General Tips for Success in School

1. Don’t feel pressured to meet everyone during the first week of school. You will continue re-meeting people and getting to know everyone better throughout your four years at Mount Sinai.

2. Figure out your learning style: Use online resources, review sheets, keep up with lectures and reading. Work in groups, review alone. Find your own special study spot.

3. Help out your classmates: if you find an amazing website or tool, send it to everyone in the class!

4. Use Levy library’s resources: The pre-test books are good for practice by topic.

5. The most helpful books are: BRS Physiology, Clinical Microbiology Made Ridiculously Simple and Goljan’s Rapid Review Pathology. Also, use the online books from the library or Student Council review sheets.

6. Shadow: especially when you’ve just learned something in class about a specialty. Shadowing will help you figure out what you’re into, network, and find mentors.

7. Don’t be intimidated by what other students are doing. Everyone will settle in and most people relax when they have a good study system.

8. Remember: School is pass/fail for the first two years!

9. Get involved! Pick a few activities that you are into your first year at Sinai. Or create your own student group! Not only is it fun, but it builds your resume for residency applications and is good for networking. Mount Sinai’s activity fair will be September 15, 2011—more information to come!

Best Places to Study

1. NYU Library downtown.
2. New York Public Library on 42nd Street.
3. Central Park.
4. Carl Schurz Park - E. End Ave and 86th St.
5. Barnes and Noble 86th St.
7. Effy’s Café on 92nd St.

8. Starbucks Coffee shops throughout the area.

Health and Exercise

1. Workout at the Aron Hall (student housing) gym.
2. Go to the 92nd Street Y. They have a steam room and sauna in the locker rooms that you can use either before or after a class/working out. There are indoor basketball courts too! Daily passes for MSSM students are available. More information to come.
3. Bike in Central Park or along Hudson River Parkway (you can rent bike at Danny’s Cycles or most bicycle stores around the city). Consider buying a bike—it’s a great investment!
4. Walk or run around the Central Park reservoir, lake or any of the trails; or join New York Road Runners and run all over the city!

Fun, Sightseeing and Deals

1. NYC offers a wealth of opportunities in every realm (nightlife, arts, sports, etc). The best way to make sure you don’t get overwhelmed is to find things you are already interested in! Learn the NYC grid system for getting around—it will become your best friend.

2. Arguably the best shopping occurs in SoHo right off of the 6 train (Spring Street stop). Who knows—you may run into some celebrities there!

3. If you have some downtime—Consider taking the 106th St. footbridge to Randall’s Island and enjoying putt-putt golf or utilizing the Icahn sports stadium.

4. Zog Sports has intramural sports teams for almost everyone’s interests. They even offer day trips! Feeling outlandish? Start/join a dodgeball team!

5. Walk or bike across the Brooklyn Bridge and eat pizza at Grimaldi’s on the Brooklyn side.

6. Use Mount Sinai’s Recreation office for discounts to Broadway Shows, Yankees, Mets and Knicks games, the U.S. Open, spas, health clubs, museums and movie vouchers. TKTS in Times Square also has up to 40% off discounts for same day Broadway shows!

7. Visit bowerypresents.com for listings of great concerts all around NYC.

8. Check out the following websites for menus, reviews and deals for everything from restaurant and bar specials, to spa discounts, health and fitness discounts (such as yoga, dance classes, boot camps, etc), tours and more:
   a. Yelp.com
   b. Newyork.timeout.com
   c. Groupon.com
   d. Livingsocial.com
   e. Nymag.com
   f. Seamlessweb.com
   g. Menupages.com

9. Central Park is the largest of green spaces in Manhattan, encompassing much of the ‘midtown’ region of the island, from approximately 60th to 120th Streets, and from 5th to 7th Avenues. You can study, picnic, sun, exercise, visit the zoo, play checkers, canoe, ice skate, see a concert or play and much more! In the summer, see free:
   a. Concerts at Summerstage
   b. Shakespeare in the Park
   c. Good Morning America concert series

10. Visit the Cloisters Museum and Garden. The Cloisters, the branch of The Metropolitan Museum of Art devoted to the art and architecture of medieval Europe, was assembled from architectural elements, both domestic and religious, that date from the twelfth through the fifteenth century. The building and its cloistered gardens are treasures in themselves, effectively part of the collection housed there. The Cloisters collection comprises approximately three thousand works of art from medieval Europe, dating from about the ninth to the sixteenth century. Take the M4 bus on Madison Avenue to the last stop—best scenic ride of Upper Manhattan.

11. Visit a museum! Mount Sinai is on museum mile. Start at el Museo del Barrio or the Museum of the City of New York, head down 5th Ave to the Metropolitan Museum of Art and finish at the Guggenheim Museum.

   Note: Admission to most NYC museums requires only a “suggested donation”
12. Head to Chelsea Piers Sports and Entertainment Complex. You can bowl, golf, ice skate, spend an afternoon at the spa, drink at Chelsea Brewing Company, take some swings in the batting cage or go to trapeze school!
13. Go see the NY Philharmonic and various other performing arts at Lincoln Center.
14. Visit Comedy Cellar, Upright Citizens Brigade or other stand-up/improv comedy gigs throughout NYC!
15. Check out a street fair whenever the weather is warm!
16. Try getting tickets to attend a TV taping of The Daily Show, The Colbert Report or SNL.

Food (in the neighborhood)
1. East Harlem Café, East 104th at Lexington Avenue. A true Puerto Rican influenced café locally owned and operated!
2. Sammy’s Gourmet (great sandwiches!) – Madison Ave between 97th and 98th Sts.
3. Champignon—Madison Ave between 96th and 97th Sts. (Great sandwiches, salads and coffee—and healthy!)
4. Blockhead’s – Cheap margaritas! 81st St and 2nd Ave.
5. Cilantro (Mexican) – 89th St and 2nd Ave — Monday nights are fajita nights—great discounts!
6. Sarabeth’s (American) – Madison Ave between 92nd and 93rd St, excellent brunch spot.
8. Moustache (Middle Eastern) – 102nd and Lexington Ave.
9. Joy Burger - 1567 Lexington Ave at E 100th St. East Harlem’s own burger joint serving up great burgers, sandwiches, salads, and thick milkshakes.
10. Gong (Thai) - 173 E 99th St between Lexington and 3rd Aves. A wonderful and affordable Thai restaurant!
11. Chinatown East (Chinese & Japanese) – 3rd Ave and 92nd St. All you can eat and all you can drink for $32 plus tax and tip! Organize a sake bomb outing for your class!
12. Pio Pio—Cheap Peruvian cuisine with a green sauce to die for! 91st St and 1st Ave.
13. Shake Shack – 86th St and Lexington Ave.
14. Dinosaur BBQ – Best BBQ in NYC – 125th St and Riverside (make sure to try the chicken wings!)

Food (fun excursions)
1. Jackson Heights, Queens for Indian food.
2. Brighton Beach, Brooklyn for Russian food.
3. Halal cart on 53rd St and 6th Ave—the chicken and rice here is world-famous and a NYC must.
4. Zoma (Ethiopian)—113th St and 8th Ave (a short M2/M3/M4 bus ride away—go with a group!)
5. Caracas (Venezuelan)—excellent tapas style eatery—7th St and 1st Ave.
6. Mamoun’s Falafel (cheapest falafel in the city and open ‘til 5 AM!)—at St. Marks Place or MacDougal St. and 3rd St.
7. Kati Roll—Indian Street food, open late. On 39th St and 6th Ave or down the street from Mamoun’s on MacDougal St. Make it a 2 for 1 after a night out!
8. Visit Cones in the West Village for arguably the best gelato in the city (Bleecker St and Jones St).

Food (Best NYC Pizza)
1. Lombardi’s Pizza—America’s first pizzeria! (Spring Street stop on the 6 train).
2. Grimaldi’s Pizza—take a field trip to Brooklyn!
3. John’s Pizza on Bleecker St (West Village).
4. Bleecker Street Pizza (Bleecker St and 7th Ave—not to be confused with John’s)—get the Nonna Maria (you can get just a slice here!)
5. Patsy’s Pizzeria—(117th St and 1st Ave)

Food (groceries)
1. Gourmet Garage - 96th and Park Ave.
2. Associated Supermarket - 96th St and Lexington Ave.
3. Whole Foods - Columbus Ave and 97th St.
4. Trader Joe’s – 72nd and Broadway or Union Square.
5. Mount Sinai Green Market – 99th St and Madison Ave. Open Wednesday’s June 22 to November 23 from 8am to 4pm.
6. Q-Market – 24 hour deli on 98th St and Madison Ave.
7. K&D Wine and Liquors on 96th and Madison Ave has the best prices in the area for liquor.

Film (for discounted vouchers, visit the Recreation Office)
1. AMC Loews 86: 3rd Ave between 86th and 87th Sts.
2. City Cinemas: 86th St between 2nd and 3rd Aves.
3. For IMAX: AMC Loews Lincoln Square: Broadway between 67th and 68th Sts.

Local nightlife:
2. Kinsale Tavern – 93rd St & 3rd Ave. – Great Irish sports bar with $3 pints—all day, everyday!
3. Calle Ocho – Great Cocktails – 82nd and Columbus
4. Caracas (Venezuelan)—excellent tapas style eatery—7th St and 1st Ave.
5. Mustang’s – 85th St and 2nd Ave – Free Tequila Shot if you sing a song during Karaoke Monday nights!
6. Uptown Lounge – 3rd Ave and 89th St.
7. Blond, Brunette, and Red Head (BB&R) – great dive bar at 2nd Ave and 89th St.
8. Stumble Inn – 2nd Ave and 76th St.
9. Neka – Madison Ave between 97th and 98th Sts. Sam Hunter, Class of 2014, runs a weekly trivia game Wednesdays starting at 9:30pm. Winning team gets $100 and best team name wins a free round of drinks
10. Head down to the Lower East Side for a fun night out. It’s a short ride away on the 6 train.
11. When it’s nice out, hit any of the great rooftop bars throughout NYC or the outdoor beer gardens in Astoria (Queens) or Brooklyn.

Thank you to the Student Council and Student Orientation Committee for their contributions to the Student Life Guide!