

Gastrointestinal System (GI)

Course Directors: Dr. Charina Ramirez and Dr. Mark Pedersen

Grading:

- Quiz 1: 9%
- Quiz 2: 3%
- Quiz 3: 9%
- Pathology Quiz 1: 3%
- Pathology Quiz 2: 3%
- GI Team Based Learning (TBL): 5%
- Liver Team Based Learning (TBL): 5%
- FCR Team Based Learning (TBL): 5%
- Problem Sets: 3%*
- Attendance Points: 4%**
- Completion of Course Survey: 1%***
- Self-Directed Learning: 5%****
- Final Exam: 50%

*The problem sets will be graded on completion. One point will be awarded for each problem set.

**You must attend four of the enrichment / active learning activities listed above to receive total credit.

***One point will be awarded if the course survey is completed within three business days of the completion of the course.

****As offered in the other systems-based courses, a self-directed learning activity is offered in this course. This will present 5 bonus points for the course. Please see the end of the course policies for specifics.

A cumulative weighted score of $\geq 70\%$ correct for all graded activities will be counted as a passing grade. Students must also score at least a 70% on their final exam in order to pass this course.

Calendar:

- Course: 8/5 to 9/4 (first 4.5 weeks of class)
- Lecture: 9 am – 12 pm most days
- Problem sets due: 9/4 (4.5 weeks in)
- Self-Directed Learning: 9/3 (4.5 weeks in)
- Quizzes: 8/15 (1.5 weeks in), 8/16 (2 weeks in), and 8/28 (3.5 weeks in)
- Pathology Quizzes: 8/16 (2 weeks in) and 8/30 (4 weeks in)
- TBLs: 8/19 (2 weeks in), 8/22 (2.5 weeks in), and 8/29 (3.5 weeks in)
- Enrichment Activities/Attendance Points: PBL-1 8/12 (1 week in), Review 8/12 (1 week in), PBL-2 8/26 (3 weeks in), Discussion 8/26 (3 weeks in), Patient Experience 8/27 (3 weeks in), PBL-3 8/30 (4 weeks in), and PBL-4 8/30 (4 weeks in)
- Simulation: 9/3 (4.5 weeks in)
- Final exam: 9/4 (4.5 weeks in)

Required activities: TBLS, active learning sessions, quizzes, problem sets, final exam.

Syllabi: The length of the syllabi varies based on the topics covered. Each syllabus provides learning objectives you can refer to test your understanding of the topic.

Textbook: As with other courses in medical school, there are no required textbooks; you will only be tested on material in the lectures/syllabus.

Additional Resources: The tutoring slides and sessions for this course are wonderful. They provide great lecture summaries and highlight important points.

General Comments: As the Gastrointestinal System (GI) course sits right in the middle of your Integrated Medicine (IM) curriculum, many of you will understand the flow and challenges presented by the IM blocks. Two things present challenges to this course. One, many of you are returning from exciting and eventful summer breaks spent with family, on vacation, volunteering, and conducting research. It can take time to adjust back to medical school, and the course moves quickly. It is always best to start with what worked the prior semester, but you've likely grown as a person and student in this time, so don't be afraid to continue to optimize your study habits. Two, many students start to feel the approaching stressors of Step 1 and Clerkships. It is during this semester that many students will start to supplement their study time with a review of other material in advance of Step 1. Still, finding a balance between preparing ahead and ensuring you are prepared for the GI course is essential. Clerkship Pathway preferences are also sent out around the end of the GI block. This is a stressful time as we medical students tend to stress and agonize over it, but we assure you that you will have a fantastic clerkship experience regardless of your pathway.

Advice from the Course Director(s):

1. When we talk to the students who don't do as well as they want to in the course, the most common mistake we hear is a near complete reliance on outside study materials (e.g. Anki, Pathoma, etc). These resources are great, but your studies should stay grounded in the materials that we provide (lectures, syllabus).
2. The course moves *very* quickly in the first week with a lot of content. It is critical to stay on track with the information. Getting behind on information is probably the second most common issue we hear from students who don't do as well as they want.
3. The timing for questions on quizzes and exams is now **1 minute and 30 seconds per question**. This is shorter than any prior semester. Please practice, as this faster pace can be quite an adjustment!
4. If you are trying to figure out what is important from a lecture, look at the lecture objectives. It may clear up your questions about what we expect you to know and what we do not expect you to know.
5. Contact us if you have questions! We are here to help you learn.

Advice from MS2s:

1. The GI block is filled with high-yield information that will come up on nearly every rotation. The course includes both gastrointestinal and hepatobiliary medicine, which is a wide range

of medicine. It rapidly integrates metabolism, energy homeostasis, GI and vascular anatomy, allergy and immunology, and a host of bugs and drugs. The “Integrated” part of the IM blocks becomes more apparent as you progress through the third-semester curricula. The above comments from the course director hold true. The course moves quickly and covers a broad range of pathologies and specialties that can be hard to catch up on if you fall behind.

2. As always, the tutoring slides for this course are highly recommended. The students and faculty who produced these excelled in the course and ensured they covered the high-yield topics for the course and future examinations.
3. Third-Party Resources:
 - a. As mentioned above, the material should supplement, not replace, a well-organized course. Do not sacrifice preparation for the course with future Step 1 preparation and vice versa.
 - b. Robbins and Pathoma are always useful reviews, particularly for the pathology and microanatomy review that comes up early in the course.
 - c. Sketchy Bugs and Drugs (Micro and Pharm) can be helpful as many of the topics first reviewed in O&H resurface during this course (and on the wards!).
 - d. Anki: Your choice between internal decks and external decks.
4. Try to balance completing research projects from the summer, excelling in the course, and preparing for future board exams and clerkships.

Good luck, and welcome to MS2!!!

Endocrinology, Energy Homeostasis, and Reproductive Health (EER)

Course Directors: Dr. Andrea Johnson and Dr. Ankeeta Mehta

Grading:

- Quiz 1 (Endo): 10%
- Quiz 2 (Repro): 10%
- Pathology Small Group Quiz (Endo): 4%
- Pathology Small Group Quiz (Repro): 4%
- Histology Problem Sets (x2): 2% each*
- Food Desert Activity: 3%
- Contraception Team-Based Learning (TBL): 10%
- Simulation Lab: 4%
- Pathology Gross Lab: 2%
- Completion of Course Survey: 1%**
- Endo Final Exam: 25%
- Repro Final Exam: 25%***
- Self-directed learning: Up to 5%****

* One point will be awarded for the completion of each problem set.

**One point will be awarded if the course survey is completed within three business days of completion.

*** The Reproductive Health final includes all material taught after the Endocrine final.

However, significant overlap between the two sections of the course exists (for example, the HPA axis), so you may be tested on overlapping material.

****As offered in the other systems-based courses, a self-directed learning activity is offered in this course. This will present 5 bonus points for the course. Please see the end of the course policies for specifics.

A cumulative weighted score of $\geq 70\%$ correct for all graded activities will be counted as a passing grade. Students must also score at least 70% on their final exam in order to pass this course.

Calendar:

- Course: 9/5 to 10/16 (second 6 weeks of class)
- Lecture: 9 am – 12 pm most days
- Quizzes: 9/13 (1 week in), 10/7 (4.5 weeks in)
- Pathology Small Group Quizzes: 9/13 (1 week in), 10/14 (5.5 weeks in)
- Problem sets due: 9/27 (3 weeks in), 10/15 (5.5 weeks in)
- TBL: 10/4 (5 weeks in)
- Food Insecurity PBL: 9/23 (2.5 weeks in)
- Simulation: TBD
- Pathology Gross Lab: 10/11 (5 weeks in)
- Endocrine Final Exam: 9/25 (3 weeks in)
- Reproductive Health Final Exam: 10/16 (6 weeks in)

Required activities: TBLs, PBLs, Pathology Sessions, Sim Lab, problem sets, quizzes, exams.

Syllabi: The length of the syllabi varies based on the topics covered. Each syllabus provides learning objectives you can refer to test your understanding of the topic.

Textbook: As with other courses in medical school, there are no required textbooks; you will only be tested on material in the lectures/syllabus.

Additional Resources: The tutoring slides and sessions for this course are wonderful. They provide great lecture summaries and highlight important points.

General Comments: Now that medical school is back in full swing, the Endocrinology, Energy, and Reproductive (EER) course integrates topics that can appear in any specialty and will be encountered almost daily on the wards. In the first half of the course, you will rapidly move through the different endocrine organs, quickly learning the physiology and hormonal axes that regulate, well, everything. Understanding the relationship of the various hormones and the systems they regulate will be critical for understanding how the axis is disrupted in pathologic states. Finding a way to keep all the hormone names and pathways organized is priority number one. Additionally, the reproductive course builds on many of these concepts while integrating embryology, human development, GU anatomy, and endocrinology. As with the theme with all of the IM blocks, the course moves quickly, here more than before, starting mid-week, right after the GI final, and squeezing two courses worthy of a 4-week course into six weeks. While the examinations are *technically* separated from each other content-wise, in reality, there is tremendous overlap. For example, knowledge of the HPA axis is critical to understanding the menstrual cycle, fertility, lactation, menopause, and spermatogenesis. Endocrine disorders also affect people during pregnancy, and topics like diabetes are fair game to be tested (and gestational diabetes becomes a significant learning point for your OB/GYN rotation and STEP2).

Advice from the Course Director(s):

1. Don't fall behind! The course content is very dense. Your instructors and course directors are here to help, so reach out if we can assist.

Advice from MS3s:

1. Those first few lectures right after the GI Final set the foundation for later lectures. Everyone is exhausted after the midweek final. Be sure to revisit those first two days of lectures before the start of week two.
2. I remember getting my pathway assignment right around the start of EER. At the time, it seemed like the biggest deal in the world that I did not get my first choice, and I let it weigh on me far more than I should have. There are pros and cons to all of them. Don't sweat it; focus on finishing the semester.
3. Two more courses left, and you are done with Preclerkship! Keep going!
4. Continue to balance reviewing old material and STEP preparation with the new course material.

Good luck, and keep pushing through!

Brain and Behavior

Course Directors: Drs. Adriane dela Cruz, Bret Evers, and Alexander Frolov

Grading:

- Final Exam A: 27%
- Final Exam B: 28%
- Quiz 1: 14%
- Quiz 2: 10%
- TBL: 6% (2% iRAT, 4% gRAT)
- Neuro CBL: 2 bonus points (1 per CBL)
- Small group pathology quiz: 5%
- QI Module completion: 1%
- Brain cutting session: 1%
- Gross pathology session: 1%
- Neuro PBL (take-home): 3%
- Simulation Activity: 1%
- Toxidrome-palooza: 1%
 - Score $\geq 75\%$: 1 bonus point
- Psych CBL (in person): 1%
- End of course survey: 1%

A final grade of 70% or above will be counted as a passing grade. Students must also score at least 70% on both final exam A and B to pass the course.

Calendar:

- Course dates: 10/17 to 12/4
- Neuro CBLs: 10/22, 10/25 (optional for bonus points)
- Brain cutting session 10/28 or 10/29
- TBL: 10/30
- Quiz 1: 10/31
- Gross pathology session: 11/4 or 11/5
- Take home PBL: 11/7
- Quiz 2: 11/8
- Small group pathology session and quiz: 11/11
- Final Exam A: 11/15
- Toxidrome-palooza: 11/22
- Sim session: 11/22
- TBL: 11/25
- Psych CBL: 12/2
- Final Exam B: 12/5

Required sessions: Brain cutting session, gross pathology, small group pathology session, TBLs, CBLs (neuro are optional for bonus points, psych is 1% of grade for attendance), take home PBL, Toxidrome-palooza, sim session.

Syllabi: Like other preclerkship courses, all pertinent course content and materials can be found in the syllabi. Each syllabus provides learning objectives you can refer to test your understanding of the topic.

Textbook: No required textbooks; you will only be tested on material in the lectures/syllabus. Please refer to the syllabus for suggested supplemental reading.

Additional Resources: The tutoring sessions and slides are great for a review of course content and summary of high yield topics. Sketchy is particularly helpful for memorizing the psychiatric drugs. Another option is to follow along in First Aid to get in a pass before step 1 dedicated.

General Comments: Getting to your last preclerkship course is very exciting and a huge accomplishment- you made it! It is important to finish off strong as this course moves fast and contains a lot of material that will show up on future board exams and your clinical rotations. Building a strong foundation during this course now will help you tremendously later on. The course is more or less divided into two sections with neurology topics in the first half and psychiatry/behavioral topics in the second half, and each with a corresponding final exam. The second final is not cumulative for material that was tested on the first final. The neuroanatomy and nervous system physiology may be novel for a lot of students and difficult to grasp at first. Make sure to develop a good understanding of those topics, which are mainly taught at the beginning of the course, as they will be relevant throughout the entire course. Many topics in this course are memorization heavy, such as neurotransmitters, spinal pathways, toxidromes, and psychiatric symptoms, so be sure to dedicate time to studying.

Advice from Course Directors:

1. Don't fall behind (as you all have emphasized) and come to the course directors with questions about the material, even if the questions seem small! We want to be helpful and clear up any questions of confusion.

Advice from MS3s:

1. Anki deck is great for reviewing the neuroanatomy
2. Recommend using sketchy to learn the psych drugs
3. Pace yourself and try not to get behind as the course moves fast and covers a lot of material
4. Continue to balance reviewing old material and STEP preparation with the new course material.

Good luck and finish strong!