Learn what life is like as an Orthotics and Prosthetics student at Baylor College of Medicine in Houston!

Baylor College of Medicine (BCM) is committed to providing services and resources that help support you in achieving your goals, both as a student and professionally.

The Student Success Services that are available to all students at BCM include resources that support four key areas of student development and achievement: Academic Excellence, Health and Wellness, Student Engagement and Administrative Support. For more information, check their website here: https://www.bcm.edu/education/academic-faculty-affairs/student-services

Resource information >>>

Student Services

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In this brochure >>>

An Insight into Student Life at Baylor College of Medicine’s Orthotics and Prosthetics Program

Baylor O&P

Student Life at BCM

Everyone takes a different path to get here.

Some are fresh out of college, having just finished their Bachelor's degree. Some have been out of undergrad for a couple years working a steady job, but are ready to start their first career. Some served and protected our country or started families before pursuing their graduate degree; and some have worked in their current field for ten years or more but are ready for something new. Some even took a path different than any other.

Whichever path led you to Baylor College of Medicine’s Orthotics and Prosthetics Program, we’re glad you’re here.

As you learn more about this program, you’ll discover many of the amazing resources it has to offer. Yes, we’re located within one of the largest medical campuses in the world. And yes, this program has some of the finest educators this industry has to offer. But what may be even more important to realize is that if you join this program, the connections you make with students, educators and others will feel like family, and Baylor’s O&P Program will quickly feel like home.

Here at BCM, your voice will always be heard—not only by your peers, but by your faculty, your mentors and your leaders—and you can be sure that they’re all listening. They know that you have something good to say and they’re ready to do anything in their power to help facilitate your success. And when you do succeed, you can bet that they’ll all be right there cheering you on every step of the way.

Within this program, you’ll have the chance to lead, learn, laugh, educate and innovate. You’ll have opportunities to create real and meaningful change within the field of Orthotics and Prosthetics nation and worldwide. You’ll get to experience some of the best food and entertainment that Texas has to offer. You may even become Intramural champions. Whatever opportunities you choose to take advantage of while you’re here, you can be guaranteed that your time spent at BCM will be both rewarding and enjoyable.

The information included below will give you a brief glimpse into ways students achieve their personal, academic and professional goals at BCM and the resources that allow them to do so. We hope you’ll be inspired to achieve your goals with us at BCM too.
Activities Around Houston

Part of making the most of your time at Baylor College of Medicine includes taking advantage of all that the city has to offer.

- If you are interested in tasty food and eccentric environments, check out Rice Village, Montrose, and Midtown. You’ll find many different cultures represented and many delicious places to eat and explore.
- If you are interested in art and history, make sure to check out the Museum District near the Texas Medical Center. Every Thursday admission to many of the museums is free!
- If you’re a sports fan, Houston has several teams to follow including the Astros, the Rockets, and the Texans. The stadiums are all located relatively close to campus and tickets to the games are usually reasonably priced during the regular season.
- Every February, the Rodeo comes to NRG stadium. You can pet the animals, eat some amazing BBQ, and enjoy some of country’s best musical artists; just make sure you don’t miss the Mutton Bustin’!
- If you’re not a sports fan, but you enjoy the outdoors, Houston has many parks to explore. Hermann Park near the Medical Center has several fountains, a Japanese Garden, and the Centennial Garden. It is also home to the Houston Zoo and the Miller Outdoor Theater.
- If you’re willing to venture a little further out of the city, you can tour the NASA Johnson Space Center, take a day trip to Galveston, or do some outdoor rock climbing near Austin.

Whatever you enjoy, you’re sure to find many entertaining things to do in Houston!

Healthy advice >>>

Health and Wellness 101

Balancing health and wellness with your schoolwork is essential to making the most of your time while at Baylor College of Medicine.

There are many ways to ensure that your physical and mental well-being are at optimal levels to enhance your learning experience. One way is by utilizing Baylor College of Medicine’s fully equipped gym (the Baylor Wellness Center), located on the top floor of Garage 6. For the low cost of $15/month, you will have access to treadmills, free weights, weight machines, a basketball court, and a racquetball court. The gym also offers a variety of fitness classes along with organized sports tournaments. It is a convenient way to get an early morning workout in before heading to class.

If the gym setting is not your thing, there are many other ways get involved in activities that you enjoy; whether its cycling, running, intramurals, rock climbing, or something else. It all starts with you! Build good eating, sleeping, and exercising habits from the start; your body and mind will thank you later.

Last of all, don’t forget to make time for yourself. The course load of any graduate program can be taxing. Don’t be afraid to dedicate some time during the week to do the things that you enjoy. It is perfectly okay for you to separate yourself from the “busy-ness” of a grad student schedule; doing so will help keep your mind sharp!
Transportation Tips and Tricks

One of the next tasks to check off after finding “home” for the school year is figuring out how to get to campus everyday.

Baylor’s O&P program schedule is (more or less) Monday thru Friday from 8 AM to 5 PM. In addition to standard Houston rush hour traffic, the biggest transportation obstacle to overcome is within the Texas Medical Center itself. Due to the large volume of individuals frequenting TMC each day, parking starts at monthly rates of $100-$300. While parking on campus at one of the TMC garages is certainly an option, the high pricetag usually leads most students to find other means of transportation to school. The options listed in the table below reflect alternatives for navigating to school for students who choose to live within approximately five miles of campus.

Keep in mind that safety should be your number one priority when getting to and from school. Houston is not the most bike friendly city so helmets are always a good idea!

<table>
<thead>
<tr>
<th>Type of Transportation</th>
<th>Time to Campus</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biking</td>
<td>15-20 min (depending on where you live)</td>
<td>Free if you have a bike (or ~$150 to buy one)</td>
</tr>
<tr>
<td>Apartment Shuttle</td>
<td>Times vary: 15-40 min</td>
<td>Free or small fee</td>
</tr>
<tr>
<td>Walking</td>
<td>20-30 min</td>
<td>Free</td>
</tr>
<tr>
<td>Public Metro (bus/light rail)</td>
<td>Times Vary: ~20-40 min</td>
<td>$1.25 each way (OR $0.60 student rate with pass)</td>
</tr>
<tr>
<td>Driving</td>
<td>5-15 min, traffic depending</td>
<td>$12/day if staying 4+ hours or $100-$300 monthly fee</td>
</tr>
<tr>
<td>Uber/Lyft</td>
<td>5-15 min (depends on time of day)</td>
<td>$6-8 (depends on time of day)</td>
</tr>
</tbody>
</table>

Student Reflection – My favorite thing about this program is...

The patient models’ knowledge, passion, and desire for our success makes every model encounter a memorable and essential element of my O&P education. Working with the amazing patients, in collaboration with my fellow classmates and professors, further drives my passion for this field.

– Eddie Krische, Class of 2019

Mental Health:

Baylor College of Medicine has an amazing in-house mental health program offered to all students and residents. The service includes 12 free psychotherapy (including couples therapy) and psychopharmacology sessions per academic year. If you have questions or would like to schedule an appointment, you can send an email to student-help@bcm.edu.

Getting Active:

Taking care of yourself is just as important as learning to take care of your patients. UT Health offers intramural leagues that are open to all students affiliated with any Texas Medical Center Institution. The O&P Class of 2019 team (dubbed the Socket Rockets) has participated in soccer, volleyball and football, and even won first place in the BCM softball tournament this past year.

For more information, check here: https://www.bcm.edu/education/academic-faculty-affairs/student-services/student-wellness

Ask the students >>>

Q: Is it possible to balance having family and being a successful student while at BCM?

As a father of two and one on the way, learning how to balance school and family has been an interesting challenge. Here are some strategies I have found to make life as a student and father easier:

* When it’s time for school, from 8am-5pm, be the best student you can. Be efficient during your study time and lab time. Work smarter, not harder. Never be afraid to ask for help with technical work or academics.
* When it’s family time, it should be their time. Even if it is limited during finals or hard classes, taking time for family is important for them and for you. It’s ok to take a break from O&P to spend valuable time with your family!
* Bring your family to class activities. Your two families - your Baylor family and your home family - will support you and each other more completely if you allow them to interact.

- Clarke Quigley, Class of 2019
Get Involved >>>
As you begin your educational career at BCM in Orthotics and Prosthetics, you will have many opportunities throughout the year to get involved with O&P professional organizations – such as The Academy, AOPA, NAAOP and more – as a student. O&P is a very small field so by getting involved with these organizations early on, you can make a huge impact on policies and clinical practices that will affect both you and your patients on a daily basis!

Dress Code Suggestions >>>
As students in the O&P Program at Baylor College of Medicine, we have the opportunity to meet and interact with many different individuals within various medical professions, in addition to our patients. It is important that we dress in a way that reflects positively on our program, our school and our profession as a whole.

We have devised a tier system that will help you understand the type of clothes we suggest you wear based on each day's schedule:

**Tier 4: Business Formal** – suit and tie, blazers for ladies, dress pants or business skirts, and dress shoes – worn for events such as poster presentations, interviews or professional conferences.

**Tier 3: Business Casual** – dress pants, blouse, button-up shirt and tie – worn on guest speaker and patient model days (don't forget your white coat and a pair of comfy shoes for patient days!) Skirts and dresses are not recommended when seeing patients.

**Tier 2: Casual dress** – nice jeans and a nice shirt – worn on occasion for when there are important lab tours or during interdisciplinary classes with other programs.

**Tier 1: Casual clothes** – nice scrubs, appropriate athletic clothes, t-shirts, sweat shirts, and tennis shoes – worn for most lecture and fabrication days.

Additionaly, a separate pair of scrubs is needed for anatomy lab.

Your Voice Makes a Difference!
One major battle O&P clinicians face is a lack of research to support many of the successful interventions we provide to our patients. Without evidence, it is often hard for our patients to get third-party coverage for devices or even have access to O&P care that they desperately need. At Baylor, you will have the opportunity to do work outside of the classroom such as write articles or conduct research of your own, which can have a very real and meaningful impact on our patients. Your work may even get published in one of the many scientific O&P journals!

Left: Cory Cacciola, a student from the Class of 2019, and Sally Dibello, a current faculty member, showcase their articles about AFO Stiffness and Manual Muscle Testing published in the Spring 2018 edition of Academy Today.

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