

What We Wish We'd Known

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. Each bullet below gives you some tidbits on the topic in bold. 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:

Joshua Leinwand	MSC President	joshua.leinwand@yale.edu
Jonathan Levin	MSC VP	jonathan.levin@yale.edu
Regina Myers	MSC Treasurer	regina.myers@yale.edu

- For those living in Harkness, **your mailing address** will be:

367 Cedar Street
New Haven, CT 06510

You will learn 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.

- The **dorm rooms** do not have bookcases or carpeting. There is a sink, a desk, a chair, a twin bed, a dresser, and an overhead light. Courtside rooms are quieter than street-side rooms though people on the street-side get used to the noise after a week or so. If you are sensitive to noise or are a light sleeper, then a courtyard room is recommended. The 4th floor is the only floor with air conditioning; 6th floor is males only, and 8th floor is females only. If you are in a street-side room, floors 8-11 see over the parking garage; otherwise, you'll be looking at the parking garage all year out your window.
- Other things to consider for your dorm room: bring a **floor lamp or extra lighting** of some sort. The included overhead light is definitely not enough for most people. You may want to bring a **fan**. The couple of weeks at the beginning and end of the school year will definitely be in the warmer territory. Also, the rooms that get a lot of sunlight during the regular school year (i.e. the courtside rooms) can get pretty warm even during the snowy months. Bring or plan on buying a **large bookcase**. The rooms don't come with one and you'll need it for all the books and large binders of notes that you'll be getting during first year. (**IKEA** is a great resource for buying bookcases and other inexpensive furniture. There is an **IKEA** store 1.3 miles away from Harkness dorm. **IKEA** also rents trucks so you can bring bigger pieces of furniture home even if you don't have a car). Some people also chose to purchase **small fridges** for their rooms. The kitchens in Harkness have freezers only. If you get here early enough, some students were able to ask Big John in the housing office if there were any small fridges for the rooms lying around. (Everything substantial that past students have left in Harkness gets stored in the basement, so there are lots of odds and ends to be found.) Finally, some students find the **desk chairs** provided by the dorm to be quite uncomfortable and so they chose to invest in a higher quality, more comfortable chair for their dorm rooms.

- For those of you living in the dorms, you can check out the **Harkness website** at: <http://www.yale.edu/gradhousing/housing/harkness.html>
- **If you need help moving in**, please contact one of us! We will be there to help during move-in week for Harkness, but could certainly lend a hand to those in need outside of Harkness! (Of course, you'll have to pay us in ice-cold beverages.) Also, the move-in date for Harkness can be quite flexible, so if you want to move-in early, just ask! Some of our classmates (even ones who weren't doing SAY or MOOT) moved in early and hung out with the SAY kids in the evening and for dinner.
- **If you want to bring a bike**, it can be very useful to you, but also remember to bring a good **lock**. There is bicycle storage in the basement of Harkness, but again, bring that lock. Other students found that their room in Harkness was plenty big to store the bike in their room. Some people have one bike for real biking and another old one for just getting around New Haven. Many students that lived in East Rock first year biked to school every day and loved it.
- **If you are bringing a car**, parking lots are available at the medical school. You have a choice between: Air Rights Garage at South Frontage and York Street (gated and covered), and Amistad Parking Garage (gated and covered) at Amistad Street and Cedar Street. Full year rates are \$1152 for Air Rights, and \$864 for Amistad (per semester options and academic year options are also available). If you're interested in a parking space, you may want to fill out an online application form early. These are available on the Yale Parking Website (along with rates for all of the options): <http://www.yale.edu/transportationoptions/parking/parking-student.html>
Most students who needed a parking space on campus and lived in Harkness chose Air Rights because of the convenient location relative to Harkness dorm. (Air Rights is across the street from the dormitory.) Amistad and Air Rights are about the same distance from Hope (where lectures are located first year), but Amistad is much further from the dorm. Feel free to email us with questions.
- You will surely wish to **open a bank account** when you arrive. Briefly: Bank of America has a branch in the medical center and therefore is the most convenient. As a student, you are also eligible for a CampusEdge account that waives most fees and requirements. Other banks, most of which are located within walking distance of the med school (near the New Haven Green), may have more favorable accounts for students. Just be wary of ATM fees!!! Other banks in the area include Chase (5 min walk) and Wachovia (10 min walk). TD Banknorth is a local bank (also near the New Haven Green – 13 min walk) that refunds all ATM fees, so you can use the ATMs at the med school if you choose this bank.
- **If you are living off campus**, there are many resources to help you find a place (if you've not done so already). We do not, however, suggest getting a place without first seeing it or at least talking to one of us who's lived here for a while. This is an important matter for your personal safety. But do not get discouraged, many people loved living off campus their first year. You will find lots of off-campus housing resources on the admissions office website.

If coming to New Haven beforehand is not an option, please email us and we can give you info on the places you might be considering.

- **Internet Access** is available through Ethernet hook ups in every dorm room and through wireless connections throughout campus, including the dorms. Yale offers a free, secure, dial-up connection through local phone lines for those of you living off campus; however, this may prove to be a slow connection. If you're living off campus you may wish to consider faster, cable internet connections. Many students in the area use Comcast, AT&T or Dish Network for **cable, internet, and land-line phones** (Comcast seems to be the most popular choice). They have several package deals that include all possible combinations of these options. Certain packages can be expensive, so be careful when selecting a program from their websites. You'll need New Haven's area code, 203, or zip code, 06510 (Medical School) or 06511 (Downtown New Haven and East Rock).
- A note for people with **cell phones**: Verizon works great in the dorm. Some students thought that T-Mobile, AT&T, and Sprint did not work as well, but other students had no problem with these providers.
- **A few words about the White Coat Ceremony**: Ours was a lovely event where the Deans spoke, we were given those terrific white coats, and hors d'oeuvres and drinks were served afterwards. Most people got somewhat dressed up (translation: women wore dresses or skirts while men wore shirts and ties), and many family members and friends attended. **But note**: Please don't get stressed out if your parents, significant others, etc. cannot attend due to distance or other commitments. We will have a photographer on hand to take individual pictures of you receiving your white coat (order forms to come) so you can still share the memories. If, however, your family and friends will be attending, that's great; many people went out to a nice dinner after the ceremony with their visitors at local New Haven restaurants. For those who will not have guests, not to fear, we have planned a lovely evening to celebrate with you at a local restaurant. Don't forget that your first official class picture will be taken immediately following the White Coat Ceremony (in total the ceremony will take about 2 hours).
- **For visitors who need hotel rooms**, the following is a list of local options:

Omni New Haven Hotel*	(203) 772-6664	~ \$280
New Haven Hotel*	(203) 498-3100	~ \$170
Courtyard New Haven at Yale	(203) 777-6221	~ \$150
La Quinta Inn & Suites New Haven	(203) 752-0060	~ \$120

*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.

- **A few words on clothing:** Be aware that you will need to dress somewhat professionally once a week for Pre-Clinical Clerkship tutorial sessions in the hospital. 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. Feel free to show off your spectacular eye for fashion to class - you can wear whatever you like. On a more exciting note: there is a semi-formal dance during the first month of school and another formal in the spring, affectionately known as Cadaver Ball. You might want to bring something nice to wear for these events. (Men – suits, Women – fancy dresses)
- Do not worry about **purchasing any medical equipment** before you get to school – you will not need any instruments before January of your first year. If friends or family are interested in buying you a stethoscope, tell them to hold off until you know the brand and model you will need so that their gift does not end up gathering dust in the closet (you will learn a lot of information about stethoscopes and ophthalmo/otoscopes during your first month and will get to try out many models to find the one that suits you best). Our equipment fair is in October, and at that point you will have the opportunity to purchase these instruments (in an educated way) at a discount.
- **Your email account** at Yale will most likely be as follows: firstname.lastname@yale.edu. In some cases it will be firstname.middle-initial.lastname@yale.edu. You should receive an email at the beginning of the summer with instructions as to how you can activate your Yale email address and begin receiving emails there. But, **make sure to continue to check your current email account** (the one the admissions office has), as we'll be using this address during all of orientation for updates.
- Everyone living in the dorm must pay for the full **meal plan** (\$1347/semester), while students living off-campus must pay \$269 each semester. For all students, the meal plan is based on payment per item. You are required, however, to use up your allowance by the end of the year (most do not find this to be a problem). Marigolds is open for breakfast, lunch and dinner, Monday through Friday only. For the rest of the time, you will be on your own or must go to the undergrad dining halls. Floors 4, 7, 9, and 11 in Harkness have a kitchenette (large freezers, stoves, ovens, and microwaves), so you can cook for yourself over the weekends. You may want to purchase or bring a few pots and pans...the kitchens do not supply dining utensils either. Undergraduate dining halls do accept your meal plan and are open on weekends. Just say “points” when being swiped in.
- **Odds and Ends:**
 - If you have any good Biochemistry or Cell Bio textbooks (or really any other relevant subject), bring them.
 - You will be receiving a Students Helping Students First Year Survival Guide in August, detailing what books second years recommend buying and why, how professors teach,

etc. Please do not worry about buying books before you get here, but if you are desperate to start, call or email any of us and we'd be happy to help.

- If you have a padlock, you may want to bring it with you. There are lockers of various sorts, and you may want to get one for your books during the day (especially if you are planning on living off-campus).
- The following numbers may be helpful to you:

Student Financial Services Office	203.432.2700
Financial Aid Office (Medical School)	203.785.2645
Harkness Dorm Office	203.785.4686
Yale Directory Assistance	203.432.4771
Student Affairs Office	203.785.2644