



# WHAT TO EXPECT

**When your loved one gets accepted to  
The Brody School of Medicine at ECU**

Last Updated August 2021

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# CONGRATULATIONS

Dear Friends and Family,

It is our pleasure to officially welcome you to the Brody School of Medicine (BSOM) Family. Acceptance to medical school is a great accomplishment, and we know it takes a village. You have supported your loved one this far, and their journey has only just begun. We know you are ready to support your student and we want to help.

Here at BSOM, we take pride in helping each other succeed, and the following guide was made by students with you in mind. Thank you for choosing to support your loved for the next few years while here in Greenville. Our objective is to give you a window into a day in a life of your student during their time here at the Brody School of Medicine. In this guide, you will find information such as how to get around Greenville, a description of what is expected of your student each year of medical school, navigating finances, and how to join the Parents Association.

We hope that this guide will give you the knowledge you need to support your student as they work through the different years of medical school and what it all brings.

Sincerely,

Emmanuella Mensah, M4

Merdi Lutete, M3

Simone Boney, M4

Toni Madugu, M4

Dr. Kori Brewer, Faculty Advisor

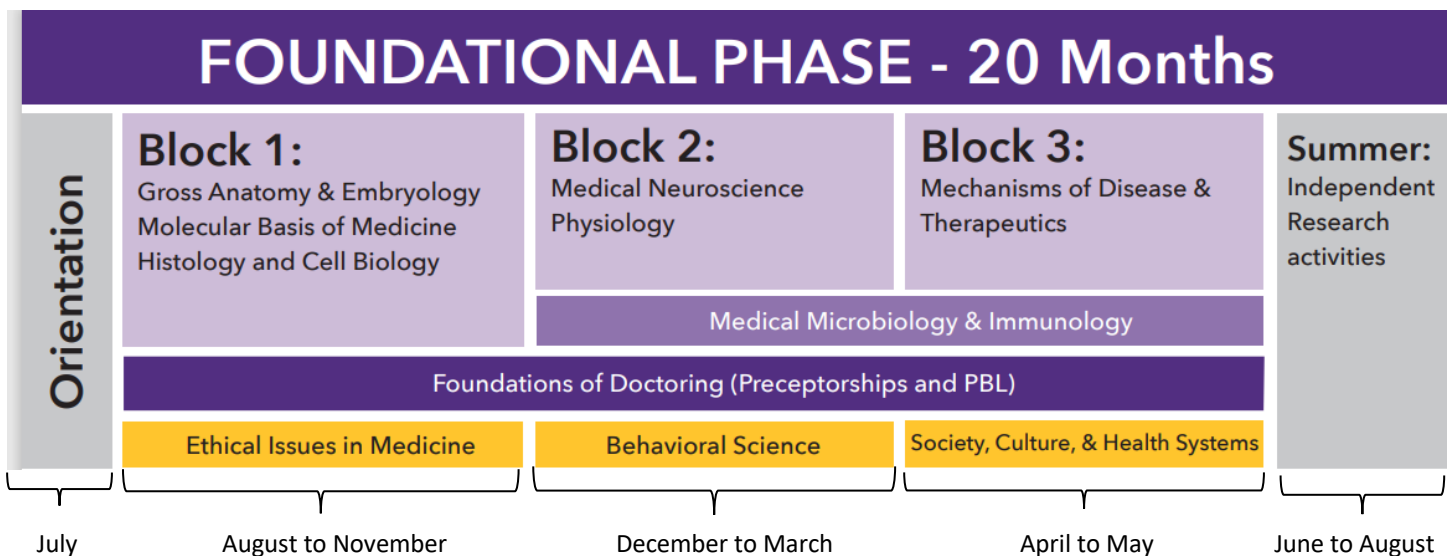
Mrs. Allison Flowers, Advisor, Office of Faculty Development

## CURRICULUM INFORMATION

It can be difficult to understand what your student's schedule will be like for the next four years. We have broken down the courses that students take to help you understand what is ahead. As you read through the information below about the classes students take, keep in mind that students are also participating in extra-curricular activities such as volunteering, research, and leading organizations to be a well-rounded student.

### FIRST YEAR

**FOUNDATIONAL PHASE:** (M1 year) This is when students learn the basic sciences and spend most of the time in the classroom. Students are usually in lectures, lab, or small groups from 8 a.m. to 5 pm.

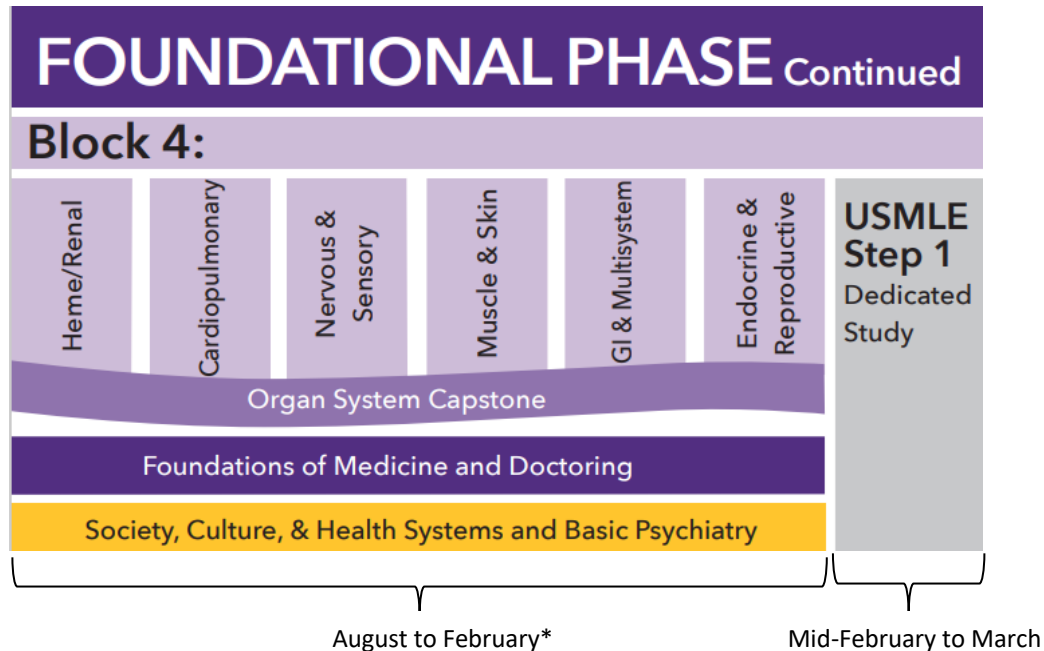


**STUDY TIME:** Studying varies per student. Generally, there is one quiz every week and an exam every month for all the classes. Since exams happen often, students are studying all the time. After the end of class until bedtime, students are re-watching lectures, re-reading notes they made during lectures, making flashcards/study materials, or answering practice questions. Students use the weekends to catch up on studying, with a majority of the time spent in the library, on campus or at home catching up from the week or reading ahead for the upcoming week so they do not get behind. It may be hard to understand why students may not call every day or have the time to come home, but courses move very fast in medical school.

**SUMMER:** Students use the time between June and August to build their resumes by participating in research, educational or clinical activities. Students will be applying for residency (more training) in their fourth year and usually begin to explore interests during this time.

## SECOND YEAR

**FOUNDATIONAL PHASE:** (M2 Year) This is when students continue to learn the science of the body and spend most of the time in the classroom. Students are usually in lectures, lab, or small groups from 8 a.m. to 5 p.m.



\*The number of months spent on each section varies; students take courses in Pathology (the study of diseases), Pharmacology (the study of drugs) and clinical approaches to each subject.

**STUDY TIME:** Studying varies per student, but time spent studying is similar to studying during first year. There is one quiz every week and an exam every month for all the classes. Since exams happen often, students are studying all the time. After the end of class until bedtime, students are re-watching lectures, re-reading notes they made during lectures, making flashcards/study materials or answering practice questions. Students use the weekends to catch up on studying, with a majority of the time spent in the library, on campus or at home catching up from the week or reading ahead for the upcoming week so they do not get behind. It may be hard to understand why students may not call every day or have the time to come home, but courses move very fast in medical school.

During USMLE Dedicated study time, students take six-seven weeks to study for their first national exam. Students have no classes and create a study schedule in order to review two years' worth of material for an eight-hour exam. A typical study schedule starts at 8 a.m. and ends at 10 p.m., with breaks for lunch and dinner. Students are taking practice exams, reviewing flashcards, and re-watching lectures. It is an intense time with little time for cooking and keeping up with other life moments. This is the best time to support your loved ones!

After students take USMLE Step 1, there is a one-week break and students begin their third year.

## THIRD YEAR

**CLINICAL PHASE:** (M3 year) This is when students spend their time at the hospital and different clinics in Greenville learning from doctors. Students are able to do electives in different clinics all over North Carolina for two-four weeks during Pediatrics, Family Medicine, and electives. When traveling outside of Greenville, N.C., students can request housing if available through the North Carolina Area Health Education Center (NC AHEC).

CLINICAL PHASE - 12 Months						
Required Core Clerkships and Electives:						
Family Medicine 8 weeks	Internal Medicine 8 weeks	OB/GYN 6 weeks	Pediatrics 8 weeks	Psychiatry 6 weeks	Surgery 8 weeks	Electives 4 weeks
Radiology						

April to April \*

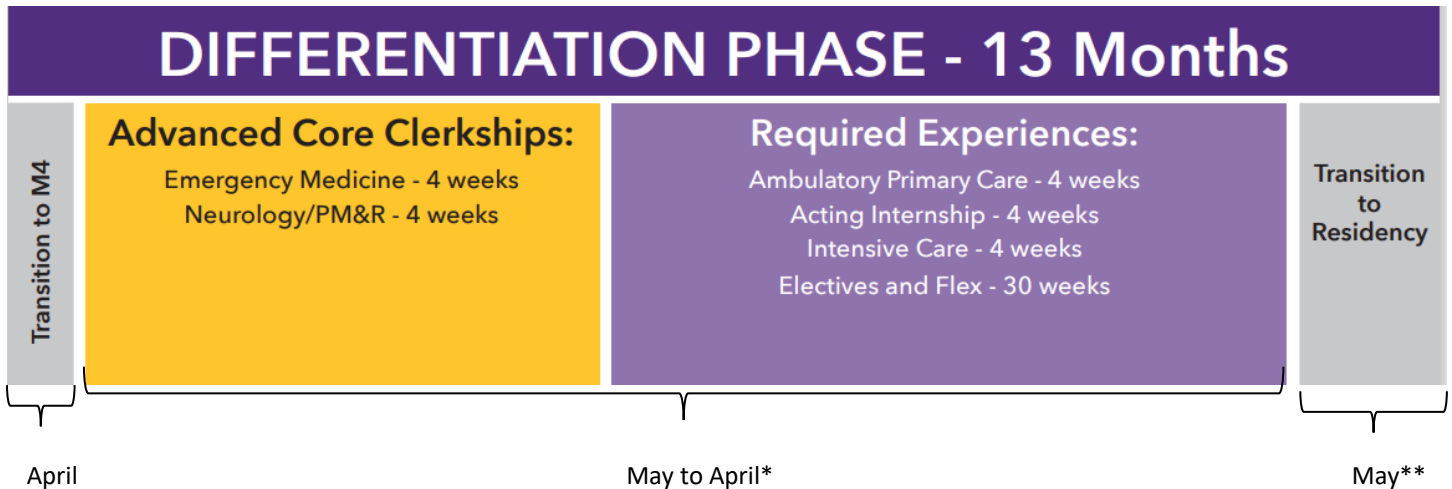
\*Students no longer have a summer break but work through June and July at the beginning of their third year. Each student has their own schedule with a different order.

**STUDY TIME:** Studying during this phase varies from one clerkship or rotation to another. At the end of each clerkship, students take a national exam on that subject; therefore, students must find the time to study outside the hospital or clinic. The majority of the learning takes place in the hospital with patients, but students are tested on material in the textbooks. Additionally, students can work on weekends or on holidays so they have to find time during the week to study. The amount of hours per shift can range from eight to 12 hours, including nights and overnight shifts. Studying for the national exam at the end of each clerkship may include practice questions, reading subject-specific textbooks or attending lectures from faculty.

**SUMMER:** Students do not get time off for a traditional "summer break" from June to August. Third year lasts from April of one year into April of the next year.

## FOURTH YEAR

**DIFFERENTIATION PHASE:** (M4 year) This is when students narrow down their decisions on what type of doctor they would like to be and spend more time in that clinic. A majority of the year is on electives.



\*Students do not have a summer break but work through June and July at the beginning of their fourth year. Each student has their own schedule with a different order depending on the type of doctor they want to be.

\*\*GRADUATION!

**STUDY TIME:** During fourth year, there are exams for some clerkships but not all. Students have more responsibilities in the hospital so even if there are not studying for an exam, they still take time to study for their patients. This is the time to improve on certain skills and learn the information to serve patients well. Similar to third year, the amount of hours per shift can range from 8 to 12 hours, including nights and overnight shifts. The time not spent on studying for an exam, is spent on preparing for applications residency, interviewing for residency and activities outside of school.

**SUMMER:** Students do not get time off for a traditional "summer break" from June to August. During the summer months, students prepare to apply to residency (when you work under another doctor to gain experience). Applying for residency is similar to applying to medical school with an application and interviews. Students spend time gathering letters of recommendation from their teachers and faculty and write a personal statement for why they chose a particular field of medicine.

# GREENVILLE RESOURCES

## RESIDENTIAL RESOURCES

### Questions to Ask When Apartment Hunting

1. Are there any medical student discounts at this apartment complex?
2. How do I pay rent?
3. How many days past rent due date is considered late, and how much is the fee?
4. How much is my security deposit? How much will I get back when I move out?
5. Can I make changes to the apartment, and will there be costs involved?
6. What are my options for lease renewal?
7. Do I need rental insurance for this apartment?
8. What are the safety measures in the apartment complex to protect your residents?

### Utilities Information

1. Greenville Utilities
  - a. <https://www.guc.com/>
  - b. You can set up an account online for water, electricity, gas, and sewer
2. Internet
  - a. SuddenLink® - <https://www.suddenlink.com/>
  - b. Century Link® - <https://www.centurylink.com/>
  - c. You can buy your own router and modem from an electronics store or website and call your cable provider to set it up with installation. Otherwise, you can purchase router and modem directly from the cable company with additional monthly payments.
3. Renter's Insurance
  - a. Check your auto insurance company to see if they provide renter's insurance



Apartment Information*	Rent	What is included in rent?	Washer and dryer included?	Pet policy	Guest policy and Parking
The Berkeley at Medford Pointe 3400 Briarcliff Dr, Greenville, NC 27834 252-689-6440 <a href="https://www.theberk.net/">https://www.theberk.net/</a>	~\$920	Utilities not included	No	Allowed	Unassigned parking
Brighton Park Apartment 2500 W 5th St, Greenville, NC 27834 252-756-4052 <a href="https://www.apartments.com/brighton-park-greenville-nc/1pzw096/">https://www.apartments.com/brighton-park-greenville-nc/1pzw096/</a>	\$796-800	Utilities included (Water, sewer, and trash removal)	Yes	Allowed	1 space, Assigned Parking
Heritage at Arlington 2700 West Arlington Blvd, Greenville, NC 27834 833-297-4973 <a href="https://www.theheritagenc.com/">https://www.theheritagenc.com/</a>	\$1000 - 14500	Utilities not included	No	Allowed	Unassigned parking
Holly Glen 2800-A Holly Glen Dr, Greenville, NC 27834 252-227-1116 <a href="http://www.hollyglenapartments.com/">http://www.hollyglenapartments.com/</a>	\$780 - \$790	Internet but Utilities not included	Yes (+\$50)	Allowed	Unassigned parking
Lakeside Apartments 970 Spring Forest Rd, Greenville, NC 27834 252-493-4968 <a href="https://www.apartments.com/lakeside-apartments-greenville-nc/98yc0k5/">https://www.apartments.com/lakeside-apartments-greenville-nc/98yc0k5/</a>	\$795-1,425	Water and sewer included	Yes	Allowed	Unassigned parking
Meridian Park 2707 Meridian Dr, Greenville, NC 27834 252-321-1948 <a href="https://www.meridianpark.net/">https://www.meridianpark.net/</a>	\$750-1,050	Utilities not included	No, but can be rented for a fee	Allowed	Unassigned parking
Signature Place 410 Beasley Dr, Greenville, NC 27834 262-217-0143 <a href="https://www.signatureplaceapartments.com/">https://www.signatureplaceapartments.com/</a>	\$995-1,345	Utilities not included	No	Allowed	Unassigned parking

Treybrooke 701 Treybrooke Cir, Greenville, NC 27834 252-557-3767 <a href="https://www.treybrookellc.com/home.aspx">https://www.treybrookellc.com/home.aspx</a>	\$1,059- 1,388	Utilities not included	No, but can be rented for a fee	Allowed	Unassigned parking
Waterford Place 2792 Stantonsburg Rd, Greenville, NC 27834 252-689-7915 <a href="https://www.hpiwaterfordplace.com/">https://www.hpiwaterfordplace.com/</a>	\$790- 1,139	Utilities not included	Yes	Allowed	Unassigned parking

\*Information updated July 2021. Prices may change. The apartments listed above are apartments that students have used in the past, there are other options nearby.

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## THINGS TO DO IN GREENVILLE

There are several things to do in Greenville when you visit your student. You can find them by visiting the official Greenville website at <https://www.visitgreenvillenc.com/things-to-do/>. You can sort through the list by the following options:

- |                             |                          |
|-----------------------------|--------------------------|
| 1. Attractions              | 7. Shopping              |
| 2. Outdoors and Nature      | 8. Spas and Wellness     |
| 3. Arts and Culture         | 9. Sports and Recreation |
| 4. Farms and Farmers Market | 10. Uptown District      |
| 5. Museums and History      | 11. Nightlife            |
| 6. Things to do with Kids   |                          |

Notable mentions: The Umbrella Market at the Town Commons (Every Wednesday during the Summer), Greenville Greenway, Greenville Museum of Art, and Greenville Farmers Market.

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## RESTAURANTS

The food scene in Greenville is worth the try. You can find several different types of cuisines from Asian to Latin to Caribbean to North American food. You can find the perfect place to treat your student to a nice study break at <https://www.visitgreenvillenc.com/restaurants/> Notable mentions:

- Indian Restaurant & Buffet
  - Kasturi Indian Cuisine
  - Cinnamon Indian Cuisine
- Dominican
  - Villa Verde
- Mexican
  - Mi Cabana
  - La Ribera
  - Plaza Azteca
  - La Rancherita
- Jamaican
  - The Jerk Truck

- Run A Boat Jamaican Kitchen
- Soul food
  - LookatDatDer BBQ House & Catering
  - Gorhams Cafe
- Seafood
  - Hook n Reel
  - The Juicy Crab
- Asian
  - Anchalee Thai
- China 10
- Sakura
- American
  - CPW's Fine Food & Spirits
  - Parker's BBQ
  - Basil's Restaurant & Pizzeria
  - The Rickhouse
  - Luna Pizza Cafe
  - Dickinson Avenue Public House
  - B's BBQ

## FINANCIAL RESOURCES

### FINANCIAL-AID

Medical school is very expensive. Fortunately, the Brody School of Medicine is one of the cheapest medical schools in North America. Here are several opportunities to take advantage of:



ECU Award  
Application – usually  
due the month of  
February each year



“Announcement &  
Opportunity”  
weekly email from  
Student Affairs



Specialty and National  
association-based  
Scholarships (i.e. Student  
National Medical Association  
or American Neurology  
Association)



NC Forgivable  
Education Loans  
for Service -  
<https://www.cfnc.org/pay-for-college/apply-for->

### DOWNLOADABLE BUDGET SPREADSHEET

The Association of American Medical Colleges has created a budget worksheet for medical students including monthly fixed and variable expenses. You can access the sheet here: <https://students-residents.aamc.org/media/5131/download>.

If your student runs into financial trouble, they can reach out to Student Affairs for help. Encourage your students to attend financial literacy sessions hosted by Student Affairs throughout the year.

## STUDENT EMAIL DISCOUNTS

When your student uses their "ecu.edu" email, they will receive discounts on certain service, including those below:

Name of Service	Discount Amount
<b>Amazon© Prime Student - Free two-day shipping on most items</b>	First 6 months free, then \$6.49/month (\$59/year if you pay annually)
<b>Audible© - Access to professionally recorded audiobooks</b>	One free audiobook when you sign up then \$14.99/month
<b>Spotify© + Hulu© + Showtime©</b>	Free 3-month trial then \$4.99/month
<b>Apple Music©</b>	\$4.99/month instead of \$9.99/month
<b>The New York Times ©</b>	4 free weeks then \$1 a week

More discounts for service, software, and shopping found on <https://collegeinfo geek.com/student-discounts/>

## EXTRA EXPENSES

Some expenses are optional study resources that students find helpful. These resources are the most recommended among students but there are other options available to use to study.

School Year	Additional Expenses (*Optional, **Required)
<b>First Year</b>	<p><b>Sketchy©*:</b> Master your medical studies with powerful visuals. Students use this tool to learn biochemistry and microbiology during first year.  <a href="https://www.sketchy.com/explore/medical-pre-clinical">https://www.sketchy.com/explore/medical-pre-clinical</a></p> <ul style="list-style-type: none"> <li>• 12-month subscription: \$399.99</li> <li>• Monthly subscription: \$33/month</li> <li>• Consider splitting with a friend because multiple people can view and learn videos at once</li> </ul>
<b>Second Year</b>	<p><b>Pathoma©*:</b> Learn the fundamentals of Pathology through videos.  <a href="https://www.pathoma.com/">https://www.pathoma.com/</a></p> <ul style="list-style-type: none"> <li>• 12-month subscription: \$100</li> </ul> <p><b>Sketchy©*:</b> Master your medical studies with powerful visuals. Students use this tool to learn pharmacology and pathology during second year.  <a href="https://www.sketchy.com/explore/medical-pre-clinical">https://www.sketchy.com/explore/medical-pre-clinical</a></p> <ul style="list-style-type: none"> <li>• 12-month subscription: \$399.99</li> <li>• Monthly subscription: \$33/month</li> <li>• Consider splitting with a friend because multiple people can view and learn videos at once</li> </ul> <p><b>United State Medical Licensing Examination (USMLE) Step One©**:</b> The first board exam of your student's medical school journey. A one-day exam lasting 8 hours.</p>

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<https://www.usmle.org/step-1/>

- Total cost: \$645
- \$50 fee to change exam date within 30 days

**U-world© subscription\*\*:** Students use this website to use questions to study for Step 1 throughout second year.

<https://www.uworld.com/>

- Total cost: \$519/year but historically offered for free by The Brody School of Medicine

**National Board of Medical Examiners (NBME) Practice for Step One©\*:** The NBME creates questions for Step 1 and offers practice exams to prepare for Step 1.

- Cost: \$60 for each exam (6 practice exams available)

### Third Year

**United State Medical Licensing Examination (USLME) Step Two©\*\*:** The second board exam of your student's medical school journey. A one-day exam lasting 9 hours.

<https://www.usmle.org/step-2-ck/>

- Total cost: \$645
- \$50 fee to change exam date within 30 days

**U-world© subscription\*\*:** Students use this website to use questions to study for Step 1 throughout second year.

<https://www.uworld.com/>

- Total cost: \$519/year but historically offered for free by the Brody School of Medicine

**National Board of Medical Examiners (NBME) Practice for Step Two©\*:** The NBME creates questions for Step 2 and offers practice exams to prepare students for Step Two.

- Cost: \$60 for each exam (3 practice exams available)

**National Board of Medical Examiners (NBME) Practice for Shelf Exam©\*:** During the 6 clinical rotations, students take a Shelf Exam at the end of each rotation. The NBME offers practice exams to prepare students for their Shelf exams.

- Cost: \$20 for each exam (3-4 practice test available per each clinical rotation)

### Fourth Year

**"Away" rotations\*:** Students are able to apply to rotate at another school in any part the country.

- Application fee: varies per school
- Housing may not be included, and students may have to pay rent in Greenville and find housing for one month in their new location.

**Residency application\*\*:** Students apply to multiple residency programs to "match" at one location. Application fees:

- Up to 10 applications = \$99 total
-

- 
- Next 11-20 application = \$16 each
  - Next 21-30 application = \$20 each
  - Next 31 and more = \$26 each

**Residency interviews\*\*:** Students usually travel to different locations to interview for residency. \*Fees vary. Due to Covid-19 pandemic, interviews are currently being held online.

**Transition to residency\*\*:** Students that need to relocate for residency often have to budget moving expenses.

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## PARENTS ASSOCIATION

The Brody School of Medicine Parents Association started in 2014 and has expanded to include family and supportive others. The association's current projects include

1. Emergency support and supplies for students
2. Healthy snacks and homemade meals for students before high-stake exams during the school year
3. Brody Coffee Club, which provides access to coffee/tea for all students while on campus

### **FREQUENCY ASKED QUESTIONS:**

- How can friends and family join to support their students?
    - Signing up through the link (<https://medicine.ecu.edu/studentaffairs/parents/>) on the student Affairs page is the best way for medical school parents and friends to connect with the BSOM - Parents Association.
  - Does it cost money to join the association?
    - There are no dues to join. Donations to the fund are encouraged, but not required.
  - What should members expect?
    - The Association tries to meet four times a year. Most of the meetings are online because it is difficult for parents to come to campus. The group exists to help reduce the stress of medical school by providing support and hosting events that create a sense of community. The group can also be a source of information for parents and families that are new to the medical school experience.
-