

# Class of 2023

Baylor College of Medicine  
Orthotics & Prosthetics Program



## Table of Contents

<i>Welcome to Baylor!</i> .....	3
<i>Who's Who at BCM</i> .....	4
<i>What to Wear</i> .....	7
<i>My Favorite Part</i> .....	8
<i>Get Involved in the BCMOP Program</i> .....	9
<i>Student Services</i> .....	10
<i>The Academy and ROMP</i> .....	11
<i>Policy in Orthotics &amp; Prosthetics</i> .....	12
<i>A Look into the Life as a BCMOP Student</i> .....	13
<i>Study Tips and Tricks</i> .....	14
<i>Health and Wellness</i> .....	16
<i>Volunteering Opportunities</i> .....	17
<i>Houston Hotspots</i> .....	18
<i>Additional Info</i> .....	19

# Welcome to Baylor!

From Michelle Cole, President of the Class of 2022

Hello everyone! It is crazy to think that it was just a year ago when our class was receiving this newsletter and being beyond excited to move to Houston. Your didactic year is truly an incredible experience and we are so excited for you all to be on campus soon. 2020 was an extremely difficult year for everyone. I know how hard all of you have worked to get to this point. Applying and interviewing alongside the most competitive applicants, you made it! Congratulations on your first step to becoming a CPO, you have landed a spot at the best program in the country! Your decision to continue your academics at Baylor College of Medicine is a huge accomplishment and I sincerely hope you all take the time to recognize your efforts and celebrate all of your achievements!

I know I spoke with a few of you during zoom interviews, but I would like to officially introduce myself and welcome you all to Baylor! My name is Michelle Cole and I am from Anchorage, Alaska. I am sure you are wondering how the heck I ended up in Houston. I was recruited to play soccer at the University of Texas at San Antonio, in which I completed my undergraduate degree as a Biomedical Engineer. From the very beginning, I thought I was going to go to med school. However, my love for math and science led me to biomedical engineering, and one of my professors told me about O&P. I fell in love with the idea of working with a healthcare team to increase and enhance mobility for all people. For those of you I got the chance to meet over zoom during interviews, I loved getting to know your path to the field and what drew you to Baylor. One of my favorite things about the profession are all the backgrounds everyone comes from. Embrace who are and what you can bring to the table!

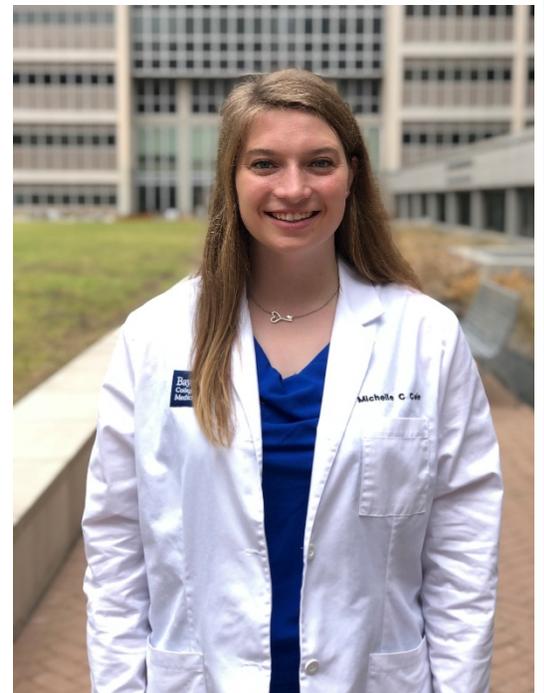
COVID-19 has changed many things for our class, but one thing always remained and it was perseverance! One quote that my soccer coach used to always say is, "Everyone has a plan until they get punched in the face" -Mike Tyson. Of course, I am hoping this is a hypothetical punch- but if things aren't going perfectly, how are you going to react and respond? The COVID-19 pandemic definitely punched all of us in the face, but with perseverance we were able to still get a full experience, and I am hopeful for each and every one of you! While we have all adjusted to zoom, the faculty have worked immensely hard to get us into lab and still be able to work with patient models which has been extremely beneficial in the learning experience.

We hope that this newsletter provides you with all the information you need to make a successful transition to Houston and BCM. Whether you are from Texas, or far away, the transition to a new city can be difficult! We are all here to support you, along with the faculty, and your classmates soon to be close friends! Your classmates will be extremely valuable! I encourage you to learn from them and soak it all in while you can. As my class is anticipating match day for residencies, we are going to miss our time in Houston and all the time we were able to spend together-albeit social distanced and wearing masks! Please take the time to look through this newsletter in its entirety-my classmates and I have spent a lot of time creating it and trying to give y'all all the information we can! Please reach out if you have any questions and I am wishing you the best in the last few months of undergrad! I am so excited for each and every one of you and I am cheering you on! Remember-it's not about getting punched in the face-it's about how to stand back up ready to fight again.

Sincerely,

Michelle Cole, President of the Class of 2022.

[michelle.cole@bcm.edu](mailto:michelle.cole@bcm.edu) | (907) 947-1712



# Who's Who at BCM

Please take the time to get to know each one of your faculty members! Compiled by Emily Giesing

## O&P Faculty



Ashley Mullen,  
PhD, MSAT, CPO  
Interim Dean of the School  
of Health Professions,  
O&P Program Director



Sally DiBello,  
MPO, CPO, LO  
Interim O&P Program Director,  
Assistant Professor



Jared Howell,  
MS, CPO, LPO, FAAOP  
Director of the Center for O&P  
Clinical Innovation,  
Assistant Professor



Amandi Rhett,  
MSOP, CPO, LPO  
Assistant Professor



Fanny Schulte,  
MS, MEd, CPO, LP, FAAOP  
Assistant Professor



Jeremy Sherman,  
MSOP, CPO  
Lab Manager,  
Assistant Professor



Steffie Tomson,  
PhD  
O&P Research Coordinator,  
Assistant Professor

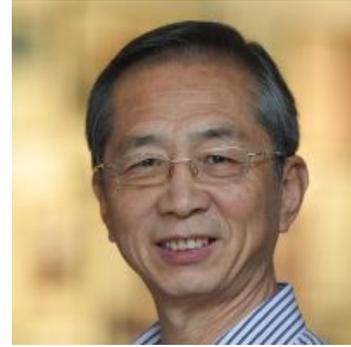


Joshua Utay,  
M.Ed., CPO, LPO  
Assistant Professor

## Other Professors



Jonnae Atkinson, MD  
Assistant Professor,  
Cultural Competency



Ming Zhang, PhD  
Professor & Director of  
Anatomical Sciences



Beth Garland, PhD  
Assistant Professor,  
Health Behavioral Counseling



Christi Guerrini, JD, MPH  
Assistant Professor,  
Medical Ethics

These professors will be teaching some of your non-O&P classes. They are extremely knowledgeable in other fields and truly help you get a multidisciplinary healthcare education!

## Administrative Assistants



Liz Haecker,  
Senior Coordinator of the O&P  
Program



Jeanette Lewis Adams,  
B.B.A.  
Executive Assistant

BCM  
Administration  
& Student  
Services



Paul Klotman, MD  
President, CEO, Executive Dean  
of BCM



Alicia Monroe, MD  
Provost & Senior VP of  
Academic and Faculty Affairs



James McDevitt, MD  
Senior VP & Dean of  
Clinical Affairs



Melanie Jagneaux,  
JD, MBA  
Ombudsman Director



Toni Gray,  
Director of Title IX & Disability  
Services



Latoya Whitaker,  
Registrar



Dana Benson,  
Director of Communications



Tonya Johnson,  
Coordinator of Business  
Operations

# What to Wear

Compiled by Tiler Rose

**Patient Days:** Business attire with white coats. Men typically wear ties. Bow-ties count! Everyone should wear dress pants, a nice shirt (consider a button-up or blouse) and their white coat. It is important we present ourselves as the professional care providers we strive to be. Always wear shoes that look nice and you can cast and do a bit of walking and crouching in. Bonus if they're easy to wipe off!



**Lecture Days:** Feel free to dress casually. Jeans, shorts, tee-shirts and long sleeves are welcome. We have been on zoom for most lectures. If on campus, we usually stick to closed-toed shoes just in case lab work pops up. Some of us stick to scrubs, too, because they're awfully comfy.

**Guest Speakers:** Business Casual with a nice shirt and pants – no tie or jacket required. This is to show respect to those that work tirelessly to educate us and make a great first impression with many faces in the field. This applies to Zoom too!



**Lab Days:** Closed-toed shoes are a must, preferably ones that you can get plaster off of later. Scrubs are very helpful on casting days and are certainly recommended for anatomy lab. In general, it's nice to have "lab" clothes that you don't mind getting dirty. Be mindful that they aren't too loose as we do operate machinery – especially in the sleeve. You probably want to put your hair up too. Low cut tops and skirts are not appropriate for lab activities.

**Conferences:** Our cohort has not attended any conferences due to the pandemic, however last year's cohort recommended business casual with a nice shirt and pants. They said that it is very similar to the guest speaker days.

**Posters:** These are big days where we get to show off our research so it's business attire. Look good, feel good, present well. Men need ties. No white coats. This applies to situations like what the class of 2020 did last year, too, with their virtual poster presentations.



**Themed Days:** BCM celebrates Astros Day, Texans Day, Various Awareness Days, and more. When it doesn't interrupt, we like to show our spirit. We even had a Halloween costume contest!

## **General Tips:**

- Get old scrubs for anatomy. You'll want to toss them after lab!
- Keep your white coat in your locker so you always have it as well as a change of clothes & shoes for lab!
- Splurge on really comfortable business shoes that can be wiped off. You'll be walking a lot, especially on patient encounter days, and they'll get dirty fast!
- It helps to tie your hair back on patient days when you have to wear a face shield – it will keep longer hair from looking like a mushroom. Also there is a film on new face shields – don't forget to take it off!
- Invest in washable/reusable masks – you will get plaster all over them!

# My Favorite Part



My favorite part of this program so far has been all of the opportunities we have had to interact with our patient models. Being able to practice everything you learn in lab and in lecture on actual O&P patients is an extremely valuable learning experience. Not only that, but the patient models are experts in O&P through their own life experiences, and can offer you tips and techniques for your future career. Lastly, the patient models are a ton of fun to talk to and get to know. I have had patient models cheer me up after a socket I made didn't fit right, offer me monetary investment advice, commiserate over UT Football with me (Hook 'Em!), and so much more. You will get to meet a number of patient models over the course of your time at Baylor, so make an effort to get to know each and every one. – [Sam Pollack](#)

The interpersonal relationships formed as a student in BCM's O&P program are one of the best parts of the first year experience. Whether it be a classmate offering to help during a difficult assignment or needing a running partner to explore the nearest park, the program provides you with 23 like-minded individuals who take pride in volunteering their physical and/or emotional support to their classmates. These relationships are furthered via social events, such as game nights, gift exchanges, theme days, etc. This characteristic is also not only limited to students. The staff, who we refer to on a first name basis, are also extremely supportive and care deeply about your understanding of the curriculum. Relationships formed here have proven to last throughout residency and beyond. – [Keyaira Crudup](#)



I love so many things about this program, but my favorite part is definitely the lab time we get, for several reasons. First, we have our own benches, which is really nice because it gives each of us plenty of space to work on each project. People also make their benches their own by adding little personal touches which is fun! Second, the faculty float around during lab to help as we work through each project, always at the ready to answer questions and give us tips on how to improve our lab techniques. I find it so valuable to hear all of the professors' thoughts on what they find the most helpful and how they do things in clinic when it comes to lab work. Last, and probably my favorite part of lab, is being around all of my classmates. Working on plaster modifications while chatting and laughing with everyone makes it that much more enjoyable. Plus, we have each other to problem solve with and work through different challenges that come up in lab. I have, without a doubt, learned the most and had the most fun in lab, making it my favorite part of the program. – [Jocie Zenner](#)

# Get Involved in the BCMOP Program

## Admissions Committee:



Remember us!? We are Jordan and Emily, co-chairs of the admissions committee. We are responsible for coordinating interviews for the incoming class and planning activities. We believe that being leaders within the program is very rewarding. While some have been mentioned throughout the newsletter, listed below are many other positions in the program!

**President:** The role of class president has several main tasks that you will be responsible for. After the conclusion of anatomy lab, you will help coordinate the Donor Honor Ceremony each, honoring the donated cadavers with the other SHP class presidents. You will also be meeting with the faculty about once a month to discuss the program and anything that pertains to your cohort! You will also meet about once a month with the Dean and other class presidents on topics regarding BCM SHP as a whole. Overall, the position of president is very rewarding! You are a beacon of support to your classmates and act as a sounding board for any ideas they may have.

**Social Committee:** As co-chair of the social committee, I've had the opportunity to come up with fun ways to keep the class connected while safely social distancing. Some of the fun things that we've done include virtual game nights (like Bingo, Pictionary, Kahoot!, JackBox games, and Among Us), theme days (Hawaiian shirt day, yellow-out for Spina Bifida awareness month, Halloween, and ugly Christmas sweaters), and socially distanced holiday gatherings (like our Halloween costume contest and Zoom Christmas party). It's been a fun challenge thinking of innovative ways to help us socialize as a cohort!

**Yearbook Committee:** As yearbook committee co-chairs, Kelley and I focus on either taking or collecting photos of the cohort to organize into the O&P Section of the yearly BCM yearbook. We also organize graphics for specific events, like the one for spina bifida awareness month [spina bifida yellow shirt photo here]. Lastly, we take on relevant personal projects, like collecting photos and videos for an O&P centric video to showcase at the white coat ceremony at the end of the didactic year.

**Curriculum Committee:** The O&P Program Director appoints a representative from each cohort to the School of Health Professions' Curriculum Committee. All representatives are voting members and attend quarterly Allied Health Curriculum Committee meetings (or sometimes less frequently\*) to discuss perspectives on the activities of the committee.

# Student Services

Compiled by Matthew Ho, Student Service Representative for the Class of 2022

Hi Class of 2023! Congratulations on starting this next segment of your O&P journey. I'm incredibly excited at the prospect of having 24 more stellar soon-to-be colleagues in this amazing field! I'm Matt, the Student Services Representative for the 2022 class, which means I'm involved in the collaborative effort between faculty, staff, and students of BCM to discuss ways the university can better serve its students across a multitude of aspects. From my time here, I can tell that the people at BCM care greatly about the success and well-being of the students, and it's shown through the huge variety of resources and services that are available to us. Below are just a few that I feel may serve you significantly during your time at BCM.

**Academic Excellence:** The Academic Success Center is a huge resource for academic support. While some of the study spaces they provide on campus are closed due to COVID, you can still find areas that are open to students, with restrictions. They also offer one-on-one advising and a large variety of workshops tailored to different aspects of academic success, such as time management, goal setting, and study strategies. BCM also offers online guides on how to navigate important sites and software you'll need while in school, such as BlackBoard, your Student Portal, and IT support.

**Health and Wellness:** One of the most welcoming surprises I had upon entering BCM was how much emphasis and value they place on health and wellness. They truly recognize the rigor and strain that a graduate students can experience, and thus go to great lengths to provide resources that cover several areas of wellness, from physical and mental to even spiritual. All students are eligible for a free intake appointment for mental health services, including psychotherapy and psychopharmacology. Based on the intake, you may be eligible for 12 free sessions a year. If not, they work closely with you to provide appropriate referrals. All meetings are confidential. The WellConnect program also has a 24/7 hotline for crisis counseling.

**Financial Assistance:** The Office of Student Financial Aid is an amazing resource for any financial needs and concerns. On top of providing online guides and resources for maintaining financial wellness, they are readily available to help you personally via one-on-one advising sessions. I myself have met with an advisor on several occasions, and they never fail to answer all my questions fully, while also providing valuable insight and additional resources, such as a complete loan history. You can also contact them about scholarship opportunities both inside and outside BCM.

**Inclusion and Diversity:** BCM does its part to recognize and foster diversity on its campus. There is an entire administrative office dedicated to overseeing diversity, inclusion, and equity at the college. The Student Commons, Baylor's weekly newsletter, always highlights ongoing news and events regarding these topics. Throughout the year, there are ways through which you as students can become involved as well. For example, every year the college hosts the Compassionate Conversations program, which provides opportunities for students, trainees, staff and faculty to come together and discuss important social justice issues facing our communities.

These are just a portion of the resources and services BCM has to offer, and I encourage you to explore more and find whatever may serve you at [www.bcm.edu/student-services](http://www.bcm.edu/student-services).



# The Academy and ROMP

Compiled by Karrigan Smith, Student-Resident Academy Liaison, ROMP Ambassador

My name is Karrigan Smith, and I am so excited to welcome y'all to BCM! This section talks about The American Academy of Orthotics and Prosthetics, a platform that allows members to connect with experts within the field to further their own professional growth. The Academy offers its members various seminars, online courses, patient resources, and mentorship opportunities. The annual student membership fee is \$35, and I really could not recommend enough investing in this opportunity. As a student member, you will have access to all that I mentioned previously, in addition to board exam preparation courses, how-to video demonstrations, opportunities to join the Academy's scientific societies to foster particular interests of yours, and so much more. You'll see that there are a lot of opportunities this platform can offer to you, both now as a student and during your entire careers as clinicians.



You'll find, too, that there are plenty of opportunities for leadership roles within the Academy. I am the student-resident liaison between the Academy and BCM Class of 2022. As liaison, I am responsible for attending quarterly meetings with representatives from other O&P schools and relaying the information to my classmates with the latest updates. I was even given the opportunity to present on a non-profit organization within O&P that I am very passionate about. Their structure has changed within the last year, so now any Academy member is able to attend these quarterly meetings. Another incentive to sign up and take advantage of this wonderful opportunity! Mark your calendars for The 48th Academy of Orthotics and Prosthetics (AAOP) Annual Meeting and Scientific Symposium which will take place March 2 – March 5, 2022 in Atlanta, Georgia.



I'm so excited to share with you one of my favorite non-profit organizations: The Range of Motion Project. ROMP offers prosthetic care to those who cannot afford it, primarily those living in Ecuador and Guatemala. I was first introduced to ROMP during undergrad where I participated in a 10-day clinical trip to Quito, Ecuador. There, I helped fabricate custom prosthetic limbs for 18 impoverished South American amputees- it was such an amazing experience! As a graduate student, you may be wondering how on Earth you would have the time to jet down to South America for an experience like this. However, I'm happy to share that there are so many ways to get involved, right from the comfort of Houston!

ROMP relies heavily on the use of recycled componentry to deliver quality prosthetic care. This is a tremendous opportunity for us to get involved, as the US does not allow us to use recycled componentry with our patients. With that said, consider volunteering to seek out clinics who would be interested in donating gently used prosthetic componentry to benefit ROMP patients in need of crucial prosthetic care.

One of the best ways to show appreciation for your own mobility and the fragility of it is to USE IT!! Dedicate a race, hike, walk, etc. to ROMP by participating in their Mobility Challenges throughout the year. This is a great way to explore your new city and raise awareness to help give the gift of mobility to others along the way. Added bonus: it's free to sign up! If you do decide that you'd want to travel down to Ecuador or Guatemala to volunteer, know that the structure of our residency program allows for the flexibility to take time away to do so. In fact, it's highly encouraged, and I know cohorts in the past have gone down to help out! Check out [romp.org](http://romp.org) for more information, or reach out to me directly!



# Policy in Orthotics & Prosthetics

Compiled by Emmi Hilbish, Policy Chair for the Class of 2022

Hi there! Welcome to BCM! I am the Class of 2022's Policy Chair here at Baylor. This means that I have the privilege of learning about and keeping the class informed on changes in legislative policy related to O&P care.

Policy (i.e. the rules and laws that regulate the way we are able to do our jobs and care for patients) is something you will come to learn greatly influences our profession. For example, one of the biggest policy topics that influences our field is Medicare. You may have heard of Medicare before and know that it is a federal health insurance program that covers medical care for adults over 65+ and younger people with permanent disabilities. A huge population of O&P patients are covered by Medicare, so for that reason it is important to know what that insurance plan does and does not cover. What may surprise you to learn, however, is that Medicare as a system sets the standards of coverage for almost all other health insurance companies in the country. As such, knowing, understanding, and being able to apply knowledge on how Medicare works will prove to be important in your daily experience as a clinician. And that's just brushing the surface.

From issues of insurance, education requirements, and patient care protocols, the broad range of policy issues is influenced heavily by the politicians in our government that may or may not have exposure to O&P. That is why it is so important for every clinician to know and understand the ins and outs of these rules so that we not only can care for our patients in an ethical and law-abiding way, but so we can advocate for change for ourselves and patients when given the chance. If you would like to learn more about policy relating to our field, check out the American Orthotic and Prosthetic Association and the National Association for Advancement of Orthotics and Prosthetics online. They have great resources for staying up to date on this topic. Additionally, consider running for Policy Chair of the Class of 2023! Every year, the American Orthotic and Prosthetic Association (AOPA) has a policy forum in Washington, DC with the goal of meeting with "congressional representatives and their staff to present the realistic policies that will enable O&P providers to improve patient care" that the Policy Chair will get to attend (COVID allowing).



WELCOME TO O&P POLICY!

For more information, check out:

AOPA's Website: <https://www.aopanet.org/legislative-regulatory/2020-policy-forum/>

NAAOP's Website: <https://naaop.org/get-informed/#efforts>

# A Look into the Life as a BCMOP Student

Compiled by Jordan Remont

If there's one thing you should be prepared for at BCM, it's that we learn a ton of information related to O&P. However, this learning is super hands on. We spent a lot of time in lab trying to hone in on our skills. Take a look at some of the cool experiences that we have had at Baylor!



# Study Tips and Tricks

## Tips and Tricks to Successful Studying at BCM

Assembled by Kelley Berk

### Preface

By this point in your academic careers, you know that each and every student has their own routines, methods, and ideas on studying that works best for them. Many of you will be coming straight from undergrad, but some of you, like me, took a brief hiatus post-graduation and are now returning to school. Wherever you are coming from, this program will definitely be different than what you have experienced in the past. I wanted to pass along a few tips and tricks that have kept me organized and efficient in my studies thus far! Remember – each of us as people (and as students) function differently. Find what works for you and enjoy the ride of graduate school at BCM!

### iPads

Your iPad will be your saving grace when it comes to note taking, document sharing, recording gait videos, and so much more. I'll dive into some of my favorite apps, care tips, and suggestions for best utilizing features on your iPad.

**Protect your iPad at all costs.** Buy a good case and a screen protector (I bought a case and a tempered glass screen protector on Amazon for really great prices). When you are in lab, your iPads will encounter water, plaster, dust, and even a few falls if you're not careful. It is important to keep your iPad in working order to most benefit from it while in school and beyond.

**Get a stylus or Apple Pencil.** Unless you are planning on printing out the slide decks for every lecture and handwriting your notes (which I do not recommend – save the trees!), I suggest getting a stylus of some sort with a tip for writing. It will save you tons of trouble trying to type in text boxes and allow you to write and draw diagrams in the margins of the slide decks while in lecture.

**Applications.** The world of applications is endless. These are a few of my favorites that we use every single day at BCM.



**Notability** – This is the note taking application that we use. Download it, learn it, love it. There are so many incredible features in notability – class organization, color coding, photo uploading and editing... the list goes on. I'll put together a little video to help y'all get acclimated to Notability in the near future – stay tuned!

**Blackboard** – This is the database we use as a program for professors to upload documents for us, turning in assignments, and grades. Having it on your iPad allows you to import everything (readings, assignments, syllabi, slide decks, etc.) directly into Notability – convenient as heck!

**Box** – As a program, we also use Box to upload large slide decks, gait videos, etc. I also recommend paying the extra few dollars to back-up Notability to your Box account. \$2/month to ensure that you don't accidentally lose all of your notes/study guides/etc? Score!!

**Outlook** – This is our e-mail and our class schedule all in one! Having this on your iPad can allow you to download attachments/files from your e-mails directly to Notability, see updates to the calendar quickly and easily, and get notifications for e-mails as they come in.

### Lectures/Note-Taking

**Slide Decks.** Like I said, download your slide decks into notability and write ALL OVER THEM. Highlight, star, underline, add, draw pictures, etc. Science has proven that writing/highlighting in certain colors can help the brain recall things (seriously! – look it up!)

**Ask Questions.** Seriously. Unmute yourself and ask your question. Our faculty LOVE to answer any/all questions that you have, and chances are most of your classmates are wondering the same thing. If you truly do not want to ask it in class, write it down and send an e-mail for clarification. You will learn a substantial amount more in school if you put in the effort to ask questions as they come up.

**Office Hours.** UTILIZE THESE. Your faculty are taking extra time out of their incredibly packed schedules JUST FOR YOU. Ask questions or pop in to say hello... you will learn so much.

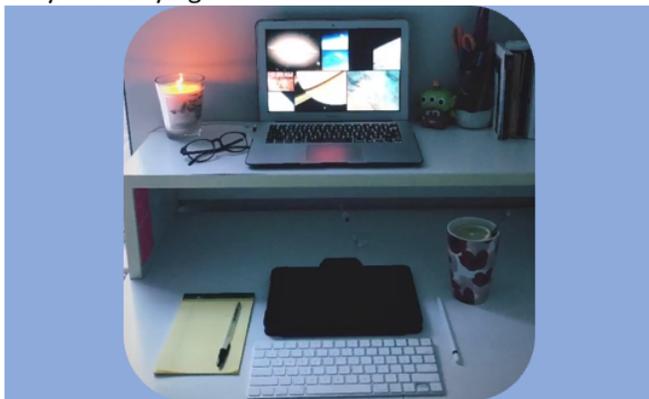
**Devices.** Charge your iPad/laptop/stylus every night. Make sure you aren't scrambling for charging cables or dealing with a dead iPad or Apple Pencil in the middle of class and missing important information.

**"BOARDS".** When a professor tells you something will be on your board exams, WRITE IT DOWN. They know what they are talking about. They are throwing you a bone. Take it, learn it, use it.

**Organization.** Take the time to organize your classes, notes, study guides. Doing this from the very beginning will save you time in the long run looking for notes or studying for exams. Push yourself to get organized early – you'll thank yourself for it later.

### Studying

**Environment.** Set yourself up for success by putting yourself in an environment conducive to productivity. Work in a place that is clean, organized, and free of distractions. Work at a desk or table and get a comfortable chair. I always clean my room before I sit down for a study session. Getting all of my to-do's out of the way allows me to clear my head and focus only on studying.



**Schedule time to study daily.** Make yourself a list of topics to review each week and designate a time to re-read, re-write, or re-watch lectures. Be as proactive as you can. Our class load is pretty big – DO NOT PROCRASTINATE. Exams will cover a large amount of information, so do yourself a favor and spread it out! Studying is so much more feasible and beneficial when you don't have to cram the night before a big exam. As a serial procrastinator in undergrad, 12/10 do not recommend bringing that to grad school.

**Blue Light Glasses.** Oddly specific, but I really recommend investing in a pair of these (they are relatively inexpensive on Amazon). Take care of your

eyes and your brain. Blue light glasses help reduce eye strain and headaches that come along with extended screen time. Since we take notes on iPads, that's a lot of extra time looking at a screen when studying.

**Take Breaks.** Out of all the tips I give you, I hope you take this one. Give yourself some grace. Reward yourself with breaks and allow yourself to breathe. Fill your study breaks with things that you enjoy: cooking a healthy meal, a stroll through Hermann Park, exercise... anything that takes your eyes off of a computer screen and gives your brain a true break. Burnout can happen if you're not being proactive in taking breaks. Take care of yourself first!! You've got it!!

### Final Thoughts

Our program at BCM is built on cooperation. You and your classmates are all learning alongside each other – it isn't a competition. Share study guides, ask each other questions, help each other in lab, support each other. Teaching someone else is one of the best ways to learn. We are all experiencing similar things – successes, failures, highs, lows, Imposter Syndrome, stress, burnout, etc. – all of this comes with the type of people that O&P draws in. We all are here because we are passionate about O&P and we are working to be the best possible clinicians, not only for us, but for our patients.

While studying is a huge part of the learning process, remember that we are going to be learning new things for the rest of our careers! You will learn so much through lectures and class, but you will learn so much more through asking questions, participation in classes, talking with faculty in lab, and interacting with your classmates. Take advantage of every opportunity to learn and soak up all the tips and tricks that you learn from your faculty along the way – they are truly the best of the best!

Finally, something that you will hear often in your time at BCM – remember your "why". There is a reason you are in O&P and there is a reason that you are here at BCM. Your passion will take you so far. If you are every feeling stuck or discouraged, remember why you are venturing down this path. That intrinsic motivation is the type of motivation that will take you incredible places. You are all meant to be here – welcome to the BCM OP Family.

Please feel free to reach out to myself, or any of the members of the cohort of 2022 with any questions. We are always here to help!

# Health and Wellness

Compiled by Keelan Gregg

Your Didactic year is truly an amazing time! You will develop many skills both physically and mentally during your year at BCM that will increase your productivity and efficiency in your future practice. This is also a time that you will dive into educational material harder than ever have before. The dedication and drive of you as a student will ultimately lead you to success in the program. There will be times of stress that may come your way as well as long days in lab. It is always good to have an outlet to defuse stress for a healthy lifestyle. You need to not only take care of you mind but your body as well. Creating a routine for each day will increase your chances of success during your time BCM as well as lay the foundation for your daily routine as a future practitioner. Many of our current students have made it a priority to do things such as join a gym, CrossFit facility, or group workout classes to ensure they stay active physically as well. Our class also played Spike ball, Wiffle ball, and many more random sports in the park!

Currently due to Covid, Baylor College of Medicine's in-house gym is temporarily closed. However, there are plenty of other great places to exercise throughout your time at BCM. The University of Texas Health and Wellness Recreation Center is more than inviting and open to the students at colleges in the medical center. The Rec Center offers monthly memberships for \$30/month or \$75/3months. There is no start-up fee or cancelation fee. The Rec Center offers a large open room with various cardio equipment such as treadmills, stair climbers, ellipticals, recumbent bicycles, and more. The Weight Room has free weights, dumbbells, squat racks, as well as cable machines. There is a private room for working out if you prefer. The Rec offers a 13-lane swimming pool that is heated for swimming laps all year round. There are 2 tennis courts, 1 pickleball court, and outdoor basketball courts. The Rec center offers many friendly competitions for members to be a part of if you are into a little competition. In a normal year they offer intramural sports but these have temporarily stopped for the time being. The UT Rec offers everything necessary to balance your school and healthy lifestyle while attending Baylor College of Medicine.



# Volunteering Opportunities

Compiled by Lucas Crisanti (Class of 2021) and Michelle Cole

Before interviewing at Baylor College of Medicine, I would have never thought that I would be moving to Texas for graduate school. If you're reading this, it's because you felt a similar feeling when you interviewed in February "this is where I belong, even if I did not plant on moving to Houston for school." The move to Houston was not the easiest for me. Being born and raised in Michigan, the wall of humid and hot air I felt when I moved here in June was a bit intimidating to say the least. I also did not know anyone in Houston, or even in the whole state of Texas. That being said, I immediately fell in love with the coursework at Baylor and my classmates soon became my best friends. In the beginning, school without a doubt became stressful at times. My favorite way to decompress is to run, so as one can imagine, I began to run more once I moved to Houston. Running is great and all, but it can become a bit boring when you are doing it by yourself all the time. Luckily, I had read the newsletter that the class a year above me sent out, and I was able to learn about the amazing organization, Team CATAPULT. Houston's



Team CATAPULT is an organization that turns disabilities into capabilities through assisting individuals with physical disabilities and visual impairments through coaching and running. Team Catapult's community is made up of challenged athletes and guides (like yourself) who walk or run with them. They meet on Wednesday evenings and Saturday mornings each week for practice. During practice, each guide is paired with a physically or visually impaired athlete that you run with. This is an organization where people of all physical fitness levels can volunteer. Some of the athletes just want someone to walk with and not run! My first practice with Catapult was just 2 weeks after I had moved to Houston. I was nervous and did not know anyone in the organization. That being said, as soon as I showed up to practice, I was greeted by a group of individuals that would soon become my second family outside of the one I had at Baylor College of Medicine. The athletes and other volunteers were eager to show me how to guide. I fell in love with this group of people and attended practice every Saturday morning. At times, I felt as if the visually impaired athletes were guiding me. They gave tips on how to best assist them and were very patient with me. They also gave me their unique perspective on life, and we had many fascinating and comical conversations during our runs. I formed relationships with this group of people that I hold close to my heart. Volunteering with Team CATAPULT was one of the best decisions I made outside of attending grad school at BCM. I learned a lot about myself and was inspired to see what people with disabilities can accomplish. My advice to you: step outside your comfort zone and meet people outside of the program. Volunteering is a great way to make new friends and have a positive impact on the community around you.



Lone Star Adaptive Soccer Association is an organization established to provide opportunities for athletes of all ages with a variety of limb differences to play soccer both in recreational and competitive settings.



I was able to find this wonderful organization through a patient model that came to BCM. Lonestar Adaptive has allowed me to pursue my passion of soccer and prosthetics all in one. I am the volunteer goalkeeper coach and work with the keeper on the team who has an upper limb amputation. Practices are currently every other Sunday and if you are interested in volunteering feel free to reach out to me! – Michelle Cole

# Houston Hotspots

Compiled by Taylor Parker

Welcome to Houston!! Houston truly is its own place here in Texas and has a wide range of things to do and eat! School can be overwhelming at times so be sure to get out and take a study break when you can. This list is only the tip of the iceberg so grab some classmates and get out and explore the city for yourself!

## FOR FOODIES:

- Chuy's
- The Pit Room
- Truth BBQ
- Whataburger
- House of Pies
- Torchy's Tacos
- Hu's
- Krispy Kreme Donuts
- Pistolero's
- Present Company
- Rodeo Goat
- Cane's
- El Tiempo
- HEB's fresh bakery tortillas
- Rice Box
- Sweet Paris
- La Tapatia
- Tiny's Milk & Cookies
- Mico's Hot Chicken
- YoYo's Hotdogs
- Tiger's Den
- The Waffle Bus
- Cabo Bobs
- Goode Company
- Ninfa's

## BREWS WITH CREWS:

- Buffalo Bayou Brewing Co.
- Hopheads
- St. Arnold's Brewery
- The Rustic (live music\*)
- Karbach Brewery
- Under the Radar
- Kirby Ice House
- Cidercade
- 8th Wonder Brewery
- Little Woodrow's
- Truckyard
- Beer Market Co.
- Heights Bier Garten
- Holman Draft Hall
- Bungalow Heights

## FOR COFFEE CRAVERS:

- Campesino
- Cavo
- Brass Tacks
- Black Walnut
- Inversion Coffee
- Throughgood Coffee
- Siphon Coffee
- Retrospect Coffee Bar
- Black Hole Coffee House

## H-TOWN THINGS:

- Rice Village
- Texans
- Rockets
- Astros
- Chinatown
- Skyspace
- Houston Zoo
- Aquarium
- The Galleria
- Museums (sooo many)
- The Galleria
- Space Center

## EXPLORE TEXAS:

- Galveston (1hr)
- Blue Bell Ice Cream Factory (1.5 hrs)
- Austin (3.5 hrs)
- Dallas (4 hrs)
- San Antonio (3.5 hrs)
- Waco (3 hrs)
- Big Bend National Park (9 hrs)

## PARKS:

- Hermann Park
- Buffalo Bayou Park (sand volleyball courts\*)
- Spotts Park
- Memorial Park
- Eastern Glades Park
- Discovery Green



# Additional Info

## Faith in Houston

Due to Covid-19, many of our class has been unable to attend church in person. Hopefully this can change soon and we wanted to provide you with this list from the previous class if you were interested. If your faith is important to you, then there are a ton of young adult communities you can join to continue your worship. Here is a list of a few places the previous cohort has gotten involved in:

St. Vincent de Paul, St. Anne's Catholic Community, TMC Catholic Campus Ministry, Hope City, City of Refuge, Memorial Church of Christ, Elevate People, Grace Community Church, Lakewood, Bayou City Fellowship, The Story Houston

## Facebook Group

If you haven't joined the Facebook Group for the Class of 2023, find me (Michelle Cole) on FB and I will add you! Important announcements and updates will be posted here so please join!

## Housing in Houston

My cohort has compiled a housing spreadsheet of pros/cons, distance from campus, and average rent of the apartments we have lived at during our didactic year! Please take a look at it and reach out if you have any questions.

<https://docs.google.com/spreadsheets/d/1pMY0d-8BVCsvA0a5sDG8BNq6aFZCHF-jG4hp1rCmGoE/edit?usp=sharing>

## Buy/Sell Spreadsheet

Please take a look at this spreadsheet to find furniture and other things you may need for your time in Houston! This is a live document so it will update as we get closer to moving!

[https://docs.google.com/spreadsheets/d/1jRm\\_iWDR1WRdMHP2kGiioN0NTcAI0pUEez1GpeOV1FE/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1jRm_iWDR1WRdMHP2kGiioN0NTcAI0pUEez1GpeOV1FE/edit?usp=sharing)

We can't wait to see you all soon!

