From the School of Medicine Office of Student Affairs

**Getting Ready for Medical School...**

There's no doubt about it - medical school is different from anything and everything you've ever experienced. So you're heading into what is for you, the Unknown, and you're a little anxious about what's in store. Literally hundreds of books are currently in print giving folks in your position lots of advice about how to study, how to survive, how to excel in medical school.

Why is there such a market demand for these publications? Because studying, surviving, and excelling in medical school really is a challenge - for everyone. Some students rise to the challenge quickly and soon develop ways to adapt to their new environment - others find it takes longer and is more difficult. Virtually everyone from time to time will need help, whether it's help with the subject material, how to study more effectively, or how to cope with the mental, emotional, and physical stresses that are unique to students in medical school.

The TTUHSC School of Medicine faculty and staff and the Office of Student Affairs are well equipped to provide resources for you that can address all of these issues and help you navigate the ups (there are many) and downs (and there's some of those, too) of medical school.

Meanwhile, here are just a few examples of books you might find helpful...

**How to Excel in Medical School, 2nd edition**
Author: Saks
J & S Publishing Company
ISBN: 188830815X

**Surviving Medical School, 1st edition**
Author: Coombs
Sage Publications
ISBN: 0761905294

**Success Types for Medical Students: A Program for Improving Academic Performance**
Author: Pelley

**Medical School Companion** (Princeton Review Series)
Author: Ross-Dolen et al.
Princeton Review Publications
ISBN: 0679764623

**Study Skills and Test-Taking Strategies for Medical Students: Find and Use Your Personal Learning Style, 2nd edition**
Published by Springer
ISBN: 038794396X

**Study Without Stress: Mastering Medical Sciences**
Author: Kelman and Straker
Sage Publications
ISBN: 0761916792

Author: Danek
Three Rivers Press
ISBN: 0609805959