthly for living expenses.
  2. Maximum Off-campus budgets provide financial aid to cover all direct expenses plus about $2,476 monthly for living expenses.
- Request “less than maximum” funding by carefully calculating your expenses; then specify the amount you will need for the entire year to pay your monthly bills, tuition and other direct expenses. (May never exceed maximum limits.)
  1. Thrifty Budget: Financial aid to cover all direct expenses plus about $1,400 monthly for living expenses.
  2. Budget Workshops available to help you understand loan request amounts, refunds and budget tips to keep your debt lower!
Matthews Medical Bookstore

Order your course books for in store pickup online at www.mwugbooks.com

**Hours:**
Monday through Friday
9:00a – 5:00p
Saturday 10:00a – 2:00p
Sunday Closed

**Contact Info:**
Jessica Letzko
Manager
Matthews Medical Bookstore

Phone: 623-572-3231
azbookstore@midwestern.edu
19555 N. 59th Ave
Glendale, AZ 85308

Check us out on Facebook!
http://www.facebook.com/mobile protection#!/midwestern

**Scrub Sale**
Valid 07/29/13 – 08/31/13
In store only.

- Buy 4 Scrub Pieces
  Get 10% off Each Piece

- Buy 6 Scrub Pieces
  Get 15% off Each Piece

- Buy 8 or More Scrub Pieces
  Get 20% off Each Piece

**Used Books!**

- Used course books available while supplies last!
- We buy back used books all day every day!
Equipment you’ll use during your first year  
(Compiled by the second year class)  

The following is a list to help you budget for supplies that you’ll be expected to have this year. The costs provided are estimates based on current prices in the on-campus bookstore and common online retailers (Amazon.com, AllHeart.com, etc). Don’t rush out and buy everything now – you’ll get more specific information once school starts.

"Required" supplies:

ARS "clicker" ................................................................. $ 20 - 50
Anatomy supplies (tools, gloves, apron, protective eyewear) .................... $ 50
Stethoscope .................................................................. $ 100 - 200
Blood pressure kit. ......................................................... $ 30 - 200
Diagnostic kit (ophthalmoscope + otoscope) ........................................ $ 100 - 1000
(Note: price and quality are highly correlated)

"Recommended" supplies:

iPad (+ stylus) or laptop with good battery life ..................................... Variable
A set of scrubs ................................................................... $ 23
Maxwell guide ................................................................... $ 8
Pen light ........................................................................... $ 5 - 20
Reflex hammer ................................................................... $ 5 - 10
Extra scalpel blades .............................................................. Variable
Extra otoscope tips .............................................................. Variable
Introducing

THE WOMEN'S HEALTH CLINIC
AT MIDWESTERN UNIVERSITY

[COMPLETE CARE] for Women

Peter Wong, D.O., specializes in female healthcare including pregnancy/childbirth, breast health, contraception, and menopause.

To learn more about our OB/GYN services, call 623.537.6000 or visit mwuclinics.com/womenshealth.

Dr. Wong speaks Cantonese and Mandarin.

MIDWESTERN UNIVERSITY
MULTISPECIALTY CLINIC
Your Family's Home for Healthcare