

June 15, 2012

Dear Entering Class of 2016:

Congratulations on being accepted to medical school. We are delighted that you have chosen the Penn State College of Medicine to begin your professional career. We know you are excited to start classes, and we want to provide an overview in order to facilitate a smooth transition into your first days of classes.

Your first block of coursework involves the Structural Basis of Medical Practice (SBMP). This block lasts 11 weeks and includes Gross Anatomy, Embryology, Humanities, Radiology, and Clinical Correlates, as well as an optional Surgical Correlate. The block of coursework is extraordinarily intensive and demanding, and it will be a challenge.

A full dissection of a cadaver will be performed by all students. We will provide dissecting instruments and the bones/skeletons. On the evening of Sunday, August 5, 2012 you will have the opportunity to attend a class conducted by the second-year medical students entitled "Meet Your Cadaver". This is extremely helpful for orientation, and you can initiate discussions with these students as to their strategies for learning anatomy. Not to mention that you will meet your laboratory partners. The College of Medicine will provide "scrubs" for dissection, and the logistics for obtaining these scrubs will be presented at the August 5th session.

Earlier on Sunday, August 5th, there will be a used book sale that you might want to attend. Senior students will be selling their books, and this is a chance to pick up some learning materials at a bargain price. The textbook for gross anatomy is the 40th edition of *Gray's Anatomy: The Anatomical Basis of Clinical Practice* by Susan Standring (keep in mind, this is not the *Gray's Anatomy for Students* by Drake). The dissector is *Grant's Dissector* (15th edition) by Tank. I am attaching a booklist with requirements and recommendations. Some students find books such as Hollinshead's *Textbook of Anatomy* (a superb book now out of print - any edition would be fine), *Gray's Anatomy for Students* (a reduced version of our textbook), and Moore's *Clinically Oriented Anatomy* or *Essential Clinical Anatomy* useful tools for learning. There also are a number of anatomical atlases that are recommended and if you can obtain a used copy of one or two at a reasonable price, this will be valuable. Our medical library has copies of all of these books on reserve.

The 2nd year medical class is organizing a "Big Brother/Sister" program for you. Every new student will be paired with a 2nd year medical student, and around 2 weeks prior to starting school your "Big" should be contacting you by email. This is a marvelous way to have someone with experience - and success in medical school - provide you with guidance. The first few weeks are particularly difficult in getting oriented, establishing a work flow for the tremendous amount of information you will be receiving, and starting to become a doctor. Moreover, these 2nd year students may offer you some of their books (especially Gray's and an atlas), notes, and tests. So, when you hear from your "Big", get back to him/her immediately and start a dialogue which can continue in person when you arrive. This is often a very rewarding relationship.

The course consists of daily lectures and laboratories, and you will be assigned along with 3-4 other students to a dissecting table. Because of the class size, you will be divided into 2 groups that will be assigned a laboratory either in the morning or afternoon. Everyone will attend the lecture at 1:00 p.m. each day. For every lecture we will provide a handout of the material (extra copies will be placed in the library and you can download these from our website). In lecture we are highly interactive, and utilize drawings of the anatomical information. You will need color pens/pencils on Monday, August 6^h (you can get these in advance or when you arrive).

Although we focus on dissection as the major learning tool, we have a very helpful website that provides a continuous faculty-student and student-student interaction. You also will find previous examinations (extending back over 25 years) - some of which have answers, review questions, announcements, and a discussion board. The web site is: <http://www.humangrossanatomy.com>

An orientation lecture will be held the first day of class, August 6th, at 8:00 a.m. (handouts will be distributed at 7:45 a.m.); laboratories are scheduled in the morning and afternoon, and a full lecture will be held at 1:00 p.m.

If you get a chance there are some worthwhile National Public Radio programs and books you might wish to investigate. On the web, go to NPR (www.npr.org) and search gross anatomy. Look at programs on: July 9, 2003, Sept. 17, 2004, Nov. 1, 2004, Dec. 22, 2004, Feb. 10, 2005, Feb. 17, 2005, June 29, 2005 (2 programs on that date), and Nov. 15, 2005. Two books of interest: *First Cut: A Season in the Human Anatomy Lab* by Albert Howard Carter, and *Body of Work* by Christine Montross. You might want to check these out of your local library - or our medical library when you arrive. They provide a good introduction to Gross Anatomy.

I will be speaking to you briefly on Tuesday, July 31, 2012, and expect to see you at the White Coat Ceremony on Friday, August 3, 2012.

We trust this information will give you some insight into your first experience in medical school. We are excited to see you.

Sincerely,

A handwritten signature in black ink that reads "Ian S. Zagon". The signature is fluid and cursive, with the first name "Ian" and last name "Zagon" clearly legible.

Dr. Ian S. Zagon
Distinguished University Professor
Distinguished Educator
Director, Program on Education in Human Structure
Co-Director of the Structural Basis of Medical Practice

Dr. Loren A. Evey
Associate Professor, Neural and Behavioral Sciences
Interim Co-Director of the Structural Basis of Medical Practice

Dr. Gordon L. Kauffman, Jr.
Professor of Surgery, Medicine, Cell & Molecular Physiology, and Humanities
Co-Director of the Structural Basis of Medical Practice

Structural Basis of Medical Practice (SBMP)

1. Required Textbooks:

Standring, S. Gray's Anatomy: The Anatomical Basis of Clinical Practice, 40th ed., Lippincott Williams & Wilkins

2. Required Dissector:

Tank, P.W. Grant's Dissector, 15th ed., Lippincott Williams & Wilkins

3. Required Atlas (only one is required):

Abrahams, P.H., Marks, S.C., Hutchings, R.T. McMinn's Color Atlas of Human Anatomy, 6th ed., Elsevier

Agur, A., Lee, N. Grant's Atlas of Anatomy, 13th ed., Lippincott Williams & Wilkins

Clemente, C.D. Anatomy: A Regional Atlas of the Human Body, 6th ed., Lippincott Williams & Wilkins

Drake, R.L, Vogl, A.W., Mitchell, A.W.M., Tibbitts, R.M., Richardson, P.E. Gray's Atlas of Anatomy, 2nd ed., Churchill Livingstone (Elsevier)

Gilroy, A.M., MacPherson, B.R., Ross, L.M. Atlas of Anatomy, 1st ed., Thieme Stuttgart

Moses, K.P., Banks, J.C., Nava, P.B., Petersen, D. Atlas of Clinical Gross Anatomy, 2nd ed., Elsevier

Netter F. Atlas of Human Anatomy, 5th ed., Elsevier

Putz, R., Pabst, R. Sobotta. Atlas of Human Anatomy, 14th ed., Elsevier

Rohen, J.W., C. Yokochi, E. Lutjen-Drecoll. Color Atlas of Anatomy, 7th ed., Lippincott Williams & Wilkins

Tank, P.W., Gest, T.R. Atlas of Anatomy, Lippincott Williams & Wilkins

4. Recommended Dictionary:

Stedman, Stedman's Medical Dictionary, 28th ed., Lippincott, Williams and Wilkins

Dorland, Dorland's Illustrated Dictionary, 32st ed., Elsevier

5. Additional Learning Tools for Consideration:

Texts: Moore, Agur, Dalley, Essential Clinical Anatomy, Clinically Oriented Anatomy, Hollinshead's Textbook of Anatomy, Moore, Before We Are Born, T.W. Sadler, Langman's Medical Embryology, Drake, Gray's Anatomy for Students, Morton, Gross Anatomy, The Big Picture, Toy, Ross, Cleary, Case Files Anatomy

Flash Cards: Netter, Gilroy, Grays

Review Books: High Yield Gross , High Yield Embryology, Chung, Gross Anatomy

6. Required Supplies:

Pens/Colored Pencils

Disposable Gloves