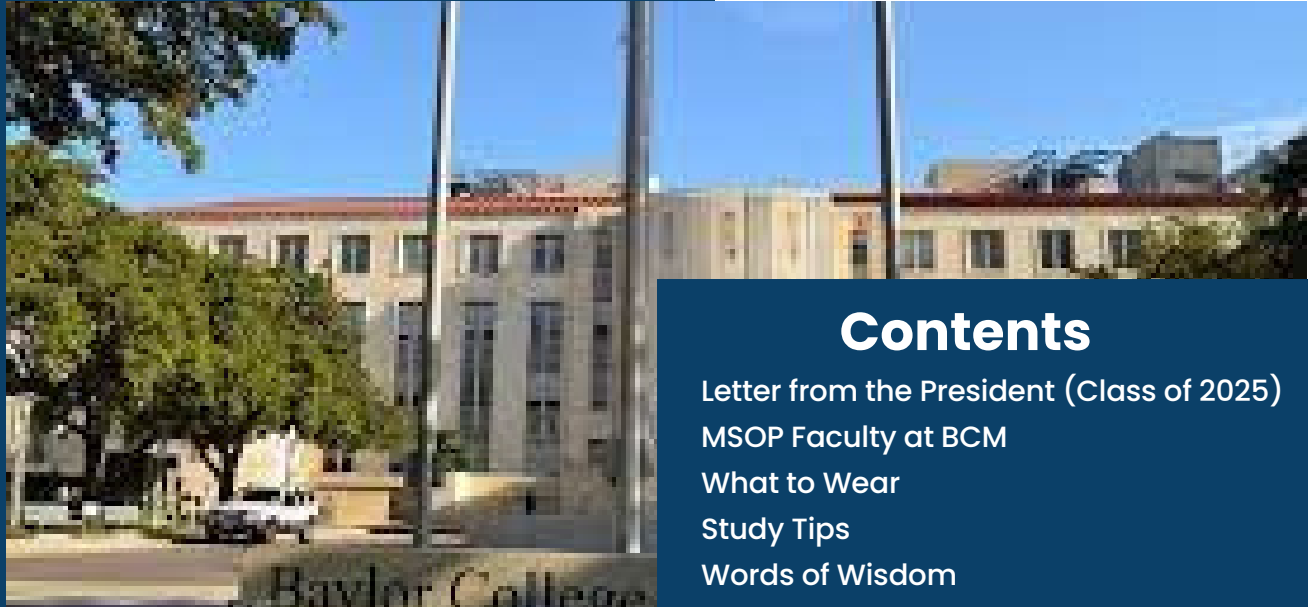


BAYLOR COLLEGE OF MEDICINE

O&P CLASS OF 2026

Baylor
College of
Medicine

March 2024



Welcome to BCM!

Welcome to the Orthotics and Prosthetics program at Baylor College of Medicine! You all worked hard to prepare yourselves for this program, so be proud of yourselves! You are in for a fantastic few years. We are so excited to meet you and we hope that this newsletter gives you some helpful insight and information about the program and what to expect and prepare for.

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“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do.”

-Pele





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Welcome to Baylor!

Dear Class of 2026,

Congratulations on your acceptance and decision to be a part of Baylor College of Medicine's Orthotics and Prosthetics program class of 2026! It is a tremendous feat to just be in your position right now, getting ready to start this new chapter of your life, and you should be very proud of yourselves. We are so excited to welcome you all and we wish that we could in person, but this will have to do for now!

As a current student, I can tell you that it is a rigorous path ahead of you, but an extremely fun one at that. You will be pushed in many different ways throughout the year, from your faculty, classmates, and even yourself, although that is not something to be afraid of because it will only help to make you the best clinician that you can be. One thing to note about this program is the intensity of how challenged you will be is equal to how supported you will feel surrounded by our wonderful faculty and the family you will build with your classmates. Remember to lean on one another and that the faculty only want to see you live up to the potential they already see in you!

Although the class of 2025 will be in our residencies during your year in Houston, please know we want nothing more than to support each and every one of you, and we are only a text or call away. However, due to the distance that will be between us and you all, we put together this newsletter as a reference sheet to all things Houston, BCM, and a survival guide to things we wish we would have known coming in. We hope you can utilize this in making your transition to being a first year O&P student at BCM as smooth as possible, and to kick it off I'm including my top pieces of advice!

- Explore the area! You are only here for one year and if you are like me (who had never even been to the state of Texas before moving here last June), take advantage of being in a new place. Even if you are familiar with Texas or Houston, there are a million things to do and to try and if you don't put yourself out there every once and a while you may be packing up to leave for residency with regrets. Plus, experiencing Houston together is part of what makes each cohort so close and I promise the memories you make during your explorations, you will look back on very fondly.
- Scheduling time for yourself every single week to have mental breaks are so important. It is easy to get caught up in studying and school work, but if you try to push through leaving zero breaks for yourself, you are going to burn out and not be able to perform how you want to in school. I recommend taking up a new hobby or continuing an old one, something that you enjoy and that will get your mind off of O&P for just a little bit. Being in this program is just something that you are doing, it is not who you are, so remember to nourish and grow other parts of yourself as well.
- Don't compare yourself to others! It is so easy to get down on yourself when you are in such a small and difficult program. Please please please don't create this mental warfare for yourself by comparing your test scores or study time or patient experiences to your classmates because you all will be great CPOs and it doesn't matter the journey you take to get there.

Before you move on to the wonderful advice and information from my classmates, I just want to reassure you again that you are here for a reason and please never doubt that. There will be good days and days where it feels like nothing went right, but that is not a reflection on you, it is just an obstacle you have to face and you are more than equipped to face it. Congratulations again and welcome, I can't wait to meet you all!

You got this,
Sam :)

MSOP Faculty



Ashley Mullen

PhD, MSAT, CPO

Associate Professor, Program Director



Jeremy Bliss Sherman

Assistant Professor, Associate Program Director for Curriculum



Lisa Marie Abernethy

MSPO, CPO, LPO

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Megan Elizabeth Glahn Castille

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Fanny Schulte

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Assistant Professor



Sally A. Kenworthy

MPO, CPO, LO

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Jared Howell

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Director-Center for Prosthetic and Orthotic Care and Clinical Innovation



Graci Grace Finco

PhD, CPO, MS

Instructor



Vinson Hu

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Liz Vett Haecker

Senior Coordinator, Program Management



Juan Jose Guzman

Coordinator, Business Operations



What to Wear

Weather in Houston

June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	
91	94	94	90	82	73	66	64	68	74	79	86	Hi
82	84	85	80	73	63	56	54	57	63	70	77	Av
75	77	77	73	65	56	49	47	50	56	63	70	Lo

Houston will be hot, humid, and rainy when you arrive in June. Come prepared with light clothing, rain jackets, umbrellas, and appropriate footwear! Temperatures will begin to drop in October. The winter is mild, but still bring hats, coats, and warm clothing for those chilly days!

School Attire

- On lecture days, wear whatever you are comfortable in. Jeans, leggings, sweats, shorts, etc. will all work!
- On OP lab days, wear something you are comfortable getting dirty with plaster, fiberglass, etc. Lots of people wear scrubs!
- On Anatomy lab days, wear a pair of scrubs (and shoes!) designated for that lab. They will end up smelling like formaldehyde quickly!
- On guest lecture days, wear business casual attire!
- On patient model days, wear either business casual or your BCM scrubs!

Other

- Temperature regulation can be difficult between the heat, humidity, rain, A/C, and the activity level of the day. Sitting in lecture can get chilly, but be prepared to work up a sweat on some projects!
- It can be helpful to keep an extra pair of clothes/shoes in your locker in the event of schedule changes, unexpected messes, needing extra layers, or for after guest lectures!
- Some projects require fitting devices into your shoes to try them on, so it might be helpful to bring an old and/or slightly large pair of shoes that you don't mind stuffing plastic into!



Study Tips

Classes can ramp up very quickly, and it helps to stay on top of studying and manage your time wisely so you don't fall behind!

Here are some study tips from the Class of 2025

Methods

- Find someone from your class with whom you have a common learning strategy and do study sessions together with them! It helps a lot to have a study buddy for talking through certain topics and quizzing each other.
- Take the opportunity to schedule tutoring via the Academic Success Center!
- Rewrite detailed notes from the lectures in a more organized document to study and learn the information. They are also good resources to refer back to if needed.
- Use a whiteboard or pen and paper and try to actively recall notes while studying them.
- Verbalize what you're learning even if that means talking to yourself :)
- Be able to explain the lecture objectives in your own words as if you were talking to a friend who knows nothing about O&P.
- Make Quizlets!
- Spend a bit of time preparing for anatomy lab before dissection, it will make your sessions more productive and reduce time spent studying on the back end.

Timing

- Study more than a couple days before an exam and get plenty of sleep the night before.
- Be consistent throughout the week so you don't have to cram a ton on the weekends.
- Try and stay ahead and don't forget to take a break for yourself every once in a while!
- Study a little everyday, but try to take 1 day off every week so you don't get burnt out.
- Don't wait until the last minute to study, but also don't start too early and tire your brain out by studying for too long.

Textbooks

- Get the books! They may not be strictly required for some classes, but they are such a great resource for supplemental information.
- You can get them cheap at thriftbooks.com.

Anonymous Words of Wisdom

Trust the process!

You got this!!

Make time to do
something **fun**
or **new** as often
as you can!

Do not be panicked for time in lab when something goes wrong or a professor says you have to fix something. You are there to learn, especially from your mistakes. You will be a better CPO for the time you spend on improving your skills and understanding the reason behind why you are doing things.

It's okay if your experience is limited they work to get everyone in a level playing field and really care about your progress!

don't forget the separator

Take each day as it comes and **don't be too hard on yourself!** Everyone is stressed and going through the same things you are but might not show it the same way! I promise you aren't alone!

Have fun! Explore the city, and take trips to other Texas cities!

It is better to take your time on projects than to rush and wish you didn't! Everyone goes at their own pace, and remember there is plenty of time to finish each project in time. **Believe in yourself!**

It is nice to have friends at school, but also try to find a community outside of school! *Find something fun to do each week!* The first semester can be tough as there is an exam basically every week, but even just a quick dinner with friends can be so helpful to de-stress.





Transportation

There are many ways to get onto BCM campus or get around Houston in general. It can seem quite overwhelming or confusing at first, but we will break it down for you!

Typically students use the MetroBus, MetroRail, apartment shuttles, or a combination depending on where they are living.

The **MetroBus** is convenient because there are stops all over the city including one right outside the Cullen building which is typically how we enter campus for class every day. The bus also has a Metro Trip app that tells you the bus schedule and when it will get to your stop!

The **MetroRail** is also a great option that runs down Fannin Street both north and south bound that students take to campus, either apartments, downtown, etc. You can get a reloadable metrocard at the Metro offices that can be used for either MetroBus or MetroRail at a discounted rate for students .

Another option specific to some apartment complexes are **shuttles** that take you directly from the front of the complex to the medical center. Stella at the Medical Center and The Circle at Hermann Park are both places that offer this option.

If public transportation is not for you there are some other options as well:

Walking, Biking, Scootering, or Skateboarding are all popular methods of transportation as well, as most people live in a 2 mile vicinity of the medical center.

Driving is another option, but not a common one due to the Houston traffic as well as price of \$15 a day to park at BCM. There are some park and ride options at such as at Smithland Station on the MetroRail.

Houston Hot Spots!

Take advantage of the amazing places around the city to eat, study, build friendships, and try new things!!



Food

- Pho Saigon (best Pho in town!)
- Lien's Viet Kitchen (Vietnamese)
- Local Foods (American/good vegetarian options)
- Good Dog (American)
- Sweet Paris (fabulous crepes!)
- Flower Child (vegetarian/vegan)
- Velvet Taco (amazing street tacos!)
- Jinya Ramen (Japanese)
- Tamashii Ramen and Sushi
- Nippon (Japanese)
- Pit Room BBQ
- Turkey Leg Hut
- Goode Company BBQ
- Killen's BBQ
- Burger Joint (American)
- Traveler's Table (global eatery)
- Gloria's Latin Cuisine
- El Tiempo Mexican Restaurant
- Candelari's (Italian)
- Neeta's Indian Cuisine
- Hawaiian Bro's Island Grill
- Gen Korean BBQ
- Tofu Village (Korean)
- Oh my Gogi (Mexican/Korean fusion)
- Bad CHX (hot chicken)
- Mi Patio (Venezuelan/Mexican fusion)
- The POST (food court with great view!)

Dessert

- Sinfull Bakery
- Flowers and Cream (ice cream)
- Mochinut (mochi donuts)
- Tiny's Milk and Cookies

Coffee shops/cafes

- Coffee House at West End (3 floors!)
- Croissant Brioche
- Badolina
- Tout Suite
- Earthcraft Juicery
- Agora Coffeehouse

Breweries/Bars

- Pete's Dueling Piano Bar
- Axelrad Beer Garden
- The Monkey's Tail
- Karbach Brewing
- Eureka Heights
- Moon Tower Inn
- Little Woodrow's
- Kirby Ice House
- Gilhooley's
- Holman Draft Hall
- Shot Bar
- Bad Astronaut Brewing Co.

Parks/Outdoor Recreation

- Hermann Park (Japanese Garden, Houston Zoo, Miller Theater, pedal boating, hammocking)
- Clay Family Eastern Glades (Memorial Park)
- Houston Botanical Gardens
- Tinsley Park
- Galveston (coast city about an hour away)
- Rice Village
- Bellaire (Houston Chinatown)
- PNG Stadium
- BBVA Rooftop Garden

Museums/Exhibits

- James Turrell Skyspace (outdoor free sky viewing during sunrise/sunset)
- Menil Collection (free)
- Rothko Chapel (free)
- Space Center
- Museum of Natural Science (free Thursdays)
- Contemporary Arts Museum
- The Color Factory

Other Fun Places!

- 810 Billiards and Bowling
- Pickleball Courts
- UT Health Houston Rec Center
- Momentum Indoor Climbing (take your friends!)
- Houston Aquarium (free salsa lessons outside in the summer/fall)