Life at Pritzker
Pritzker School of Medicine
Class of 2020
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Welcome to Pritzker from the Class of 2019!
Here’s to an Amazing Next Four Years...

See You in August!

Photo Credit: Andrew Wilmington
Welcome!

Dear Class of 2020,

We are so thrilled to welcome you to Pritzker and look forward to your arrival on campus in just a few short months! You are about to embark on an epic journey and will be joining an incredible community composed of some truly amazing people. Not only will you be joining the Pritzker School of Medicine, but you will also be joining the University of Chicago and the greater Chicago community. The goal of this document is to provide useful and relevant information that will make your transition to medical school as smooth as possible.

There are four main sections to Life at Pritzker:

**Our Medical School**: Background information about our school’s history and traditions, student organizations, hospitals, and more. Learn more about who you’ll meet and where you’ll spend your time at Pritzker.

**Academic & Student Life**: Information about first year courses, what to expect on your first day of class, study advice, and perspectives from current students.

**Life in Hyde Park**: Gain some familiarity with the neighborhood that Pritzker calls home! This section is designed to help ease the acclimation process as well as provide helpful and interesting information about the area.

**The City of Chicago**: Learn more about the city of Chicago. We’ll walk you through each neighborhood and point out awesome places to visit and things to do.

Of course, this is only the beginning. Think of it as the preview to the real deal, the life at Pritzker you’ll begin in August.

Your editors,

Andrew Wilmington  Alex Spacht  Cindy Zhang  Liz Humphrey

*Note: The information in this book is accurate as of the date of printing. The Pritzker School of Medicine does not endorse any businesses or websites contained herein.*
About the Editors

The Life at Pritzker Crew: Liz, Alex, Cindy, and Andrew

Andrew Wilmington | arwilmington@uchicago.edu
Andrew was born in Texas, grew up in the Portland area, and went to the University of Washington in Seattle for college. He listens to excessive amounts of music and is a bit of a political junkie. In his spare time he enjoys biking the city of Chicago and usually brings his camera so he can snap some pictures along the way.

Cindy Zhang | czhang7@uchicago.edu
Cindy is from Cupertino, CA and grew up less than 5 minutes away from the spot shown on the iPhone Maps app. She went to Johns Hopkins in Baltimore for college, and is now sampling the Midwest before deciding on her favorite region of the country. Before coming to Pritzker she worked in clinical research at Johns Hopkins Medicine. She enjoys cooking new recipes, eating the results of those recipes, and cuddling with her dog Maggie, in spite of Maggie’s attempts to get away.

Alex Spacht | waspacht@uchicago.edu
Alex grew up in The Middle of Nowhere, NH, came to Chicago to attend the U of C for undergrad and has essentially never left. Prior to joining the Pritzker family, Alex worked in public sector consulting in Chicago for a few years before wising up and deciding to become a physician. Alex enjoys running along the lakeshore, exploring Chicago on her bike and playing with her dog, Max.

Liz Humphrey | ehumphrey@uchicago.edu
After a childhood nearby in Chicago’s northwest suburbs, Liz moved to the city for undergrad at Loyola University and decided to stay in her beautiful hometown for med school at Pritzker. Her hobbies include writing poetry, long runs on the lakeshore, baking all the things, and listening to too many podcasts for her own good.
Our Medical School
About Pritzker

Our History

The University of Chicago matriculated its first class of medical students in 1927 and ever since has served as a leader in training physicians and scientists. In recognition of the generous financial support extended to the medical school by the Pritzker family of Chicago, the medical school was renamed the Pritzker School of Medicine in 1968. Pritzker was the first medical school to hold the now international tradition of the White Coat Ceremony in 1989. The Pritzker School of Medicine has always placed a strong emphasis on research and discovery, and a commitment to translating the most recent advances in biomedical science to the bedside.

The most critical ingredient of our success is the quality of the students themselves. Here at the University of Chicago Pritzker School of Medicine, you will find a student body whose boundless enthusiasm for learning, investigation and science is matched only by its enthusiasm for teamwork, friendship, and making the most of this great city.
- Dean for Medical Education, Holly J. Humphrey, MD

Features of Pritzker:

<table>
<thead>
<tr>
<th>Class Size</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>Our small class size makes for a very close-knit community where collaboration thrives and opportunities abound!</td>
<td>Pritzker is located on the main university campus, which is ideal for taking advantage of interdisciplinary work, intramural sports, courses from other schools/divisions, and events</td>
</tr>
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<table>
<thead>
<tr>
<th>Community Engagement</th>
<th>Diversity</th>
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<tbody>
<tr>
<td>There are a multitude of avenues through which Pritzker students connect with the surrounding community: quarterly days of service, student-run free clinics, as well as many service-oriented student organizations</td>
<td>Our medical school demonstrates its commitment to diversity through the selection of a student body composed of different ethnic backgrounds, geographic origins, ages, fields of study, and professional interests</td>
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## Events & Traditions

### Summer & Fall Quarters

**White Coat Ceremony**  
A ceremonial start to the study of medicine

**First Cut Day**  
Enjoy milk and cookies after your first day in the anatomy lab

**Field Day**  
Compete with your society in a variety of outdoor games

**Boat Cruise**  
Celebrate the end of Head & Neck Anatomy with a night on Lake Michigan with anatomy faculty and your TAs

**Service of Gratitude**  
Cap off the human body course with an event where students share music and poetry reflecting on the anatomy experience

### Winter Quarter

**First Year Symposium & Talent Show**  
Explore topics of leadership and communication during the day, then show off your talents to your class!

**Beat the Blues**  
Beat the winter blues with delicious food, outstanding live music, and the best of company

**MS2 Clap-Out**  
Applaud the MS2 class as they finish their final CPP&T exam, marking the end of the preclinical curriculum

**Match Day**  
Celebrate with the MS4s as they find out their destinations for residency training

### Spring Quarter

**Senior Scientific Session**  
MS4s present their capstone research projects to faculty and fellow students

**Spring Wellness Picnic**  
Spend some quality time in the north sciences quad with students from all classes - complete with food and lawn games

**All-Society White Sox Game**  
Join together with students from all societies and all classes for a game near the start of the baseball season!

**Graduation**  
MS4s receive their official hoods and cap off their Pritzker experience

**Senior Show**  
The MS4s put their creative minds together and perform a spectacular theatrical production (and make complete fools of themselves)
Pritzker Societies

Close to the time of your arrival on campus, you’ll be placed into one of Pritzker’s four illustrious societies. Each society is named after a notable figure in Pritzker’s history and the societies are longitudinal, so you’ll be welcomed with open arms by the MS2s, MS3s, and MS4s that already belong to your society. The goal of the Pritzker societies is to provide opportunities for mentoring between students across the four years as well as to have a dedicated career mentor in the form of the society faculty advisors. In addition, each society plans its own social activities throughout the year and sometimes the societies join together to throw all-society events! Look forward to the all-society field day coming up in September.

Coggeshall - Advisors: Dr. Brian Callender & Dr. Mindy Schwartz
DeLee - Advisors: Dr. Patty Kurtz & Dr. Tipu Puri
Huggins - Advisors: Dr. Ross Milner & Dr. Arlene Roman
Rowly - Advisors: Dr. Wei Wei Lee & Dr. Jason Poston

Example Society Events: Second City Comedy Night, White Sox Game, Dinner, Day of Service, Night Out On Navy Pier, Ice Skating, Advisor Dinner

The Pritzker Chiefs

Each year, members of the fourth year class are elected to serve as Pritzker’s School leaders—known as the Pritzker Chiefs. The Pritzker Chief position was developed to emulate the Chief Resident system in the hospital. Just as Chief Residents bridge the gap between faculty and housestaff in the hospital, Pritzker Chiefs act as liaisons between the Pritzker administration and the student body.

Roles of the Pritzker Chief:
- Connect students with appropriate staff/admin/resource
- Plan mentorship events throughout the year for all classes
- Compose weekly newsletter “This Week at Pritzker”
- Are available to answer questions/chat with students!
- Serve as peer ombudsmen

Chris Mattson cmattson@uchicago.edu
Seyi Fayanju ofayanju@uchicago.edu
Maryam Mohammed mkmohammed@uchicago.edu
Pritzker Administration

Here at Pritzker, we love our administration! They are our lifeline, and we don’t know what we would do without them. At orientation you’ll get to meet most of these fine folks in person, but for now just know that they oversee everything that goes on at Pritzker, including the curriculum, admissions, financial aid, multicultural affairs, and student life.

The Office of the Dean
Oversees medical education for students at Pritzker, as well as for all residents and fellows enrolled in the graduate medical education programs at The University of Chicago Medicine.

Holly J. Humphrey, MD
Dean for Medical Education
pritzkerdean@bsd.uchicago.edu

Gerard Mikols, MBA
Associate Dean for Medical Education & Simulation Administration
gmikols@bsd.uchicago.edu

Dana Levinson, MPH
Assistant Dean for Medical Education
dlevinso@bsd.uchicago.edu

Candace Tate
Administrative Manager for Medical Education
admin-team@bsd.uchicago.edu

Eileen Wayte
Operations Manager
ewayte@bsd.uchicago.edu

Rebecca Silverman
Manager of Communications & Student Services

Elizabeth Rodriguez, MBA, MS
Manager of Medical Education
erodriguez@bsd.uchicago.edu

Student Affairs & Programs
Supports the personal and professional development of all Pritzker students by providing programs and services geared toward the development of happy and well-balanced physicians-in-training who will become competent, caring, and compassionate physicians.

James Woodruff, MD
Associate Dean of Students
jwoodruf@medicine.bsd.uchicago.edu

Wei Wei Lee, MD, MPH
Assistant Dean of Students
wlee3@medicine.bsd.uchicago.edu

Kate Blythe
Executive Director of Student Affairs
kbleythe@bsd.uchicago.edu

Candi Gard
Student Programs Administrator
cgard@bsd.uchicago.edu

Ann Merrell
Student Programs Administrator
amerrell@bsd.uchicago.edu
Multicultural Affairs
Works to ensure a supportive academic environment for students from traditionally underrepresented minority groups. The office oversees the Bowman Society Lecture Series, an NIH-sponsored summer research program for first year medical students, and two NIH-sponsored pipeline programs designed to prepare and inspire talented undergraduate students interested in pursuing careers in medicine.

Monica Vela, MD
Associate Dean for Multicultural Affairs
mvela@bsd.uchicago.edu
José Frausto
Director of Multicultural Affairs
jfrausto@bsd.uchicago.edu
Nikeela Oliver
Secretary, Office of Multicultural Affairs
noliver2@bsd.uchicago.edu

Admissions & Financial Aid
The Office of Admissions & Financial Aid is involved with MD admissions, yearly financial aid applications, awards, and financial literacy.

Anthony Montag, MD
Associate Dean for Admissions
amontag@bsd.uchicago.edu
Keme Carter, MD
Assistant Dean for Admissions
kcarter@medicine.bsd.uchicago.edu
Leila Amiri, MA
Director of Admissions & Financial Aid
lamiri@bsd.uchicago.edu
Mary Popoca
Associate Director of Financial Aid
mpopoca@bsd.uchicago.edu
Emily Sharp-Kellar, JD
Associate Director of Admissions
esharpkellar@bsd.uchicago.edu
Maria Hernandez
Coordinator, Admissions & Financial Aid
mhermand@bsd.uchicago.edu
Juana Villalpando
Coordinator, Admissions & Financial Aid
jvillalp@bsd.uchicago.edu
Bethany Shephard
Admissions and Financial Aid Administrator
bshephard1@bsd.uchicago.edu
Jamie Marion
Admissions & Financial Aid
jmarion@bsd.uchicago.edu
**Scholarship & Discovery**
A component of Pritzker’s curriculum in which students complete a mentored research project by the time of graduation. See the First Year Courses section for details or visit the S&D website at: scholarshipdiscovery.uchicago.edu

Vineet Arora, MD, MAPP  
Assistant Dean for Scholarship & Discovery  
scholarshipanddiscovery@bsd.uchicago.edu

Rachel Wolfson, MD  
Co-Director of Scholarship & Discovery  
scholarshipanddiscovery@bsd.uchicago.edu

Lestra Cole  
Manager of Scholarly Activities  
lcole@bsd.uchicago.edu

**Medical Education/Curriculum**
Develops the medical school curriculum to meet the changing needs of its students and the medical profession. This office prepares the quarterly class schedule, conducts course and faculty evaluations, and uses evaluations to improve courses and clerkships through the Curriculum Review Committees (PCRC & CCRC).

Halina Brukner, MD  
Associate Dean for Medical School Education  
hbruken@medicine.bsd.uchicago.edu

Jeanne Farnan, MD, MHPE  
Assistant Dean for Curricular Development & Evaluation  
jfarnan@medicine.bsd.uchicago.edu

Lori Orr  
Executive Director, Medical School Education & Human Resources  
lorr@bsd.uchicago.edu

Korry Schwanz  
Director of Medical School Education  
kschwanz1@bsd.uchicago.edu

Maureen Okonski  
Registrar  
mokonski@bsd.uchicago.edu

Jill Kelly  
Medical School Education Administrator  
jkelly@bsd.uchicago.edu

Kris Slawinski  
Associate Director of the Clinical Performance Center  
kslawins@bsd.uchicago.edu

Jenna Ford Jackson  
Standardized Patient Trainer & Program Coordinator  
jfordjackson@bsd.uchicago.edu

Michael McGinty  
Curriculum Management Specialist  
mmcginty@bsd.uchicago.edu

Bill Mulcahy  
Curriculum Management Assistant  
wmulcahy@bsd.uchicago.edu

Brian Paterson  
Senior Program Analyst  
bpaterson@bsd.uchicago.edu

Will Carosella  
Learning Technology Specialist  
wcarosella@bsd.uchicago.edu
Student Organizations

Contact information can be found on the Pritzker School of Medicine website.

Service Groups

Adolescent Substance Abuse Program (ASAP)  
Substance abuse prevention program that visits local schools and uses a hands-on approach to discuss the consequences of drug abuse

Basic Life Support Program (BLS) – a training program designed to ensure that all medical students are proficient in BLS skills including CPR and AED use

Chicago Youth Program – student group that seeks to improve the health, life, and opportunities of at-risk youth using a comprehensive approach

Diabetes Prevention & Management Group – provides free glucose and blood pressure screenings to the community as well as health education programming

Health Professions Recruitment & Exposure Program (HPREP) – students serve as mentors and friends to minority high school students with a potential interest in the health professions

JOURNEES – student group that seeks to increase members’ awareness of the social determinants of health and the challenges that exist in underserved areas through experiences in Mississippi and South Dakota

Mission Nutrition – offers an after-school program to public school students that focuses on nutrition, healthy eating, and empowerment

Peer Mentoring at Pritzker (PMAP) – group of MS4s that organize events, panels, and “office hours” to address common questions and concerns of underclassmen

Pritzker Community Service Fellowship (PCSF) – aims to create a community of students and faculty at Pritzker dedicated to lifelong service and advocacy for underserved populations

Reach Out & Read – student organization that fundraises and distributes books at the local Friend Family Health Center during well child pediatric visits, encouraging early childhood literacy

REMEDY – dedicated to relieving the health disparities that exist in developing countries, plans an annual service trip to an international and underserved location to provide needed medical services

South Side Science Scholars (S4) – committed to creating and delivering a sustainable weekly afterschool science program to underserved Chicago grade schools, particularly those on the south side
Free Clinics

**Bridgeport Free Clinic (BFC)** – serves a population of Asian immigrants in the Bridgeport neighborhood
**Maria Shelter Medical Clinic** – serving homeless women in the Englewood neighborhood
**Washington Park Children’s Free Health Clinic**
Pediatric clinic located close to the UChicago campus
**Community Health Clinic (CHC)** – large free clinic jointly run by five Chicago area medical schools
**New Life Volunteering Society (NLVS)** – free clinic that operates in the Devon Street neighborhood north of the city

Cultural Groups

**American Association of Physicians of Indian Origin (AAPI)**
**Pritzker Women in Medicine (PWM)**
**Asian Pacific American Medical Students Association (APAMSA)**
**Latino Medical Student Association (LMSA)**
**OUTPatient** – LGBTQ-focused group with the goal of ensuring a safe and friendly academic environment for LGBTQ students at Pritzker
**Pritzker Christian Fellowship (PCF)**
**Spirituality in Medicine Interest Group (SMIG)**
**Student National Medical Association (SNMA)**
Group committed to the recruitment and mentoring of students underrepresented in medicine
**Students for the Advancement of Medical Spanish (SAMS)**
**Medical Chinese**
**Muslim Students Association (MSA)**

Policy Groups

**American Medical Association (AMA)**
**American Medical Student Association (AMSA)** – group with four strategic priorities for advocacy: universal access to healthcare, elimination of health disparities, diversity in medicine, and transforming the culture of medical education
**Big Ideas in Medicine (BIM)** – hosts a monthly seminar series on various topics related to medicine with faculty from many different disciplines
**Bucksbaum Interest Group (BIG)** – connects students with opportunities at the Bucksbaum Institute, located here on campus
**Medical Students for Choice (MSFC)**
**Physicians for a National Health Program (PNHP)**
**Pritzker Health Policy Interest Group (HPIG)**
**Sustainable Pritzker (SP)** – focuses on environmental issues and sustainable practices
**Citizen Physicians (CP)** – group with the aim of increasing voter registration and
civic engagement amongst medical students

Interest Groups

Business in Medicine Interest Group (BMIG)
Complementary & Alternative Medicine Interest Group (CAM)
Dermatology Interest Group (DIG)
Emergency Medicine Interest Group (EMIG)
ENT Interest Group (ENTIG)
Family Medicine Interest Group (FMIG)
Internal Medicine Interest Group (IMIG)
International Medicine Group (IMG)
Military Medicine Interest Group (MMIG)
OB/GYN Interest Group (OBIG)
Ophthalmology Interest Group (OIG)
Orthopedic Surgery Interest Group (OSIG)
Pediatrics Interest Group (PIG)
Physical Medicine & Rehabilitation Interest Group (PMR)
Plastic Surgery Interest Group (PSIG)
Pritzker Journal Club (JC)
Psychiatry Interest Group (PSYCHIG)
Radiology Interest Group (RIG)
Student Interest Group in Neurology & Neurosurgery (SIGN)
Surgery Interest Group (SIG)

Life Outside Medicine Groups

Knitzker
Pritzker Book Club (PBC)
Pritzker Dance Group (PDG)
Pritzker Music Group (PMG)
Say Ahhhh!!! A Cappella
Pritzker Outdoors Club (POC)

If you have an idea for a group that you don’t see listed here, consider starting your own Pritzker org!
Student Perspectives on Involvement at Pritzker

Nora Taranto on Interest Groups | etaranto@uchicago.edu

The opportunities that the interest groups at Pritzker provide are pretty spectacular. As one of the leaders of the Student Interest Group in Neurology and Neurosurgery (otherwise known as SIGN), I have had the chance to work directly with UChicago neurologists, neuropathologists, and electrophysiologists throughout the year. These physicians have been welcoming to my fellow classmates and me from the fall onwards, leading electro-diagnostic demonstrations for groups of us, taking time away from their busy schedules to sit on a panel and discuss different career paths, volunteering alongside us at elementary schools for Brain Awareness Week, and hosting dinner bookclubs. SIGN has been a great avenue to learn about a specialty I previously knew little about, and to meet and work with faculty members who are extremely stoked (yes, I’m using the word stoked, because the faculty members are that great) to work with the Pritzker medical students.

Saket Kumar on JOURNEES | skumar12@uchicago.edu

The JOURNEES trips to Tutwiler, MS and Rosebud, SD are eye-opening experiences that serve as necessary reminders that there are people left suffering due to a lack of resources that many of us may take for granted. So what is the best way to describe my JOURNEES experience? Three words: blood, sweat, and tears. Blood, here, serves as a symbol for our medical exposure on these trips. We spent time in local medical clinics to learn about rural medicine and the breadth of medical issues that plague these underserved communities. Sweat because of the hard work that my fellow compassionate Pritzker students put towards serving the needs of these communities. And how exactly did a bunch of medical students help these communities? By using hammers, nail guns, axes, and chainsaws to build houses and chop firewood (obviously)! We embraced the opportunity to provide whatever assistance we could for the benefit of the locals, from placing dry wall to splitting wood.

And finally, tears. Tears of both sorrow and joy. Imagine hearing about the suicide epidemic sweeping the local Native American communities due to the hardship that they face on a daily basis, with parents leaving behind young children. Imagine the sight of a grandmother preparing to burn clothes in the furnace so that her grandchildren can stay warm, only to break down crying at the surprise of a group of medical students delivering firewood for her to burn instead. Imagine the satisfaction of knowing that your efforts are giving a struggling family a home to live in. As medical students, we spend most of our time thinking about serving the community with our medical knowledge, but JOURNEES emphasizes ways in which one can provide services as an overall caring member of society rather than just a medical student. There is nothing more refreshing than spending time surrounded by natural beauty, breathing in the fresh air of a rural setting, reflecting on the vastness of the world, while working with a group of friends and locals to help an underserved community.
Sarah Peters on Free Clinics | speters9@uchicago.edu
The free clinics were one of the things that drew me to Pritzker when I was applying, and I knew I wanted to be involved with them once I got here. I applied for a board position and ended up as one of the co-coordinators for CHC. I actually volunteered at CHC during my gap year, so was excited to go back as a med student and get to see and do even more than I did as a normal volunteer. Volunteering at free clinics has been one of my favorite parts of first year. I love getting the opportunity to talk to and help provide care for real patients, something that otherwise there isn’t a ton of during first year. One of my favorite things about free clinics at Pritzker is that we have multiple clinics in different places that serve different patient populations, and we can volunteer at all of them. I love kids and am thinking about going into pediatrics, and I’m so glad that I’m able to volunteer at Washington Park, our pediatric free clinic, in addition to working at CHC. Volunteering and doing the behind-the-scenes organizing work that goes into running a clinic does take a decent amount of time, and there are occasionally days when I’m tired and not looking forward to spending four hours in clinic after a day of class and studying. But once I get there I’m always reenergized by the patients and other volunteers, and leave clinic reminded that helping patients is really why I wanted to be a doctor in the first place.

Jocelyn Wascher on MSFC/SILS | jmwascher@uchicago.edu
Having worked in women’s healthcare before medical school, I started at Pritzker with an active interest in reproductive rights and gender equality in medicine. As a first year, however, I was ready to keep my head down, learn the physiology, the microbiology, and all the other -ologies we need to know as future doctors. And while I’m certainly making an effort to do that, the opportunities I’ve found and the passionate people I’ve met through student-led groups have easily been the highlight of my Pritzker experience. Since arriving at Pritzker, my two favorite organization have been Medical Students for Choice (MSFC), a school-sponsored group, and a casual, newly founded underground society we call SILS (strong independent lady society, though we like to say it’s more of a lifestyle—men allowed.)

Through MSFC, I’ve gotten the chance to connect with the community of physicians, lawyers, and activists around Chicago interested in protecting reproductive rights. From attending a pro-choice art show with pieces such as “Crotches” to organizing a Sex Trivia event with the law students to benefit Chicago Abortion Fund to hosting an IUD workshop, I’m constantly excited and engaged by the events we are able to sponsor through MSFC. But, as with any truly obsessive person, these interests have infiltrated my personal life as well. What started out as a small group of friends forwarding articles on reproductive justice, discussing gender dynamics in healthcare over potlucks, and encouraging me to dress up as a uterus for Halloween, quickly morphed into SILS—male and female Pritzker students supporting women’s rights through casual conversations, movie nights, brunches, and sometimes heated debates. I love that the Pritzker administration fosters these interests and that my classmates are genuinely passionate and supportive.
Natalie Francis on SNMA | nfrancis@uchicago.edu
I am involved in the Student National Medical Association (SNMA) as one of the Admissions Co-Chairs. This means that I worked closely with the administration during the interview process, after acceptances were sent out, and throughout Revisit to make sure we are creating a positive environment that attracts minority students to Pritzker! I loved talking to prospective underrepresented minority students (and all students, really) about my wonderful experiences with SNMA and diversity at Pritzker. For me, SNMA has been a valuable network of students and faculty that I can turn to for support and advice. Through mixers organized by my peers, I have met and socialized with Latino and African American residents and physicians from different specialties, who are all excited about mentoring medical students! One of my favorite events hosted by Pritzker was a book club on Between the World and Me, by Ta-Nehisi Coates. With the promise of good food and good company, classmates from all backgrounds crowded into an apartment and had a rich discussion on the complexities of living in a racist society.

Eric Sullivan on Policy | esullivan28@uchicago.edu
As someone who hopes to make policy research and advocacy a major part of my career as a physician, I’ve been really excited by all the opportunities I’ve already had access to at Pritzker. I’ve especially enjoyed being linked in with the Institute of Politics, not least because they let me come on a fully funded trip to the Iowa Caucuses earlier this year. Even though it wasn’t health policy-specific, the experience of being in the heart of American politics for a day was super invigorating and a reminder about why I wanted to be in the thick of policy shaping.

On the flip side, I’ve also loved some of the real small scale “policy” opportunities at Pritzker, specifically the Preclinical Curriculum Review Committee. As one of the student representatives on this committee, I’ve gotten to meet with every one of our professors and talk about what worked and didn’t work with each of our classes this year. The sort of practical debriefing and spit-balling that happens in this meeting is exactly what I hope to take part in on a bigger scale throughout my career. So in a way, being a PCRC rep is just like being a Pritzker-ized version of Ezekiel Emmanuel.

Finally, I’ve also enjoyed being involved in Pritzker’s own health policy student groups, including the two-year old Health Policy Interest Group (which organized a second annual health policy debate!) and the American Medical Student Association (which has been lobbying for more nutrition education in the preclinical curriculum!) Can’t wait to meet my fellow policy wonks this fall!
Patient Contact

By now you’ve probably realized that the first two years of med school are filled with classes like pathology and pharmacology rather than clinical rotations. Luckily, at Pritzker, even during the preclinical years, students have many opportunities to work directly with patients. Whether it’s shadowing an otolaryngologist in the DCAM or volunteering Saturday mornings at the NLVS clinic, you’re bound to find something that always brings you back to what brought you to medical school. Below are just a few of the opportunities available to you throughout your time at Pritzker! Take advantage!

Free Clinics
Volunteering at Pritzker’s free clinics is one of the best ways to get experience working directly with patients during your first year. For more information about each of the clinics, refer to the student organizations section above or look on Pritzker’s website.

Longitudinal Program
You will be matched with a faculty preceptor and meet up for six visits at a UChicago affiliated clinic, beginning in January of your first year and extending through the spring quarter. You will be shadowing and also have opportunities to practice history taking and physical exam skills with patients and in addition will conduct an in-home geriatric interview.

Student Group Events
Many student groups organize events in the community such as health screenings, health fairs, and vaccine drives. These events can always use more student volunteers and are a great way to interact with patients out in the community.

Physician Shadowing
University of Chicago physicians are open and willing to let Pritzker students shadow them—all you have to do is ask. From watching births to vascular surgery to EMS ride alongs, anything you might want to see there is someone at Pritzker ready to show you!

Emergency Department Open Door Policy
All Pritzker students are welcome to shadowing physicians in the Mitchell Emergency Room at any time. Students in the past have worked with ultrasounds, assisted with lumbar punctures, performed histories, physical exams and more!
Medical Campus

**CCD:** newest hospital, 240 beds, opened in 2013
- High-tech imaging
- Surgery
- Sky lobby & food court
- Starbucks & Qdoba

**BSLC:** academic building
- Lecture halls and classes
- School of Medicine offices
- 1st and 2nd year lockers
- Anatomy lab
- Clinical performance center

**Mitchell / CLI / Billings:**
- Original UChicago hospital
- Adult in-patient facility
- Intensive care tower
- Adult ER
- Student Health Service
- Social rounds!

**KCBD & GCIS:**
- Biomedical research laboratories
- Great study spots (conference rooms)

**Comer:**
- Children’s hospital
- Level 1 pediatric trauma center
- Pediatric specialty clinics

**DCAM:**
- Home to many diagnostic services
- Outpatient clinics
Academic & Student Life
First Year Courses

Unlike in college, the class schedule in medical school is largely pre-set for you with the exception of electives in the spring quarter of first year and in fourth year. For a more detailed description of the Pritzker curriculum and courses, please visit [http://pritzker.uchicago.edu/page/md-curriculum](http://pritzker.uchicago.edu/page/md-curriculum). We elaborate on the summer classes as those are the ones coming up on your radar now, but you will hear more about the other first year classes once you arrive at Pritzker!

**Summer Courses**

**Human Body** (Anatomy)
The course includes lectures and cadaver dissections done in groups of four. Anatomy is integrated with radiology, so students learn how to identify anatomical structures on medical images.

**Health Care Disparities: Equity and Advocacy**
This course focuses on the disparities that exist in health and healthcare in the United States across categories such as race, gender, socioeconomic status, age, and sexual orientation. The class culminates in a small group project that explores an aspect of healthcare disparities in greater depth.

**Autumn Courses**

**Cells, Molecules, and Genes**
**The American Healthcare System**
**Clinical Skills 1A** (Communication)

**Winter Courses**

**Cell and Organ Physiology**
**The Doctor-Patient Relationship** (Clinical Ethics)
**Clinical Skills 1B** (The Physical Exam)
**Introduction to Medical Evidence** (Data and Statistics 101)

**Spring Courses**

**Cellular Pathology and Immunology**
**Microbiology**
**Clinical Skills 1C** (Advanced Communication & Physical Exam)

**Electives** (Most people choose 2):
Introduction to Emergency Medicine; Healer’s Art; Global Public Health; Data Analysis with STATA; Quality Improvement; Community Health; Reproductive Health: Contraception and Abortion; Research in Ophthalmology and Visual Science; Medical Education; Clinical Neurosciences; Visual Art and Medicine; Medical Imaging; Summer Research Preparation
Typical Day in Summer Quarter

As you can see, summer quarter is jam packed, with class all day almost every day. Once fall quarter starts, students have a lot more free time outside of class. One benefit of having such long days is the opportunity to get to know your new classmates much better!

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<th>August 17, 2016</th>
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<tr>
<td>9 AM</td>
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Places to Study

One of the great benefits of having our medical school located on the main campus of the University of Chicago is our access to all the great study spots the university has to offer.

1. Pritzker School of Medicine*, 924 E 57th St
2. Eckhardt Research Center*, 5640 S Ellis Ave
3. Crerar Library, 5730 S Ellis Ave
4. Regenstein Library* & Mansueto Library 1100 E 57th St
5. Reynolds Club*, 5706 S University Ave
6. Harper Center (Booth), 5807 S Woodlawn Ave
7. Harper Memorial Library, 1116 E 59th St
8. D’Angelo Law Library, 1111 E 60th St
9. Gordon Center for Integrative Science (GCIS) 3rd Floor Atrium*, 929 E 57th St

*Starred locations have a café located in the building.
For cafés to study in, please see the Section on Cafés in Hyde Park!
Study Advice

Here is information about how the Class of 2019 studies, and advice that they want to share with you on being academically successful at Pritzker:

Advice from the Class of 2019

“Look out for the class Dropbox that is passed on year to year, full of previous years’ notes and goodies to help you study!”

“Keep an open mind to your study habits. I changed my methods every unit during Anatomy and still change it up quite a bit.”

“Attend at least one lecture with every new lecturer, but then seriously evaluate if the lectures help you learn. If they don’t, make the decision early on to skip lectures and instead spend that allotted time going through the material yourself.”

“Use your peers as resources, not as comparisons. And make sure to be patient, it takes time to figure out how you learn best.”

“Everyone has a different work-life balance—figure out what works for you and be confident in it.”

“Truly embrace the pass/fail life. Take time for yourself and cultivate a life outside of med school.”

“Don’t be afraid of failing an exam!”

“Surround yourself with people who are going to build you up and make you a better person.”
Student Perspectives

**Entering Straight from College**

*Bala Ji Jothishankar* | jothish2@uchicago.edu

The best part about starting medical school right away was that studying was what I’ve been doing my entire life, so I was already in “school mode” when I started! Even though I had been studying my entire life I still needed to keep an open mind to how I approach my studies and alter my study habits as necessary. That being said, it is important to be flexible but make sure to use what got you to here too!

Most of the people at Pritzker have taken time off, but it really has no effect on who I have made friends with and actually has been a great benefit to me. I have learned a lot from my older classmates both inside and outside the classroom. I strongly encourage younger students to tap into this resource, whether it’s learning how to make an online dating profile from an experienced dater or the specifics of a molecular pathway from someone that has a PhD on the topic.

**Taking a Gap Year**

*Julia Baird* | jbaird@uchicago.edu

During my year off, I was lucky enough to serve with City Year, an educational nonprofit, in Jacksonville, Florida. My year as a corps member profoundly changed my life. It made me deeply aware of the injustices in our world and taught me what it feels like to wake up invigorated every day to make a change. For me, the most difficult thing about returning to school was realizing that sitting in class, I did not feel that I was doing my part to make a difference to fight against the things I despise in the world. Coming to medical school was hard because I felt that I was stepping out of the real world and taking the easy way out. Luckily, I learned that being in medical school doesn't have to shut you out of the community around you, nor does it give you an excuse to do so. Through mentoring for HPREP, volunteering with the Comer Food Pantry, and co-directing Mission Nutrition, I have found ways to stay connected to community work. I plan on pursuing a career in community-based medicine and I know that my year as a City Year corps member laid the foundation for that work. I am so grateful for my gap year.
Switching Careers
Matt Present | present@uchicago.edu

Before starting at Pritzker, I worked as a journalist in Chicago. I arrived a little nervous about how it might be to return to school with a bunch of folks *a few years* my junior — people who’d had little experience in the working world, few real responsibilities to date, and no memory of a non-syndicated Seinfeld.

I was super duper wrong. The best part of Pritzker has been these classmates. My peers here teach me a tremendous amount about so many things and lend so much depth to my perspective. If I get a few sidelong glances every time the word “geriatric” gets uttered in lecture, so be it. I know who the Smashing Pumpkins are.

After grinding in the Loop for a while, I am delighted every time I get to go to the gym at noon or head to a coffee shop with bedhead at 10 AM. The very real deadlines of life at a newspaper make the hours and stress in med school seem downright kind. Finally, my level of comfort with patients — and with myself — has been significantly enhanced by the time I spent developing my first career. I may be a little older than my classmates by the time I get my postnomial letters, but I wouldn’t have it any other way.

Living Outside of Hyde Park
Rebecca Giesieker | rgieseker@uchicago.edu

As a UChicago grad (AB’12), I wanted to live somewhere new upon my return for med school. I live in Wicker Park, a neighborhood northwest of Hyde Park about 45-60 minutes to campus on public transit (I don’t have a car). Work-life separation is important to me, so I really appreciate the distance from campus. I love living in a busy neighborhood right on the Blue Line, making it easy to get to other fun neighborhoods. Chicago Transit Authority (CTA) is typically reliable and I don’t find the commute bothersome most of the time: I read, listen to a podcast, (occasionally) study, or just veg out with Spotify. Despite the distance, I am (shock!) an avid class-goer. I know that hardly anything beats rolling out of bed and right to school, but I make the time for it and it’s totally worth it when I get off the train and run straight into Big Star for an afternoon taco on my way home.

I recommend looking into off-campus options even if you’re new to Chicago. No matter where you settle down, remember that you live in an amazing city, TAKE ADVANTAGE OF IT.
**Being in a Long Distance Relationship**
Elise Timtim | etimtim@uchicago.edu

Being in a long-distance relationship was a lot more doable than I expected. My boyfriend and I were able to FaceTime every day. Even when exams were approaching, it was always calming to take a few minutes to hear about his day. We were fortunate enough to be able to visit each other roughly once a month. Whenever he visits, we try to do at least one thing with my friends here. My friends have done a great job of making him feel included, and I think this is reflective of a culture of inclusiveness towards significant others here.

My advice to folks in long-distance relationships is this:
1. Always make plans you can look forward to together. Maybe you can’t control if or when you will be in the same city again. You can control planning your next visit, however.
2. Set clear expectations about your availability.
3. Fight the urge to dramatize your med school life and assume that what you have going on is more important and difficult than anyone in the non-medical world.

While long distance is never easy, remember that it’s not all bad. Sometimes it’s nice to just go into your study cave totally undisturbed. And it motivated me to be more proactive at making friends.

**Being Married**
Curren Smith | curren@uchicago.edu

If I have any unique perspective on “married in med-school,” it’s this: my marriage makes my academic life better.

My academic experiences sometimes feel similar to any attempt I’ve ever made to ice-skate. A flailing embarrassment in which the best case scenario ends with no one hurt and an iota of dignity intact. Saying “labia” instead of “uvula” to a Standardized Patient is a little less emotionally crippling when I get to laugh about it with someone who’s stuck with me. At the end of every day, I’ll still have a partner who is committed to me and my embarrassments.

As an added bonus, when I get done pretending my way through Pritzker/residency/whatever, my wife, Brooke, will have helped in everything I’ve accomplished. And everything Brooke has done (far more gracefully), I get to be a part of that too. We get to build our academic and personal lives together. We’ll be stronger for it, and it’s just more fun that way.
**Being LGBTQ**
Susanna Howard | sdh@uchicago.edu

One of the many reasons I love Chicago is the vibrant LGBTQ community. As a gay woman, it is important to me to have a social scene where I can meet other LGBTQ people. There is always something fun going down—whether it’s shooting pool with a bunch of older lesbians or breaking it down at Slo ‘Mo (slow jams for homos). I also attend quite a few LGBTQ events hosted here on campus—many of them hosted at the Center of Identity and Inclusion. In addition to the social scene, there are many ways to participate in advocacy and action around challenges faced by the LGBTQ community. As an example, I’m a member of the Chicago Restroom Access Project (CRAP), which is a group working to provide better public restroom access to transgender and gender nonconforming people.

**Having a Child**
Travis Wasserman | twassermann@uchicago.edu

My son Grant turned two years old while I was learning about anatomy, so I’ve been trying to balance medical school and being a dad from the beginning. Being a parent in med school has its challenges, but it’s doable, and it’s super rewarding.

Hyde Park is a great place for kids. A few select resources:
1. There are loads of little-kid-friendly parks in the area. Bring a stroller that can handle uneven sidewalks, and enjoy the walking-friendly neighborhood.
2. The University of Chicago has a lot of good resources around. Grant is a big fan of the Family Resource Center.
3. My wife regularly connects with other parents through a “Real Parents of Hyde Park” Facebook group to plan events and play dates.

Also, you’ll quickly find that Pritzker has a thousand ways to get involved. When deciding what to participate in, I’ve tried to think from two angles: will this activity help prepare me to practice medicine? If there’s a chance to get exposure to a specialty I’m considering, to learn some practical skills, or to do something that might strengthen my application for residency, that might be worth going to. If something sounds fun but doesn’t check any of those boxes, that time might be better spent with Grant. Even if an event is worthwhile, is this a time I need to be with Grant? I make sure to eat at least one meal with him every day, and I try to be home for bedtime as often as I can.

If you’re considering having kids, let me offer two thoughts on timing:
1. The first 6-8 weeks of a baby’s life, nobody in the house is going to be sleeping much. If the baby can come at a time you’re not already pushed to your limit, that’s ideal.
2. The first four or five years of the kid’s life, someone will need to put in full-time effort raising the child. It probably won’t be you if you’re in med school. Will your partner take time away from his/her career? Do you want to outsource it to daycare workers? These are just the things I thought about before deciding to do medicine while my son was young. Feel free to reach out if you have any questions!
Practicing Your Faith
Emily Foltz | foltze@uchicago.edu

In the midst of moving to a new city and starting medical school, getting involved in my faith community was very important to me. I have found many opportunities within Pritzker, on the South Side, and in Chicago to interact with members of my faith community as well as the neighborhoods I live and work in. One thing I have really enjoyed at Pritzker is my classmates’ sharing of their faith experiences and being willing and interested to engage in faith based discussions and events. I have found great support and formed some of my closest friendships in medical school around my faith and our faith-based groups. Outside of Pritzker, participating in church on the South Side has introduced me to community organizations doing amazing social justice work in our neighborhoods. Throughout the business of medical school, I have found these relationships keep me grounded and provide me with valuable insight to life as a medical student in Chicago. I highly recommend checking out faith organizations, meetings, and/or lunch discussions for anyone interested. If there is something you are interested in and there isn’t a group, start one! Pritzker does a great job of emphasizing our holistic development as people, professionals, and doctors, and faith life for me is an important part of the learning process of medical school. I am happy to answer any questions about faith, involvement within or outside of Pritzker, and anything else that may come up!

Coming from a Small Town
Riley Brian | rbrian@uchicago.edu

I grew up in an “unincorporated village” in northeastern California, so living in Chicago has been a big, but awesome, change. The city has solid public transportation, restaurants with food from all over the world, so many museums (lots with free entry for UChicago students!), sporting events, festivals throughout the city (Christkindlmarket=amazing)… it’s incredible. There is always something to do if you’re free. And if you do miss the open spaces, the Pritzker Outdoors club goes on trips to places like Starved Rock or the Indiana Dunes, and JOURNEES explores rural medicine on winter and spring break trips. Plus, there is a lot of green in the city itself. The Garfield Park Conservatory, Grant Park, and the Lakefront Trail are some of my favorites.

If you ever need to talk to someone about coming from a small town, there’s a resident opossum (Oscar) that chills in the Washington Park trees. Or you could email me, I guess.
Having a Dog
Tristan Jones, Alex Spacht, and Cindy Zhang
tjones17@uchicago.edu | waspacht@uchicago.edu |
czhang7@uchicago.edu

Owning a dog in medical school is totally doable if it’s a priority for you. The three of us really wanted to have dogs and figured that now was the best time to do it. It’s not like life gets any less busy after medical school, and we didn’t want to get our first dog in the retirement home. Life is too short for that. Of course, there are responsibilities that come with having a dog, and sometimes things would be easier if we were pet-free, but at the end of the day the bounding greeting we get from our pups when we get home makes it all worth it.

We have a sizable dog community within Pritzker, and many classmates are happy to help out with dog care if needed, so there is plenty of support here. Hyde Park is also home to many dogs and dog parks so you don’t need to look far for a puppy play date. We’ve enjoyed meeting people of all ages through our dogs, such as faculty in other departments or students in other schools who we probably wouldn’t have met otherwise. Sometimes it’s nice to be with people completely disengaged from medicine. Having dogs has also strengthened our bonds within the class. Going on camping trips and other weekend excursions “for our dogs” is a great excuse to take mini vacations with classmates.

Being a Non-Science Major
Tae Yeon Kim | taeyeon@uchicago.edu

As an anthropology major, anatomy was the first class that relied so heavily on memorization and a different mode of learning. Outside of the year-long premed biology sequence, I had only taken a biochemistry and endocrinology class in college. However, the professors and TAs are extremely supportive, not to mention your classmates.

Additionally, one great asset is the proximity of the rest of the campus. There’s a vibrant array of conferences, lectures, and workshops just on the other side of Ellis Ave. As a Pritzker student, you can take a course in another department with the instructor’s consent, as long as it does not conflict with Pritzker courses. Through Pritzker student organizations, my classmates and I have invited faculty members from anthropology and other departments to give talks or lead discussions. I am grateful for these opportunities and would be happy to discuss them further. Finally, my undergraduate studies have shaped how I make sense of the world, and there were opportunities to engage with this in courses like Health Care Disparities, American Health Care System, the Doctor-Patient Relationship, and conversations with my classmates.
Having Fun & Staying Well

At Pritzker we pride ourselves on having a good time and we really care about balancing the hard work we do with lots of fun activities to relax and re-energize you! Groups that put on events throughout the year include the Graduate Council, Wellness Committee, Pritzker Societies, and the Pritzker Chiefs. You will find out more about how to join these groups during Orientation.

Some of the fun events we’ve had this year include:

- Grad Socials at the Pub
- Party in the Sky (Willis Tower)
- BBQ at Promontory Point
- Beat the Blues Live Karaoke
- All School Talent Show
- Holiday Secret Santa
- Wellness Picnic
- “Roll Into Spring” Roller Derby
- All Society Field Day
- Society Outings
- Society Sib Dinners
- Apple Picking with the Chiefs
- Post-Anatomy Boat Cruise
- Chicago Architecture Boat Tour
- Pritzker Prom
Exercise/Fitness

As any soon-to-be physician knows, exercise is really important to good health. At Pritzker, we’ve got you covered. Your tuition includes access to both gyms and free fitness classes. We are also big fans of intramural sports and regularly dominate against teams from other graduate divisions and the college.

Gyms

**Gerald Ratner Athletic Center** | 5530 S Ellis Ave
Ratner is more modern, but smaller.
- Swimming pool
- Weight room
- Cardiovascular exercise machines
- Basketball courts
- Dance studio
- Athletic department offices

**Henry Crown Field House** | 5550 S University Ave
UChicago’s vintage gym—Obama used to play basketball here!
- Indoor track
- Recreational courts for basketball, indoor soccer, badminton, volleyball
- Squash and racketball courts
- Cardiovascular exercise machines
- Weight room

**Popular Intramural Sports:**
- Basketball
- Ultimate Frisbee
- Broomball
- Swimming (Pritzker’s Women’s team has won two years in a row!)
- Soccer

“Typical Pritzker
Flurries of grit and effort
Championship draws near”
Broomball Haiku by Kevin Lindsay-Rivera, MS1

“Our class is extremely supportive both on and off the court. Basketball was a marvelous way to get to know fellow classmates.”
- Saket Kumar, MS1
Life Outdoors

Chicago is a great city for those who prefer to be active outdoors! The marvelous **Lakefront Trail** is an 18-mile paved trail along Lake Michigan, running from Hollywood Avenue on the north to 71st Street on the south. Many students **run, bike, and walk** the trail, which includes mile markers, restrooms, and **beaches**. The city hosts many races, from 5ks to marathons, along the trail. Many students at Pritzker are big runners and some are participating in the **Chicago Marathon** this October!

**Promontory Point**, located off the trail at 55th street, is a popular location for cookouts and bonfires.

Many students are outdoors enthusiasts who go camping on long weekends at nearby state parks, such as **Starved Rock**. **Pritzker Outdoors Club** also organizes trips to places like the **Indiana Dunes** and **Devil’s Lake**.

Many Pritzker students are also big fans of **rock climbing** and enjoy several climbing gyms in the city including **Brooklyn Boulders** (100 S Morgan St) and the **Chicago Bouldering Collective** (1907 N Mendell St #4C).
Religious & Spiritual Life

You will find lively and diverse spiritual communities and events at the University of Chicago, including multiple ways to explore integrative spiritual practice and a broad interest in promoting health of mind, body, and spirit alike. There are over 64 religious groups and networks represented at the University of Chicago. If you’re interested in connecting with other members of a particular tradition (from Atheist to Zoroastrian), or finding a local place of worship, the Spiritual Life staff are always glad to assist:

- **Jigna Shah** (jigna@uchicago.edu) | Director of Spiritual Life & Assistant Dean of Rockefeller Chapel
- **Tahir Abdullah** (tabdullah@uchicago.edu) | Assistant Director of Spiritual Life & Advisor for Muslim Affairs
- **Rachel Heath** (rheath@uchicago.edu) | Spiritual Life Coordinator

For more information, go to spirit.uchicago.edu

Some religious organizations at UChicago include:

- **Baha’i Association** | c-nolley@govst.edu
- **Buddhist Life at UChicago** | chicagobuddhist.org
- **Catholic Center** | uofccatholic.com
- **Episcopal Center** | brenthouse.org
- **Hindu Student Sangam** | hindu.uchicago.edu
- **Jewish Life at UChicago** | uchicagohillel.org, chabaduchicago.com, juchicago.org
- **Muslim Life at the University of Chicago** | msa.uchicago.edu
- **Orthodox Christian Fellowship** | ocf.uchicago.edu
- **Pagan Student Alliance**
- **Quaker/Society of Friends Meeting House** | meeting@57thstreetmeeting.org
- **Secular Student Alliance** | secular.uchicago.edu
- **Unitarian Campus Ministry** | firstuchicago.org

Pritzker’s spirituality organizations:

- **Pritzker Christian Fellowship** | foltze@uchicago.edu, jonf@uchicago.edu
- **Spirituality in Medicine Interest Group** | lucyxx@uchicago.edu
- **Muslim Students Association** | aamirh@uchicago.edu
Health Services

The Student Life fee, which registered students pay quarterly, provides access to a variety of services and resources provided by the Student Health Service and the Student Counseling and Resource Service. For a full list of what is and is not covered by the Student Life fee, consult the following website: https://studenthealth.uchicago.edu/page/student-life-fee

Student Health Service

heathcare.uchicago.edu

Location: The Student Health Service (SHS), room R-100 of Mitchell/CLI/Billings, can be reached through various entrances to the University of Chicago hospital. One option is to enter through the Ellis Avenue entrance and follow the signs to the SHS. Another is to enter through the Goldblatt Pavilion entrance on 59th and Drexel and take a left after passing through the lobby.

Hours:
- Call for an appointment between 8 am and 5 pm M-F
- Appointment Hours:
  - 8 am—6 pm, Monday - Thursday
  - 8 am—5 pm, Friday
  - 9 am—1 pm, Saturday
- Limited walk-ins Mon-Fri, call first (773.702.4156) and show up as close to 8 am as possible.

Telephone:
- Appointments or to speak with a nurse: 773.702.4156
- Nurse Advice Line (after-hours): 773.702.1915
- Billing Services: 773.702.6817

Services: The SHS provides primary health care services to University students. Students are encouraged to choose a primary care doctor when they first arrive. If you want a primary care doctor, make sure you voice this at your appointment.

SHARE (Sexuality, Health, and Resources for Everyone) provides gynecological care as well as sexuality and relationship counseling.

A comprehensive list of the services provided by the SHS, which includes vaccinations, travel immunizations, sports medicine, and nutritional services, can be found on their website.

When making an appointment, be sure to tell the receptionist you are a medical student so you are not assigned a provider who also teaches at Pritzker.
Student Counseling Service

**counseling.uchicago.edu**

Location: 5555 S. Woodlawn

Hours:
- Monday—Friday: 8:30 am—5:00 pm

Telephone:
- Appointments – 773.702.9800
- Therapist on call (Emergencies/After hours) – 773.702.3625

Services: The Student Counseling Services provides short-term professional counseling to all University students. All services are covered by the Student Life fee. Visits are strictly confidential; no information is released outside the Student Counseling Services without a student’s written permission, except in life threatening emergencies. Students may seek counseling for any problem that causes them distress, including difficulty dealing with academic pressures, burn-out, anxiety, depression, addiction, loneliness, and marital difficulties. Many different forms of counseling are offered, such as support groups and counseling for individuals, couples, and families, including marital counseling. Spouses of students can be covered by paying a separate Student Health Service fee. The clinic can also make referrals to outside resources. You can call to arrange an intake interview in which you provide information about yourself and your reasons for seeking counseling. When calling to schedule an appointment, be sure to tell the receptionist you are a medical student. Please also note that urgent cases are handled immediately. You do not need an appointment during a crisis.

Health Promotion & Wellness

**wellness.uchicago.edu**

Location: 950 E. 61st Street, Suite 300A

Hours:
- Monday - Friday: 8:00 am—4:30 pm

Telephone:
- Phone – 773.702.8935
- E-mail – wellness@lists.uchicago.edu

Recognizing that health is a vital part of learning, Health Promotion and Wellness is committed to providing programs, services, and resources that create a campus culture which enhances and extends your learning beyond the classroom. Many elements assist in accomplishing HPW’s mission, including, but not limited to, utilizing the best evidence-based practices, recognizing national health observances, and applying university-specific health behavior data to create programming tailored to you, the University of Chicago students. Services include Stressbusters, mindfulness meditation, STRESS kits, cold & flu prevention, and The Body Project.
Computing

- If you ever have an IT-related question or want more information about any of the computer-related services on campus, the following is a useful and comprehensive website: itservices.uchicago.edu
- A full list of the software available on University computers can be found at: answers.uchicago.edu/page.php?id=19919
- Also don’t forget to check out softwarediscount.uchicago.edu for free downloads of Microsoft Office (both Windows and Mac) and Microsoft’s Windows operating system

BSLC 410– Anatomy Computer Lab
Located on the fourth floor of the BSLC (room 410) in the middle of the histology lab rooms, there are about 10 PCs that you can use for usual computer work or to use software designed to help with understanding histology and anatomy. Printing (in black and white) is free as long as you bring your own paper. Only med students have access to the lab and it’s a quiet, convenient place to use the internet or study if you don’t bring your computer with you to school.

Regenstein Library & TECHB@R
There are PCs and printing stations on every floor of Regenstein. On the A level, which you can get to by taking the stairs down one level from the first floor, there’s a MacLab equipped with more than fifty Apple Mac Pros with 24” or 27” Cinema displays. These Macs come with lots of additional software, including Adobe Creative Suite, and there are several scanners available as well. The MacLab is open until 1 am, Monday—Thursday and until 10 pm on Friday and Saturday. On the A level there is also the “TECHB@R,” which is run by UChicago IT Services and provides walk-up technology support as well as equipment rental, allowing you to check out laptops and laptop chargers for several hours at a time.

Most students like to bring their laptops to class so that they can take notes on each slide of the PowerPoint lectures. Some prefer a pen and notebook, and a few use tablets like the iPad or Surface. It all depends on what works best for you. There’s secure, free UChicago wireless internet all over campus, so a laptop can definitely be helpful and convenient for readily accessing email and the internet at any place and time. However, there are also plenty of computers on campus, so you don’t have to bring your computer with you every day. Paper copies of lectures and lecture notes are provided in notebook form for many first year courses.
Family Information

Among the defining qualities of Pritzker students is their diversity. Every year, student parents and married students make up a significant portion of the incoming class. These students often have questions about what services are available to their loved ones.

Services Available to Student Families

**Health Insurance:** Among the benefits your spouse/registered domestic partner or dependents qualify for include the University Student Health Insurance Plan. You can also visit: studenthealth.uchicago.edu for more information.

**Family Access to University Facilities:** Spouses can get library cards for access to the libraries, but they cannot borrow library materials. Spouses can also join the athletic facility for the reduced fee of $110 per year. Children under 13 can use the athletic facilities for free, as long as they are accompanied by a parent who is a full-year pass holder. There are family swim hours at the Ratner Athletics Center; for more information, please visit: athletics.uchicago.edu. Spouses are not able to use University computing facilities unless they are registered students, faculty or staff.

Parenting and Childcare

**University of Chicago Family Resource Center**
[http://grad.uchicago.edu/life_community/student_parents/](http://grad.uchicago.edu/life_community/student_parents/)
Located at Ida Noyes, this center offers a welcoming space where families from the university community can access resources, information, and supportive programming and services. The Family Resource Center offers email access, a playroom for kids, private space for nursing and changing a baby, and weekly classes. The center is available at no charge to families, but you must register. Contact Lizzie Phalen, the Center Director at: lizzannep@uchicago.edu. Also available on the Family Resource Center website ([http://grad.uchicago.edu/life_community/student_parents/family_resource_center/](http://grad.uchicago.edu/life_community/student_parents/family_resource_center/)) is a Parent Resource Guide that contains valuable information about childcare, cultural activities, University resources, schools, transportation, health care, housing, and childcare.

**On-Campus Childcare Coordinator**
[hrservices.uchicago.edu/lifework/life/child/resources.shtml](http://hrservices.uchicago.edu/lifework/life/child/resources.shtml)
The coordinator maintains a list of members of the University community who are interested in providing childcare full- or part-time, and also serves as liaison between the University and Action for Children.

Recreation
There are abundant resources available for families to spend recreational time in Hyde Park, including parks, museums, and art exhibits. For more information on Campus events, visit: [https://parents.uchicago.edu/information/campuslife](https://parents.uchicago.edu/information/campuslife)
Life in Hyde Park
Introduction to Hyde Park

Located on the shore of Lake Michigan seven miles south of downtown, Hyde Park is home to 26,000 people, including more than 60 percent of the University’s faculty and a great majority of its students. The area was settled in the 1850s as an elegant suburb, and was annexed to the city of Chicago in 1889. In the early twentieth century, Hyde Park became one of the most desirable places to live in the City of Chicago.

Hyde Park is characterized by both preservation and development, and it is also the site of renowned museums and architectural landmarks. The neighborhood has a history of social activism, political leadership, and community life. Hyde Park has been cited nationally as among the most successful racially and economically integrated urban communities in the United States.

An aerial view of Hyde Park, which is located on the shore of Lake Michigan
Coffee Shops & Cafés

There’s a pretty diverse selection of cafés in Hyde Park. If you’re looking to branch out beyond Starbucks, here’s a list of places to check out!

**Greenline Coffee – 501 E 61st St.**
Greenline Coffee is Chicago’s newest specialty coffeehouse based in the Woodlawn neighborhood. They feature locally roasted coffees, as well as great sandwiches served in a truly inspiring setting that hearkens back to classic Chicago.

**Bridgeport Coffee Co. – 5030 S. Cornell Ave.**
If you live in Regents, this coffee shop is perfect for escaping to study without actually going too far. It has a low-key atmosphere for studying or catching up with a friend. Plus, the coffee is good, the wifi is fast, and they have great breakfast sandwiches.

**Café 53 – 1369 E. 53rd St.**
A good spot for studying – fairly quiet, with plenty of tables and comfortable chairs, and no one minds if you stay there with your laptop for most of the afternoon. Café 53 offers the usual array of drinks, as well as gelato and a wide selection of baked goods from various Chicago bakeries, including vegan and gluten-free options. Outdoor seating is available on the back patio.

**Medici Bakery – 1327 E. 57th St.**
The Medici bakery is right next to the Medici restaurant and offers deli sandwiches, freshly baked bread, and pastries (the chocolate croissants are popular), and coffee, espresso, and tea. You can also get food to go from the Medici Restaurant through the bakery. Seating is limited (only 3-4 tables), so it’s much more of a social space than a study space. Outdoor seating is available through the summer and early fall.
Robust Coffee Lounge – 6300 S Woodlawn Ave.
A charming coffee shop that offers a great selection of drinks as well as lunch and breakfast items. They make fresh Belgian waffles with customizable toppings and offer a variety of sandwiches, as well as a soup and quiche of the day. This is another place where you can sit and study for hours in a comfortable and nicely laid-out space.

Sip and Savor – 2301 S. Hyde Park Blvd.
Just a short walk from Regents and The Shoreland, Sip and Savor carries fair trade coffee and espresso, a large selection of tea, as well as pastries. The coffee is tasty, seating ample, and the quiet atmosphere and R&B soundtrack are perfect for studying.

Z&H MarketCafe – 1323 E. 57th St.
Offers delicious sandwiches (as well as breakfast sandwiches that are available all day), a variety of pastries, and a comprehensive list of drinks (coffee is made using the Clover machine). Don’t miss out on their legendary Taco Nights! Also, make sure to get the fresh beignets on Sunday mornings and browse the store for a nice variety of specialty foods, chocolates, cured meats, and cheeses. Z&H can get crowded around midday, but it’s a nice place to sit and read or study in the mornings, and the garage door front lifts up during nice weather.

Starbucks
If you are a Starbucks person, you will not be disappointed with the options in Hyde Park. Here’s a list of locations:
- 1530 E 53rd St.
- 1174 E 55th St.
- 5757 S University Ave (Saieh Hall on campus)
- Center for Care and Discovery, 1st floor (one block from the BSLC)
- 970 E 58th St. (Inside the bookstore building on campus)
Restaurants

There are a lot of unique restaurants in Hyde Park! Most are located on 53rd, 55th, or 57th Streets. Here's a list of some of our favorites:

Cheaper ($):

**Harold's Chicken** (53rd St.)
Fried chicken that is delicious and cheap. A long-standing Chicago chain.

**Five Guys and Fries** (53rd St.)
Burgers, fries, and hot dogs. Plus free peanuts while you wait.

**Kilwin's Chocolates & Fudge** (53rd St.)
Some of the best ice cream & sweets in the city.

**LiteHouse Whole Food Grill** (53rd St.)
Wraps, burritos, tacos, and pizza. Good vegetarian options.

**Noodles Etc.** (57th St.)
Yummy, though not particularly authentic, pan-Asian food.

**Potbelly's** (by Treasure Island)
Toasted sub sandwiches + salads. Delicious cookies.

**Rajun Cajun** (53rd St.)
Soul food + Indian food. Lots of food for a low price.

**Salonica** (57th St.)
Corner diner serving American and Greek comfort food.

**Snail Thai** (55th St.)
Delicious and affordable Thai food for sit down dining, delivery, or take out.

**Valois Cafeteria** (53rd St.)
A Hyde Park classic cafeteria-style diner (Obama's a big fan!). It’s best for breakfast, which they serve all day!

Moderate ($$):

**B'Gabs Goodies** (57th St.)
Great vegan food with a juice and smoothie bar.

**Cedars** (53rd St.)
Falafel, shawarma & other Mediterranean dishes. BYOB. Great for take-out.

**Chant** (53rd St.)
Asian-inspired dishes and a full bar.

**Giordano's** (53rd St.)
Your Hyde Park destination for Chicago-Style deep dish pizza.

**Kikuya** (55th St.)
No frills Japanese nook serving sushi and hot dishes. BYOB.
Medici on 57th (57th St.)
BYOB + pizza, burgers, pasta, and sandwiches. Has an attached bakery.

Native Foods (53rd St.)
Vegan chain with daily specials and local beer. Try the Rockin’ Moroccan Bowl!

Nile (55th St.)
Middle Eastern standards including falafel, shawarma & shish kebab

Piccolo Mondo (56th St.)
Cozy cafe with Italian fare & a full bar in a quaint setting

Pizza Capri (53rd St.)
Really good pizza with a large selection of toppings. Lots of pasta dishes, too.

Seoul Corea (55th St.)
Mom and pop Korean cuisine, make sure to ask for banchan (complimentary sides)!

Shinju Sushi (53rd St.)
Cheap sushi, BYOB, great all-you-can eat deal.

Sit Down (53rd St.)
Pizza, sushi & sandwiches plus a full bar, smoothies and coffee

Yusho (53rd St.)
Modern joint for noodles, buns, and other Japanese street food. Also sake & beer.

Pricey ($$$):

A10 (53rd St.)
French and Italian food. (Relatively) affordable if you order small plates.

La Petite Folie (55th St.)
Hyde Park’s first fine dining establishment, serves excellent French cuisine.

The Promontory (53rd St.)
Hyde Park’s newest destination restaurant. Great place for cocktails.
Bars and Nightlife

The Cove Lounge ($) | 1750 E 55th St.
The Cove is a dive bar in East Hyde Park that employs the only nonagenarian bartender in the city, 90-yr old Daisuke Miyagawa, who serves drinks on Monday and Wednesday evenings.

The Promontory ($$) | 5311 S Lake Park Ave.
A bit pricy ($10/drink), but has a unique cocktail menu. Good place to go to celebrate a birthday or just to catch up with friends. There’s a cool space upstairs that’s used for live music.

University of Chicago Pub ($) | Basement of Ida Noyes Hall on Campus
The Pub has a good selection of beer and pub food, as well as billiards tables, foosball, and shuffleboard. Be sure to buy a membership at the beginning of the year when it’s cheaper!

Woodlawn Tap (a.k.a. Jimmy’s) ($) | 1172 E. 55th St
From your classmates to your professors, Jimmy’s is a dive bar on 55th street that is a hangout for almost everyone in Hyde Park.

Other Attractions

Bookstores:

Powell’s Books | 1501 E 57th St.
Has over a quarter million used, rare, and discounted books.

Seminary Co-op Bookstore | 5751 S Woodlawn Ave.
Offers “the largest selection of academic volumes in the United States.”

57th Street Books | 1301 E 57th St.
A general interest branch of the Seminary Co-op featuring a large selection of fiction and non-fiction titles.

University of Chicago Bookstore | 970 E 58th St.
Campus bookstore for textbooks, university-themed apparel, supplies & gifts.
Museums:

**Frederick C. Robie House | flwright.org/visit/robiehouse**  
A U.S. National Historic Landmark located on campus. It’s a Frank Lloyd Wright Prairie-style house, with public tours available Thursday-Monday.

**Museum of Science and Industry | msichicago.org**  
The largest science museum in the Western Hemisphere! Features a full-size replica coal mine, a German submarine captured during WWII, the Apollo 8 spacecraft, and adorable baby chicks.

**Oriental Institute | oi.uchicago.edu**  
U of C’s archeology museum and research center for ancient Near Eastern studies.

**Smart Museum of Art | smartmuseum.uchicago.edu**  
A (free) fine arts museum on the U of C campus. Modest-sized museum offering modern art pieces in a trendy venue.

Miscellaneous:

**Promontory Point**  
A short walk from campus, Promontory Point is a beautiful peninsula that juts out into Lake Michigan offering a view of the city skyline, a sand beach, and entry onto Chicago’s 25 mile Lakeshore path.

**Barack Obama’s House | 5046 S Greenwood Ave.**  
You can’t actually go inside or even walk by the house (it’s guarded by Secret Service 24/7). But Hyde Park is proud to be the home of the 44th President!

**Court Theatre | courttheatre.org**  
Located just two blocks from the BSCL, The Court Theatre is a professional theater company dedicated to producing classic drama. It offers FREE student tickets to U of C students for each Wednesday/Thursday performance. Just show up in the theater lobby at 6:30pm and present your student ID at the ticket window.

**Harper Theater | harpertheater.com**  
A movie theater in Hyde Park that shows feature films in a historic landmark building, complete with café and event spaces.

**Midway Plaisance | chicagoparkdistrict.com/parks/Midway-Plaisance-Park**  
Huge stretch of green space on campus (also known as the area where Pritzker dominates at IM sports). Has an ice rink, soccer goals, and lots of grass to hang out on. It was the site of the World’s Fair in 1893.
Housing

This section of Life at Pritzker will hopefully help you in your quest to find a place to live for next year!

Considerations

If you are able to come to Chicago before Orientation, it’s definitely worth your time to make appointments to look at places you’re interested in. Here are just a few things we suggest you think about when trying to find a place to live:

Proximity to Campus
Consider what your major mode of transportation will be to and from campus. If you plan on driving or biking, essentially everything in Hyde Park is quickly and easily accessible. If you plan on taking the bus, you’ll want to live near a CTA 172 or 171 bus stop, and near a UChicago Night Shuttle route (see the “Transportation” section for more details).

Proximity to Grocery Stores, Restaurants, Etc
The main commercial areas in Hyde Park are on 53rd, 55th, and 57th streets, between Woodlawn St. and Cornell Ave. The two main grocery stores are Treasure Island (55th and Lake Park) and Hyde Park Produce (53rd and Kimbark).

Proximity to Transportation Downtown
Living close to the CTA 6 bus, CTA 55 bus, or the Metra Electric line will make going downtown really convenient (see the “Transportation” section for more details).

Parking
Most of the street parking in Hyde Park is free, but spots tend to get taken quickly and it can be frustrating to rely on street parking everyday. Many of the high rise apartments have parking garages (although they’re pretty pricey). Another option is to pay $90/month to park in the Ellis Garage on campus (5525 S. Ellis).

Roommates
Living with roommates can be a great way to save money on rent and also provides an opportunity to form deeper bonds with some of your classmates. Check out the housing Google doc on the Facebook page for your class in order to connect with others who are also looking for roommates.
Finding a Place

Private management and high-rise buildings make up the bulk of the housing in the Hyde Park area. Private management can be both private owners of single buildings, or management companies that own and take care of multiple buildings throughout Hyde Park. When deciding which resources you want to use, consider whether you’d like to live in a walk-up or a high rise.

Management Companies:

Blackstone Management | 773.667.1568 | blackstonemanagement.com
MAC Properties | 773.548.5077 | macapartments.com
Madison Hyde Park Apartments | 773.536.4300
McKey & Poague | 773.363.6200 | mandpooffice.com
Parker-Holsman | 773.493.2525 | parkerholsman.com
TLC Management Co. | 312.553.9070 | chicagorentals.com

High-Rises in Hyde Park:

Algonquin Apartments | 1606 E. Hyde Park Blvd. | 877.276.1677
  - http://www.macapartments.com/property/alg.jpg
The Carolan | 5480 S. Cornell Ave. | 773.324.7400 | thecarolan.com
City Hyde Park | 5105 S. Harper Ave. | 773.355.4972 | cityhydepark.com
Del Prado | 5307 Hyde Park Blvd. | 773.256.3280 | thedelpradoapartments.com
The Flamingo | 5500 S. Shore Dr. | 773.752.3800 | flamingoapartments.com
Hyde Park Towers | 5140 S. Hyde Park Blvd. | 773.675.1196
  - hydeparktowerapartments.com
Regents Park | 5050 S. Lake Shore Dr. | 773.288.5050 | regentsparkchicago.com
The Shoreland | 5454 S Shore Dr | 773.347.3384 | shorelandchicago.com
Silver Cloud Condominiums | 5346 S Cornell Ave | 312.656.1143
Twin Towers | 1649 E. 50th St. | 773.684.2333 | twintowerschicago.com
University Park Condo | 1451 E. 55th St | 773.324.1414
The Versailles | 5254 S. Dorchester Ave. | 773.324.0200
  - chicagorentals.com/apartments/the-versailles
Vue 53 | 1330 E 53rd St. | 877.999.0979 | vue53.com
The Windermere House | 1642 E. 56th St. | 877.274.8498
  - macapartments.com/chicago/windermere-house

In addition to these commercial sites, available apartments can be found on UChicago Marketplace – UChicago’s craigslist!

> https://marketplace.uchicago.edu/
Student Housing Profile

At a Glance:
- About 95% of Pritzker first-years live in Hyde Park
- About 75% live with at least one roommate
- Most students pay between $600 and $1000 for monthly rent
- Most of the non-Hyde Parkers live in South Loop, although there are Pritzker students living in other neighborhoods including Wicker Park!

MS19 Quick Thoughts:
- “If you can, see the apartment in person before you commit”
- “It rules living on the 6 bus line; so fast getting downtown!”
- “It’s nice living just a short walk away from campus”
- “Living with roommates can save you a ton of money”
- “There is plenty of housing in Hyde Park. Do not panic!”
Transportation

Getting Around Hyde Park

Owning a Car
It is definitely possible to live in Hyde Park without a car by using CTA bus routes and University shuttles to get around. However, bringing a car to medical school may be more convenient and could also make it easier to live outside of Hyde Park. About 35% of the MS19 class owns a car.

Parking
- Around Hyde Park: neighborhood parking in Hyde Park is free in residential areas and metered in commercial areas (no permits are required anywhere in Hyde Park). Parking spots near residential areas tend to fill up at night, and street parking can be especially difficult near the high-rises on the east side of Hyde Park. Snow in the winter can also make street parking a challenge.
- On Campus: Parking on the streets near campus is difficult during business hours, but is easier during the early morning (before 7am) and late evening (after 7pm). You can get a quarterly parking pass at the Ellis Garage on the corner of Ellis and 55th for $90/month.

Walking
Hyde Park is very walkable, many Pritzker students walk to campus each day. Just be smart and don’t walk alone at night.

Biking
Chicago has a reputation for being one of the best large cities for biking. The city has 110 miles of on-street bike lanes, and many miles of off-street paths (including the 18.5 mile Lakefront Path). In addition, there are numerous Divvy bikeshare stations throughout Hyde Park and on campus.

Buses
Download the TransLoc App or visit uchicago.transloc.com for information on CTA bus routes and real time GPS locations.
CTA buses in Hyde Park

Two daytime routes are operated by the Chicago Transit Authority (CTA). You can ride the #171, and #172 bus for free by showing your Student ID when boarding. There is also a University of Chicago Hospitals Express Route (CTA #192) that runs from South Loop during morning and evening rush hours (not free, however).

**CTA #172:**
- Weekdays: 7:00am - 6:37pm (every 6-15 mins)
- Saturday, Sunday: 8:00am - 6:37pm (every 30 mins)
- Summer: Reduced schedule

**CTA #171:**
- Weekdays: 7:02am - 6:32pm (every 5-10 mins)
- Saturday, Sunday: 8:02am - 6:32pm (every 30 mins)
- Summer: Reduced schedule

UGo NightRide Shuttles

The University provides safe, free, and reliable transportation during late-night hours to students, faculty, and staff throughout campus and Hyde Park. Riders must present their UChicago ID or University of Chicago Medicine ID to ride the shuttles. There are five shuttle routes: North, South, East, West, and CIE. A map of these routes can be found here:

[safety-security.uchicago.edu/services/ugo_nightride_shuttles/](safety-security.uchicago.edu/services/ugo_nightride_shuttles/)

**Night Shuttle Schedule:**
- Sunday - Wednesday: 5:00pm - 4:00am
- Thursday - Saturday: 5:00pm - 6:00am

**Night Shuttle Frequency:**
- 5:00pm - 12:00am: every 15 - 20 minutes
- 12:00am - 4:00 or 6:00am: every 30 minutes
**Going Downtown**

There are many options for getting downtown: CTA, biking, Metra, Uber or driving.

**Riding the CTA** ($2.25 fare)

You should buy a Ventra Transit Card, which is by far the most convenient way of paying CTA fares. You can buy one at an L station or a local CVS/Walgreens.

- **CTA #6 Jackson Park Express:** Runs along Lake Shore Drive north to downtown, then makes several stops on Michigan Avenue up to Wacker Drive. From the river it takes State St down to Roosevelt on the way back. A one-way ride takes approximately 30 minutes.

- **CTA #28 Stony Island:** Runs along Lake Shore Drive, stops at the Museum Campus, and then goes to Union station.

- **CTA #2 Hyde Park Express:** Travels between State Street downtown and campus during morning and evening rush hours. The trip takes about 25 minutes.

**Biking**

- Downtown is about 7.5 miles from Hyde Park on the Lakefront Path. You can also take your bike on CTA trains on weekends and at non-peak times during the week.

- Divvy (divvybikes.com) is Chicago’s bike share system. There are many bike stations in Hyde Park, and hundreds more throughout the city. FYI, they don’t rent helmets.

**Metra Commuter Rail**

The Metra Electric line has stops at 55th/Lake Park Ave and 51st-53rd/Lake Park Ave in Hyde Park, and is the fastest way to get to the Loop (15-20 minutes). A ticket costs $3. You can find more information and a detailed schedule online at: metrarail.com.

**Driving to/from Downtown**

- Rush hour lasts most of the morning and begins again at 3:00 pm, sometimes continuing as late as 7:00 pm.

- Be aware that talking on your cell phone while driving is illegal in Illinois. You must use a hands-free device if you need to use your phone while driving.

- Expect very high prices for parking garages in and around the Loop. You can park for $5 at the Gleacher Center (this is the business school’s downtown building, located just north of the river and one block off Michigan) as long as you present your student ID and get your ticket validated inside.

- In most neighborhoods the metered parking rate is $2 per hour.
Car Sharing Programs
Both Zipcar and Enterprise CareShare are options in Hyde Park. Both companies have cars located throughout Hyde Park, and rental rates range from approximately $6.50-12 per hour and include insurance and gas.

Taxis/Uber/Lyft
- Uber/Lyft: ~$15 to downtown
- Taxi: ~$25 to downtown, plus an additional charge per extra passenger

Getting To and From the Airports
- Midway Airport is about 30 minutes from Hyde Park
- O’Hare Airport is at least an hour from campus without traffic

Public Transportation
To Midway: From Hyde Park take the #6 or #2 to get downtown. From there, take the Orange Line from one of the Wabash L stations. Taking the #55 Garfield bus is the faster, more convenient option but not recommended during rush hour due to traffic. Either trip should take around an hour.

To O’Hare: From Hyde Park take the #6 Jackson Park Express bus to the loop and hop on the Blue Line train on a Dearborn stop (underground) and continue to the airport. Be forewarned, this could take up to two hours.

Taxi
- O’Hare to Hyde Park: over $50
- Midway to Hyde Park: around $30
Safety

Incoming Pritzker students sometimes have concerns about safety in Hyde Park. Hyde Park is an urban neighborhood, and crime does occur in Hyde Park just as it does elsewhere in the city. However, crime rates in Hyde Park are actually lower than many other parts of the city, including northern neighborhoods like Wicker Park and Wrigleyville that are often perceived to be safer. Many of the South Side neighborhoods around Hyde Park do have higher crime rates, so keep this in mind if you’re traveling through or visiting these areas. It is important to be cautious and keep basic safety rules in mind.

[link to safety FAQ]

The University of Chicago Police Department

The University of Chicago Police Department (UCPD) operates 24 hours a day, 7 days a week. They patrol north to 37th Street, south to 64th Street, east to Lake Shore Drive, and west to Cottage Grove Avenue. Ways to contact UCPD include:
- Dialing 123 from any campus phone
- Calling 773.702.8181 from a cell phone
- Using any one of the emergency blue phones located throughout Hyde Park

Resources for Protecting Yourself

- Safety Escort: If you ever feel uncomfortable in your surroundings and would like a police escort, you can call UCPD to request a patrol car to accompany you to your destination.

- Late Night Shuttles: The University offers evening shuttles for students to use rather than walking at night. See the “Transportation” section for details about routes and hours.

- Bicycle Registration: You can register your bike with the University of Chicago Police Department by calling 773-702-8181 to get a numbered ID sticker.

- Common Sense is a university publication filled with tips and information about protective services, safe means of transportation on and off campus, and how to live in a big city. It can be found online at: commonsense.uchicago.edu.

Tips for Walking Safely

- Plan your way in advance. Choose well-traveled routes.
- Use discretion when talking with strangers, even if they are offering you help or assistance.
- When possible, try to travel with friends, whether it is daytime or evening.
- Avoid deserted areas. Do not cut through parks, alleys, and vacant lots at night.
- Don’t let a conversation on your cell phone or the use of headphones make you unaware of your surroundings.
- Don’t openly carry or work on your computer while walking.
Everyday Essentials

Grocery Stores

**Hyde Park Produce** | 1226 E. 53rd St. (Kimbark Plaza)
Great selection of (cheap!) fresh produce, a deli, a large selection of organic products, and an extensive range of imported foods. Open until 8pm everyday except Sunday, when it closes at 6pm.

**Open Produce** | 55th and Cornell Ave.
A cozy store with super friendly staff. It stocks everything from fresh-baked bread and locally-produced milk to imported foods, local Chicago brands, vegetarian specialties, and a selection of fresh vegetables and fruits. Open 8 am to 2 am every day.

**Treasure Island** | 55th and S. Lake Park Ave.
Typical grocery store, but a bit on the pricier side. Open until 10pm everyday except Sunday, when it closes at 9pm.

**Whole Foods** | E. Hyde Park & S. Lake Park Ave.
Newest addition to Hyde Park. More on the expensive side, but is a familiar nationwide chain that carries a variety of organic food products.

Specialty Stores

**Office Depot** | 5420 S. Lake Park Ave., 773.643.7474

**Ace Hardware** | 5420 S. Lake Park Ave., 773.241.6300

Banks

**Bank of America** | 1439 E. 53rd St., 773.667.0408

**Chase Bank** | 1204 E. 53rd St., 773.241.5110

**Citibank** | 5812 S. Ellis Ave., 800.627.3999

**Fifth Third Bank** | 1420 E 53rd St., 773.256.3400

**Harris Bank** | 5493 S. Cornell Ave., 773.241.5100

Delivery Services

**FedEx** (also copying/printing) | 1315 E. 57th St., 773.643.2424

**UPS Store** (also copying/printing) | 1507 E. 53rd St., 773.288.3173

**US Post Office** | 1510 E. 55th St., Next to Treasure Island

Pharmacies

**CVS** | 1228 E. 53rd St.

**Walgreens** | 1554 E. 55th St., 773.667.1177

General

**Target** (Coming Soon! Fall ‘16 to Spring ‘17) | 1330 E 53rd St.

Gas Stations

**Hyde Park BP** | 5130 S. Lake Park Ave., 773.493.5200

**BP** | 5048 S. Cornell Ave., 773.667.7045

**Hyde Park Exxon Mobil** | 1330 E. 53rd St., 773.643.1715
MS19 Survey:

Shopping in South Loop
- Target (there will be a mini-Target opening in Hyde Park in the Fall or Spring!)
- Trader Joes
- Jewel Osco
- Whole Foods
- Best Buy
- Home Depot
- Bed Bath & Beyond
- Michael’s
- Lots of retail shops (including Nordstrom Rack, H&M, Marshalls, Lululemon, Men’s Warehouse, Dick’s Sporting Goods, Victoria’s Secret, etc.)

Buying and Selling Used Goods

UChicago Marketplace (marketplace.uchicago.edu) is an online forum run by the University where all students can post items that they are selling. This is a great place to look for furniture! One plus is that if you find something you like, it will likely be located somewhere within Hyde Park, so you won’t have to go far to pick up your goods.
The City of Chicago
Symbolism of the Chicago Flag

Stripes
The three white stripes of the flag represent the North, West and South sides of the city. The top blue stripe represents Lake Michigan and the North Branch of the Chicago River. The bottom blue stripe represents the South Branch of the river and the Great Canal, over the Chicago Portage.

Stars
There are four red six-pointed stars on the center white stripe, from left to right. The first star represents Fort Dearborn. It was added to the flag in 1939. Its six points symbolize transportation, labor, commerce, finance, populousness, and salubrity. The second star stands for the Great Chicago Fire of 1871, and is original to the 1917 design of the flag. Its six points represent the virtues of religion, education, aesthetics, justice, beneficence, and civic pride. The third star symbolizes the World’s Columbian Exposition of 1893, and is original to the 1917 design. Its six points stand for political entities Chicago has belonged to and the flags that have flown over the area: France 1693, Great Britain 1763, Virginia 1778, the Northwest Territory 1798, Indiana Territory 1802, and Illinois 1818. The fourth star represents the Century of Progress Exposition (1933–1934), and was added in 1933. Its points refer to bragging rights: the United States’ 2nd Largest City (became 3rd largest in 1990 census when passed by Los Angeles), Chicago’s Latin Motto (Urbs in horto – City in a garden), Chicago’s “I Will” Motto, the Great Central Marketplace, Wonder City, and Convention City. Six-pointed stars are used because five-pointed stars represent sovereign states, and because the star as designed was not found on any other known flags as of 1917.
Weather in Chicago

The best word to describe Chicago lakeshore weather is “variable,” and not just variable day to day. Because we’re near a beautiful lake, it often varies hour to hour, and while you can generally predict hot summers and cold winters, do not try to predict spring or fall. When you play the game of Chicago weather, you either win or freeze/sweat on the walk home. Hopefully, this brief guide to Chicago weather will help you win the game more times than you lose it!

Average temperature, precipitation and rainy days in Chicago

Source: http://www.weather-and-climate.com/
The Seasons

**Summer**: Highs in the 80s with moderate humidity, lows in the 60s

When you arrive in August, the highs will generally be in the 80s with moderate humidity. The days might spike into the 90s, perfect for a trip to the beach on a free afternoon. Nights will be warm and lovely with gentle breezes, the best times for summer concerts and festivals.

Tips:
- An extra sweater in your locker to wear in freezing classrooms
- Sunscreen for beach days to avoid skin cancer

**Fall**: Highs in the 50-60s, lows in the 30-40s. Maybe.

Temperatures might start to drop in September and early October, or they might not. The first frost usually occurs sometime around mid-to-late October, and the first snow shortly after. An early frost means you'll see incredible fall colors on UChicago's campus!

Tips:
- Wear layers so you're prepared for whatever fall throws at you
- Make friends with your favorite weather app to keep you on your weather game

**Winter**: Highs in the 30s, lows in the 10s.

During the winter, highs will usually be in the 30s and lows in the 10s, but they can drop far lower than that. The average snowfall is 37 inches, but much of this results from numerous light snowfalls of 2 inches or so. Every few years, Chicago experiences a blizzard, which will produce 10 or more inches of snow.

Tips:
- Invest in a heavy winter coat with a hood
- Also crucial are waterproof boots, long underwear, and wool socks

**Spring**: Highs in the 50-60s, lows in the 30-50s. Maybe.

Spring is often the windiest and rainiest season in the Windy City, and be forewarned: 55 degrees with a lake wind feels much colder than a calm 55 degrees. The last freezing low of the season often occurs around mid-to-late April and temperatures climb to the 60’s and 70’s in May, but there will be lots of fluctuations along the way.

Tips:
- Again, layers are your friend, who knows what spring will bring?
- Get a high quality umbrella that can withstand heavy winds and rain.
Adapted from: urbanbound.com
Chicago Neighborhoods

There are over 70 neighborhoods in Chicago, each with a distinct feel. Some are mentioned here with a brief selection of things to see, but this list is certainly just a starting point. Chicago begs to be explored, and first year is the perfect time to get out and find your own favorite spots!

**Bridgeport**
Explore here for everything from sports to art to the city's oldest tavern

**Eats/Attractions:**  
Bridgeport Art Center  
U.S. Cellular Field–home to the Chicago White Sox  
Schaller’s Pump ($)--in business for 135 years!

![Alison Saar's Monument to the Great Migration in Bronzeville](image)

**Bronzeville**  
A spot with rich African American heritage and beautiful works of public art  

**Eats/Attractions:**  
South Side Community Art Center  
Alison Saar’s Monument to the Great Migration  
Ain’t She Sweet Café ($)–known for its delicious desserts and large wraps
Chinatown
Specialty shops, authentic cultural cuisine and signature landmarks
Eats/Attractions:
Ping Tom Memorial Park
Buddhist Temple of Chicago
Go4Food ($$)–delicious Cantonese cuisine highly recommended by current students

Lakeview/Wrigleyville
One of Chicago’s liveliest neighborhoods with bars, music, and the Chicago Cubs
Eats/Attractions:
Wrigley Field
Lincoln Hall–popular concert venue for bands passing through the city
DryHop Brewery ($$)–beer flights and one of the city’s most incredible burgers

Lincoln Park
A free zoo and one of the city’s best beaches are just a couple reasons to visit this neighborhood
Eats/Attractions:
Lincoln Park Zoo
North Avenue Beach
Pequod’s Pizza ($)–the best Chicago style deep dish pizza in town
**The Loop**  
Chicago's downtown area with its business hub and celebrated Theatre District

**Eats/Attractions:**
- The Goodman Theatre
- State and Lake Chicago Tavern ($$)–serves a particularly delicious Sunday brunch
- Picasso Statue in Daley Plaza

**Pilsen**
Best known for its authentic Mexican food, murals, and art galleries

**Eats/Attractions:**
- Working Bikes–bike store where profits are used to send refurbished bikes overseas
- Pilsen Second Fridays–open art galleries plus free wine every 2nd Friday of every month
- Taqueria Sabor y Sazon ($)–hole-in-the-wall Mexican restaurant with incredible pork tacos

**River North**
Bustling shopping centers, tons of restaurants, and electric night life

**Eats/Attractions:**
- The Purple Pig ($$)–charcuterie, cheeses, and classic Mediterranean fare. And wine.
- Three Dots and a Dash ($$)–tiki bar with amazing cocktails
- Water Tower Place–shopping mall located next to the John Hancock Building
South Loop
Do your weekly shopping at the Trader Joe’s and while you’re at it, visit some world-class museums
Eats/Attractions:
Museum Campus–Shedd Aquarium, Field Museum, Adler Plantarium
Agora–art installation at the south end of Grant Park
Husky Hong BBQ ($$)–Southern style BBQ

South Shore
Former home of Yeezy and Michelle Obama, this neighborhood also has the city’s largest beach
Eats/Attractions:
South Shore Cultural Center
Rainbow Beach Park
Parrot Cage Café ($$$)–all-American eats prepared by students from the Washburn Culinary School

Uptown
Eclectic, diverse neighborhood with a famous Chicago jazz club and a variety of Asian restaurants
Eats/Attractions:
The Green Mill ($$$)–the oldest continuously run jazz club in the United States
Tank Noodle ($)–Vietnamese cuisine
The Black Ensemble Theatre–internationally recognized African American theater company
**Wicker Park**
Full of independently-owned boutiques, locally-sourced restaurants, and beautiful art galleries

**Eats/Attractions:**
Piece Brewery and Pizzeria ($$)–New Haven-style pizzeria and microbrewery with Thursday karaoke
Myopic Books–three floors of used books A.K.A. paradise
The Violet Hour ($$$)–speakeasy themed bar with pricey but worth-it cocktails
Things to Do

**Main Tourist Attractions**

When you think about Chicago, you likely picture the Willis Tower, Navy Pier, or Cloud Gate (the Bean) at Millennium Park. Both locals and visitors enjoy these attractions most during the summer when Navy Pier has firework shows every Saturday, Grant Park hosts Summer Dance—free weekly dance lessons—and Millennium Park has free concerts and movie nights!

- Navy Pier
- The Willis Tower
- Grant Park
- Millennium Park

**Museums**

Chicago is home to wonderful museums including the Art Institute—recently named the #1 museum in the world by TripAdvisor.com. Also notable is the Museum of Science and Industry, minutes away from Pritzker’s campus, where you can take a tour inside a WWII submarine or experience a wind vortex!

- The Field Museum of Natural History
- The Art Institute of Chicago
- The Museum of Science and Industry
- Museum of Contemporary Art
- Dusable Museum— African American History
- Chicago History Museum

**Nature**

Don’t let the urban environment fool you—Chicago has plenty of opportunities to interact with and learn about the great outdoors, starting with its lakefront: 18 miles of parks, beaches, and bike trails. In winter, get your nature fix at the Garfield Park Conservatory, with thousands of plant species inside two acres of glass enclosure.

- Garfield Park Conservatory
- Lincoln Park Zoo
- Shedd Aquarium
- Adler Planetarium
- Chicago Lakefront
Theatre, Music, and Dance

Laugh at a Second City comedy show, watch thought-provoking drama at the Goodman, or listen to internationally recognized classical musicians play at the CSO, where Yo-Yo Ma is artist in residence.
- Goodman Theatre
- Broadway in Chicago
- Second City
- Lyric Opera
- Harris Theatre

Shopping

You’ll find great places to shop no matter which neighborhood you’re in. The most well-known shopping destination in Chicago is Michigan Avenue, also known as the Magnificent Mile. Make sure to look up and see the beautiful architecture as you walk and shop!
- State Street
- The Magnificent Mile
- Wicker Park

Sports

Win or lose, Chicago sports fans love their teams with undying passion. One of your biggest decisions as a new Chicago resident will be deciding your baseball team allegiance. Choose wisely.
- Chicago Blackhawks
- Chicago Bulls
- Chicago Cubs
- Chicago White Sox
- Chicago Fire
- Chicago Bears
UChicago Arts Pass

Your UChicago ID is your ticket to free and discounted admission to arts and culture organizations throughout the city. The Arts Pass program provides unique benefits to UChicago students at over 70 theater, music, dance, visual art, and cultural institutions throughout Chicago.

Highlights Include:

**Theatre:**
- 25% discount for **The Second City** Mainstage and The Second City etc Theatres on Tuesday–Thursday and Sunday. Call the box office or book online using code “UCicago”.
- **Chicago Symphony Orchestra** Discounts: $15 online tickets to select performances; $20 day-of tickets (cash only, limit 1 ticket per student) available at the Box Office.
- **Lyric Opera** Discounts: $20 tickets available to full-time, degree-seeking University students (who register online as NExT members).
- **Goodman Theatre** Discounts: $10 mezzanine tickets for students with a valid UChicago ID. Limit 4 tickets per student ID.
- $10 UChicago Student tickets in select seats for **Harris Theater Presents** events. Use promo code HTARTSPASS.

**Museums:**
- Free admission to **The Art Institute**.
- $15 Student Membership to **Dusable Museum**. Includes free admission to Museum and special exhibitions, performances, literary readings, and films
- Free **Museum of Contemporary Art** admission. $10 student tickets available for most theater performances; $6 student tickets for all lectures.
- Free **Museum of Science and Industry** admission
Useful Websites

**Chicagost** | chicagoist.com
Chicagost has grown to become the most popular local blog in the Windy City. It is dedicated to documenting the city and all its quirks. Important source of top ten lists for restaurants!

**ChooseChicago** | choosechicago.com
When your relatives come to visit or when you want to explore a new neighborhood, this website gives a list of things to do in each city neighborhood and helps you plan an itinerary.

**City of Chicago** | cityofchicago.org
A website run by the city that has information on everything ranging from the city’s museums and their free admission days to information on the various forms of public transit in Chicago.

**DNA Info Chicago** | www dnainfo com/chicago
News website that keeps you up-to-date with the latest goings-on in each Chicago neighborhood.

**Transit Chicago** | transitchicago.com or rtachicago.com