



**UKPA Class of 2020
Welcome Packet**

Everyone, YOU DID IT!

The hardest part of PA school is getting accepted. You may think otherwise once anatomy starts... but I promise, you will survive!

This packet is for you to become familiar with the program before it begins in January. We all know how stressful it can be beginning a new program.

Contained in the packet will be info on:

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If you have any major questions or concerns, please contact the following people:

Julia Berry, *Student Affairs Officer*

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Morehead Office Phone: (606) 783-2558

Email: julia.berry@uky.edu

Lexington Campus:

Ryan Hagan, *JHSS President* (rtha223@uky.edu)

Kimmy Mrozek, *JHSS Hospitality Chair* (kmr222@uky.edu)

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Morehead Campus:

Alyssa Pratt, *JHSS Vice President* (appr224@uky.edu)

Makenzie Waltermire, *JHSS Hospitality Chair* (mwa327@uky.edu)

General Timeline of Events

- | | |
|---------------------|--|
| ✓ Meet and greet | November 10 th , 2017 |
| ✓ Class Orientation | January 2 nd – 5 th , 2018 |
| ✓ White coat | February 9 th , 2018 |

General Information in Preparing for UKPA

1. Be sure you have a working email! This is the main source of communication with the administration, and there will be important information sent to you before classes begin.
 - a. If you have any email issues, please contact Julia Berry
 - b. Once PA school begins, you will need a UK email address. There are also numerous online UK accounts that will need to be set up prior to the first day of class. More detail will be provided at orientation.
 - i. myUK, Canvas, eMedley
2. Castle Branch **MUST** be completed! This is a program requirement and you should get this done as soon as possible if you haven't yet!
 - a. Begin gathering your immunization records now! These will be needed prior to accepting your white coat and are also required on Castle Branch
3. Join the Facebook group, "UK PA Class of 2020"
 - a. This is where you can interact with members from both Lexington and Morehead campuses. Members from the Class of 2019 will also be in the group if you have any questions!
4. Your hospital badge and ID's will be addressed at orientation in January
5. You will be provided a locker
 - a. Lexington: please purchase a lock for your locker
 - b. Morehead: you will be provided a lock

Lockers are used to place your belongings in during Gross Anatomy lab. I recommend always keeping an extra set of scrubs in your locker. The lockers aren't near lecture/lab, so be mindful and just bring what you need to Anatomy! There is a small room just before entering lab where you can store a bookbag during dissection if you choose that option (the room does not lock). This is your locker for the duration of the program!
6. At UKPA, we have a mentor program where you will be paired with a member of the Class of 2019 at Meet and Greet in November!
 - a. You can look to your mentor for advice on classes/tests, places to eat, secret study spots, and more! They are your link to success as a UKPA student! Be watching your email for a short survey to fill out that will help us to match you with your mentor.
7. Join AAPA and KAPA!
 - a. These are the professional programs for the PA profession. These organizations offer many discounts on useful PA items, host conferences, contain journal articles on relevant medical issues, and it's a great way to have your voice heard! The program also **requires** membership, but you get a student discount.
 - o Kaila Gaughan, *JHSS AAPA Representative* (kaila.gaughan@uky.edu)
 - o Seth Mayfield, *JHSS KAPA Representative* (seth.mayfield@uky.edu)

First Semester Classes and How to Prepare

Gross Anatomy

- There are two options for Gross Anatomy lecture notes
 1. Purchase a note packet from Kennedy Bookstore. This will include:
 - a. Notes for tests 1-4. *Purchase colored pencils (the Twistables work best), the professors love to color code everything and it will help you learn!*
 - b. Code for a flash-drive containing “Digital Anatomy” that includes x-rays, cross-sections, osteology and muscles (the radiology and x-sections WILL appear on lab exams)
 - c. Code for a “Dissector” to review before your dissection day, giving instructions for dissection and these pre-lab readings used to complete pre-lab quizzes.
 - Nitrile gloves and scalpel blades will be needed for dissection and are available at the bookstore or Amazon.
 2. The notes are uploaded prior to class every day, so if you have a tablet you can follow along and color the notes on your device or print them on your own before class!
 - You will still want to purchase the “Dissector” and “Digital Anatomy” (refer to “b” and “c” in the previous section). These programs offer quizzes to test your knowledge on cross-sections, radiology and identifying structures on a cadaver.
- **ATTN: Morehead**
 - Lexington and Morehead have different anatomy professors, and you do NOT have to purchase the anatomy note packet, nitrile gloves, or scalpel blades, but you will still need “Digital Anatomy” and the “Dissector.”

Physiology

- This course will be taught online this year.
- From our understanding, there will be a lecture time scheduled where you can listen and communicate/interact with your professor and classmates. Or, you can choose to listen to the recorded lecture at another time. Find a quiet spot, and listen during the scheduled times!
- Tests will be held in the classroom.

Healthcare Delivery

- I strongly recommend the book for this class, you will read a lot! Most, if not all, of your mentors will have their book from this class. See if you can purchase their book instead of buying a new one from Amazon!
- Class participation is huge. It will stimulate thought, conversation and learning, so don't be shy!

Intro to the PA Profession

- This course is meant to introduce you the various aspects of the PA profession, with numerous guest lectures. I urge to talk with each of them after class for more information on the topics they covered or even for future contacts.
- This course largely focuses on medical ethics, and healthy class debate occurs regularly.

All classes will be recorded via ECHO, and can be re-watched at another time on Canvas. You can pause, slow down, and speed up the recordings to help you study.

Tips and Tricks on How to Succeed and Enjoy PA School

“To survive PA school, really work on having balance. I worked with my wife to prioritize things that mattered to us (i.e.: faith, family, kids, and THEN school). Staying positive, reminding ourselves of the short-term inconvenience that PA school is....for great long-term gain. Finally, having gratitude for even being able to be a PA student. All of these things helped...daily reminders, work on these things.”

“Maintaining a healthy balance of school, social life and sleep is a daily commitment. Prioritizing what is important to you first, and making sure you protect time for fun. Weekly...build it into your schedule.”

“There will be tough classes you encounter in PA school, but I know you can make it! Prayer, hard work, studying at night, learning WITH OTHERS (huge), staying positive, not getting hung up on the outcome of exams...B’s were just fine.”

- Kevin Schuer, D.Ph., PA-C. (Associate Professor and Academic Coordinator)

“For anatomy, spend as much time in lab as possible! If you’re choosing between sitting down and studying anatomy versus going to the lab, go to lab! The lab portion is worth a lot more points and helps everything come together!”

- Kelsey Wright PA-S, UKPA Class of 2018 President

“Study early! Read over what you learned that day because it helps keep it in your mind. Study hard during the week, so you can have a little fun on the weekends. Also, maintaining a healthy sleep schedule can be difficult so I took naps!”

- Carmen Enzweiler PA-S, UKPA Class of 2018 Hospitality Chair

“I think the most important aspect to both enjoy and succeed in PA school is to find balance. You WILL drive yourself crazy if you spend all day, every day at the library... Find activities you enjoy outside of school, like exercise, hiking (at the Gorge), volunteering, trivia nights, church groups, or anything that doesn’t involve education. We all need a break from the rigor that is PA school!”

“I also LOVE how close our class is. We all get along and we each have our own strengths, whether it’s specific medical topics, study habits, or something else, we all contribute to each other’s success. Be sure to look to your classmates for guidance, and don’t be afraid to ask for help if you need it!”

- Chandler Jones PA-S, UKPA Class of 2019 Hospitality Chair

“The best piece of advice I got when entering PA school was to never forget the big picture. It will be easy to get bogged down by assignments, quizzes, and exams. At times you are going to feel like you are getting more information than you can possibly retain. When that happens, remember how hard you worked to get here and how great it will feel when you are a PA-C. You were given an amazing opportunity to be a PA student because the faculty believed in your success. Never forget the family, friends, classmates, and professors that are all in your corner when you need them. PA school survival is all about balance and a good attitude. Enjoy the journey, because it is all going to be worth it!”

- Makenzie Waltermire PA-S, UKPA Class of 2019 Hospitality Chair

Ways to Get Involved

There are numerous ways to get involved with your class, faculty, and other organizations around campus.

- Start out by giving yourself some time to settle in to school before over-booking your social calendar.
- Keep an eye out for opportunities that truly interest you!
- Some opportunities within the class includes our JHSS group that has roles such as: President, VP, Secretary, Fundraising, Treasurer, Hospitality, Volunteer, Historian, and WebMaster to name a few.
- Throughout the semesters other groups will come and speak to your class about joining their on-campus groups that you may be interested in.
- Also, don't forget to join KAPA and AAPA, these groups provide AMPLE resources that require a minimal time commitment from you
- But basically, jump into extra-curriculars at your own pace, if it's something you enjoy doing, GO FOR IT! Finding a balance in PA school is essential for your school work and your sanity.

Housing Options/Places to Live

Lexington

- Merrick Place Apartments
 - Less than a 10-minute drive to campus!
 - (859) 266-4380
 - <http://www.merrickplaceapts.com/>
- Kampus Properties
 - Properties all over Lexington. Walking distance to campus or downtown!
 - (859) 333-1388
 - <http://www.kampusproperties.com/>
- Royal Lexington Apartments
 - Walking distance to class!
 - (859) 226-9068
 - <https://www.americancampus.com/student-apartments/ky/lexington/royal-lexington>
- Chinoe Creek Apartments
 - Apartments of different sizes that provide amenities such as a gym, pool, volleyball and tennis courts. It is a 10-minute drive to campus, and comes with good reviews from current students.
 - [\(859\) 309-7190](http://www.chinoecreek-prg.com/)
 - <http://www.chinoecreek-prg.com/>
- Coachlight Woods
 - 2-3-bedroom condos that are less than a mile from our main building Wethington. It is about a 15minute walk to campus. When searching for these apartments, you will find them listed on different websites as each condo is owned by a private owner. Don't let it deter you, they are very nice and conveniently close!
 - Located @ 1625 Nicholasville Road

- If you're having a hard time finding a place that is a good fit for you, consider checking out Zillow or Craigslist. It may be out of your comfort zone, but many places are listed there because it is a free way to advertise! I personally found Zillow to be extremely helpful.

Morehead

- Morehead Estates
 - Utilities included. Pets allowed with a deposit.
 - 2-bedroom 1 bath
 - 1.4 miles from CHER
 - (606) 784-2028 or (606) 356-2289
- Top Notch Rentals
 - Off exit 133 Sharkey/Farmers
 - Building 4 new complexes (12-16 new apartments). Pets allowed.
 - Tammy Jones (606) 776-4400
- The Lyon's Den
 - 309 Lyons Ave
 - New Communal living building
 - Bathroom with each room, kitchenette on each floor
 - \$500/month including cable, internet, and all utilities
 - Larry Arnett (606) 776-0652
- 2 Bedroom Apartments on First Street
 - Newly built. 2-bedroom 2 ½ bath. Short walk to CHER.
- Perkins Rentals
 - About a 10-minute walk to CHER.
 - Rent \$650 includes all utilities except internet/cable
 - Betty Perkins (606) 776-0392
- Apartments in Clearfield
 - South Owens Rd
 - 1.6 miles from CHER
 - Sam (606) 356-1430
- Pinecrest Drive apartments
 - 1 two-bedroom apartment open, may have others elsewhere
 - Pat Dailey (606) 356-0999

Other Options

- Morehead Kentucky Rentals
 - Lists a lot of options available in the Morehead area including both apartments and houses.
 - <http://moreheadkentuckyrentals.com>
- Fouch Rentals
 - Short walk to campus. Studio, one bedroom, and two-bedroom options available.
 - (606) 783-1993
 - <http://fouchrentals.com>

Frequently Asked Questions

- **How do I take care of financial aid when UK doesn't recognize me as an official student yet even though I have my acceptance letter?**
 1. *Since the program begins in January, you must fill out the FAFSA for the 2017-2018 academic year **and** the FAFSA for the 2018-2019 academic year to qualify for student loans.*
 2. *Fill out the "Spring Financial Aid Request Form." This form will either be sent to your email or can be found on UK's website and must be filled out once FAFSA is verified.*
 3. *Send this form to your financial adviser or turn the form into the financial aid office.*
 4. *You will then need to complete the "promissory note" **and** "entrance counseling" online before receiving accepted student loans.*

***There will be a representative of Financial Aid at the 'Meet and Greet' (November 10th). They should be able to field any questions you have regarding this. ***

Financial aid can be tricky sometimes, and money may come in later or sooner than the given dates.

Note that there is the possibility of a "Budget Appeal" if you have an emergency problem (Like something medical, your car breaks down, etc.), but be sure to save your receipts.

- **How do I register for classes in the spring?**
 - *The Office of Student Affairs will register everyone for your Spring 2018 semester. The program will give you an **updated** schedule during orientation. However, you will register yourself for the following semesters and this information will be provided to you by the staff when registration approaches.*
- **Should I buy a laptop?**
 - *Honestly, yes. While computer labs are available (with printing), you will take numerous exams online, in class! Notes are uploaded prior to class on the Canvas Shell. You can either choose to print them out, or simply take electronic notes on each document.*
- **What should I wear to class?**
 - *The faculty in our program prefers that we wear **professional attire** to class as we are in a professional program. This does not mean you're required to wear a suit to class, but you should not wear jeans with holes in them, gym clothes, ratty t-shirts, and pajamas either. Business casual is perfectly acceptable! Scrubs are suitable on days you have anatomy labs & physical exam labs.*
- **What is AAPA/KAPA/SAAAPA and JHSS?**
 - *There will be several professional and student organizations that you will have the opportunity to join your first semester in school. These organizations provide you with a variety of educational, volunteering, and state, national advocacy opportunities. At first it can be a bit confusing, but it is pretty straight forward:*

AAPA is the American Academy of Physician Assistants. From their website: "The American Academy of Physician Assistants (AAPA) is the only national organization that represents physician assistants (PAs) in all specialties and all employment settings. Its membership also includes physician assistant

students and supporters of the profession.” They have an annual conference that you will have an opportunity to attend. www.aapa.org

SAAAPA is the Student Academy of the American Academy Physician Assistants. They allow students to participate in the AAPA and they have a large attendance and special programs at the annual AAPA conference including a PA school Jeopardy-like competition called the Challenge Bowl. The Student Membership fee for AAPA of \$75 (a onetime fee that expires 3 months after you graduate) automatically provides you SAAAPA membership. Dues provide you monthly newsletters and journals.
www.aapa.org/saaapa

KAPA is the Kentucky Association of Physician Assistants. They are the commonwealth of Kentucky’s advocating for issues voted on by the state that directly impact a PA’s ability in practice. This includes: changing our status from certified to licensed to be reimbursed for our services from Medicaid and Medicare, write prescriptions, and in the future, they will petition the state to change the rules for the writing of certain drugs classes which we currently cannot write. There is also an annual conference, which students can attend to learn more about upcoming legislation pertaining to our profession. KAPA also organizes numerous educational dinners throughout the year that pharmaceutical companies often sponsor to present a lecture on medical topics that their drugs can be used for. It is a great way to meet past students and current PAs in the area and see the real-world application of what you are learning your didactic year. These dinners are free and are elaborate five course meals!

JHSS is the Joseph Hamburg Student Society. It is the student elected representing body for the PA class at UK and it represents you both to UK and the program faculty, as well as at SAAAPA/AAPA and KAPA functions and boards. You will elect class officers in February. The JHSS registers itself with SAAAPA to participate in the challenge bowl, receive information and support from SAAAPA, and participate in SAAAPA events such as the Project in a Box, etc. The dues for JHSS will be set by your class officers.

- **How and when do I get my student ID?**

- *You may get your student ID after being registered for the first day of classes. This will be a part of the orientation agenda, so do not worry about getting one made ahead of time.*

Morehead students will also need a Morehead ID, which can be purchased at the EagleCard office. This will be done at the Morehead orientation in January.

- **Where do I park?**

- *Morehead: Parking passes are given by AHEC and are free for parking in the SCRMC lots. You will be given a parking pass during orientation. Also, students park for free down Main Street in the Morehead Conference Center parking lot.*
- *Lexington: Parking passes will have to be purchased for K-Lot for the first semester if you do not live close enough to walk, and there are shuttles that will take you to-and-from class. Some nearby apartment complexes also offer parking spots, so check/ask around. There are even a few side streets with first-come, first-serve parking near campus, just watch out for street cleaning days! You can find UK parking passes at... http://www.uky.edu/pts/parking-permits_student-permits.*

- **What privileges do I have as a MSU or UK student?**

- *MSU: Free primary health services at MSU Student Clinic, free access to MSU Wellness Center and Pool. Free Athletic Events.*

- UK: Free primary health services at UHS. Johnson Center –fitness center and gym for all students, with indoor basketball courts, racquetball, weights, cardio/ strength machines, walking tracks, etc. Lancaster Aquatic Center. Tennis courts. <http://www.uky.edu/StudentAffairs/CampusRec/index.html> .
- **When do I get my white coat?**
 - The White Coat Ceremony for the Class of 2020 will be February 9th, 2018, at the UK Hospital in Lexington, Pavilion A Auditorium. Family and friends are welcome to attend this event. There may be a maximum number of seats available to each student for guests due to limited seating. You will receive more information on the ceremony as the date approaches.
- **When do we get to learn actual clinical stuff?**
 - Clinical classes start in the fall. Just hang in there through the didactic lectures – they do come in handy once you start rotations. Remember and review your anatomy – it is the basis for all your clinical classes!
- **When do we get to see real patients?**
 - The program is in the progress of changing the time in which students begin interacting with patients. To help familiarize the students with clinical exams and procedures and to practice what is taught in labs, students may begin working with patients as early as their Summer/Fall semester. During rotations, you will have full time patient contact.
- **When do rotations start?**
 - Rotations begin the first week of July 2019
- **What does the rotation year look like? How do I choose rotation locations?**
 - You will have approximately 11 months of clinical rotations, lasting 4-8 weeks each depending on the specialty. At the end of each rotation you will have call back days where you travel back to Lexington to take an exam associated with the rotation you were just on. You will only have 3 months (3 rotations) to do rotations out of state. The clinical coordinator will have information for each rotation and she receives student feedback that helps her determine if it is a good rotation for next year's students.

For the KY based rotations you can choose locations that work best for you (near family, etc). You will be required to do at least one AHEC (Area Health Education Center) rotation in a rural area in KY.

For the “best” rotations (the ones where you get a preceptor that lets you do a lot and is a good teacher) you should give the program full control of where they place you. Because the classes before you have filled out evaluations on each site, the clinical director knows where the best sites are. This may mean that you get assigned all AHEC rotations and you will move every 4-8 weeks as necessary. The good news is that AHEC pays for and provides your lodging at each location and provides you money for gas to travel back to Lexington one time for your rotation exam.

For International rotations, Professor Fahringer will have a meeting that will explain the sites and opportunities available at each sometime in the spring or summer semester. You will follow up with him and the staff member managing the international site you selected and turn in your application with the Office of Student Affairs. They will walk you through the process.