



Welcome Class of 2024!!

On behalf of the Class of 2023, we want to give you a warm welcome to the program and to our community of PA students. One year ago, we were in your shoes and about to embark on the beginning of our adventures in PA school. If you are feeling similar to the way many of us felt, you may be feeling excited as well as a little nervous. Because we can empathize with those feelings, we wanted to give you some resources to help keep you from getting too overwhelmed. Your classes officially start at the end of May, but there are many details to figure out ahead of time! As a result, we put together a compilation of information to try to make transitioning into life as a PA student as painless as possible. We hope it is helpful to you!

While we tried to pack a lot of information into these resources, we are certain we have not been able to gather everything. PLEASE feel free to contact us with your questions and concerns! We are more than willing to provide as much help to you as possible. Your classmates, our class, and the faculty will be great support systems. We look forward to seeing everyone soon and getting to know you all better!

You are at the beginning of your exciting journey in PA school! You may feel a challenging road ahead of you, but time flies and it will be a rewarding adventure!



## Words of Wisdom from the UWL Alumni

### Studying

**Anki** is a great app that is similar to quizlet. You make flashcards that can be shared between classmates and the app has an algorithm set where the cards come back in specific time increments for review. Many of us use this as our main study method as it gives great repetition of the material and figuring out how often to be studying the topics. It is also nice for reviewing old material. Highly recommend using this!!

Change your approach to classes as learning to help patients rather than to do well on the test. That is the biggest difference between grad school and undergrad. This also helped motivate me to study for longer hours and for longer term retention.

Quizlet is your friend. The learn feature is time consuming, but high yield. **Share flashcard sets with classmates and divide up making flashcards for the lectures.** I used tons of flashcards for pharm and infectious disease, but aside from that I haven't had the time.

If you find anything helpful, be sure to share with your classmates – you're in this boat together!

My approach to studying was to look at the material in several different ways. I tried to first make a summary sheet with the most important points from each lecture by hand as this is how I best retain things. Then I would review that material with a combination of flashcards and group study.

I found a great study group that would quiz each other on each lecture the week of the test. This was a way to make studying more fun and learn how people think of concepts differently than me. This provided clarification and talking through the material really helped solidify it. Teaching others is one of the best ways to learn material. Your classmates are some of your biggest resources.

I liked to study in a variety of places (HSC, the library, home, other buildings on campus, coffee shops etc.) to keep myself focused.

Don't be afraid to take a study break! Sometimes even just taking a few laps outside around your apartment/block really helped me reset and re-focus. It will make you more productive in the long run.

You can activate remote access to UpToDate at the Gundersen library, which will allow you to have UpToDate on your phone. This is a great resource and is one you will use heavily in clinical practice. It is nice to get familiar with it early on.

As much as possible, try to organize material the day it is presented and then start repetition of the material. At the start of the program, I would spend several hours studying a lecture trying to learn every detail of the lecture in one attempt. I now find it more effective to study a lecture more quickly, but to study that lecture many times. I found that with repetition I was able to learn the details more quickly, simply by "seeing" them many times.

Find a good place that you like to study outside of your apartment since you can get sick of studying there.

Realize that everyone has different study methods, and it may take a few tries to get it right. Some things that might work are flash cards, diagrams, writing your own study questions and repetition.

I study at home. Don't cram! If you get sick of one place, mix it up... get some coffee, or just a change of scenery.

Relax. Everyone feels overwhelmed in the summer. You will pass your classes. Just remember to take time for yourself and try not to worry too much. Use your support networks-- family, friends, and classmates.

Talk to the people in the class ahead if you. They are very good resources for what books to buy, how to handle certain classes and overall, how to survive your first year. They are very happy to help throughout the year.

If you have questions, just ask! Your classmates probably have the very same questions.

Although classes are hard and it seems like you can never study enough, you're right! It is impossible to learn everything. Once you finally realize this, you will be able to have a life outside of PA school. Also, be sure to reread these words of wisdom from time to time – they really help!

Some really good advice we got from the class ahead of us was to try and realize that you can't learn everything. You need to get used to reading or hearing something once and taking it in. There is so much information, you need to be able to learn what the most important things are and learn them well. The things that are most important you will hear about over and over again.

Don't buy books until speaking with a 2nd year student on whether or not it is really needed or where you can get the best deals. Some will sell you their old texts, too!

## **De-stressing**

I exercised to ease the stress. Don't give up the things that mean the most to you. Spend time with your family, friends and/or significant other. They are your support! I always found time to work out, which also helped me clear my head when I had too much on my mind.

They have a dog park at the Myrick Park trails (north on East Ave from La Crosse St.), so I can pet random dogs and get exercise, and the natural surroundings are relaxing. They also have benches at the end of certain trails on the water, so sometimes I take notes or whatnot to study there.

I usually go home on the weekends. I bike and relax by the river. I guess the most important thing is to take the time to de-stress and do whatever you want even though it may seem like there is never time to relax.

Take every day as it comes and try not to get too worked up about what is to come in the future weeks.

If you are feeling extremely overwhelmed, guaranteed you are not alone.

It's definitely okay to vent about anything, especially to classmates. They understand what you're going through; they're a solid support system, sometimes the only one you've got. Plus, you're almost guaranteed someone can make light of the situation and cause laughter to ensue.

NO ONE will ever ask for your GPA from PA school, so it's definitely not worth stressing over! It's much better to take some time for yourself or with others and not spend it on school than to stress over an exam and get an extra few points on it!

For the parents in the group, it is incredibly helpful and essential to make family monthly menus for dinners. You can prepare and freeze meals ahead of time – especially during breaks. This reduces stress and ensures healthy food!

Be willing to sacrifice an A for the sake of your sanity and health. There are a few times I've done so, without regret. By now, you should know when you need to pick it up. Otherwise, realize that sleep, exercise, and healthy eating will affect your body for the rest of your life.

It is important to be as flexible as possible and be able to just go with the flow. Also, reflect often on how to communicate considerately and effectively with your future patients and your colleagues.

Relax during breaks and enjoy your support system people as diversions will provide motivation to persevere mid-semester.

Sleep is a beautiful thing. It keeps you from getting sick, and, trust me, there's no time to be sick. Plus, then you won't be crabby, and your classmates will appreciate that.

Have a good cell phone plan so you can call people who will remind you that there is life outside of school.

Don't be afraid to be open and vulnerable with your classmates. They are most likely having similar feelings and opening up is therapeutic for both of you. You are never alone in PA school!

Give yourself grace for your mistakes. Medicine is difficult. If you knew it all already, you would not be here!

Remember your medical education is lifelong. You cannot and will not know it all. The key is to continuously review and know where to find information quickly.

## **Fun and Exercise**

You CAN have a life in PA school! It's a challenge but be sure to prioritize the activities most important to you and set aside time for them. This will help alleviate stress and give your brain a much-needed break! You have to take time to have fun in PA school! This will prevent you from getting burned out. The studying will always be there, and you will pass your classes. Getting a few more points right on the test is not worth missing out on important family or friend events on the weekend.

If you're not from the area, try to make friends outside of the program. It helps you not think about school when you're with people who aren't worrying about the next big test.

I work out at the YMCA. Group classes like spin and yoga are included in membership, and they have a hot tub and steam room for relaxing. The Eagle REC Center has a climbing wall that's open weekday evenings and weekends. Climbing and equipment rental are free for students. There's a one-time \$5 fee for the belay class, and you can bring non-student friends for \$8 to climb, \$10 with equipment.

Make time for yourself each day, even if it is just 15 minutes. And although sleep and exercise are nearly impossible in the summer, try to make time for both.

Make time for non-school things. You'll go nuts if you're not a normal person from time to time. SCHEDULE time for fun.

## **Apps:**

- Outlook (helpful to see where you are going each morning and plan your week)
- UpToDate (you will have institutional access during your 2<sup>nd</sup> year)
- Quizlet (plus membership that allows you to add pictures to cards is ~\$20/year) many students have already made sets for the classes you are taking that will be helpful toward your studying
- Anki (free for computer, \$25 for mobile version on iPad/phone)
- Canvas
- GroupMe-groupchat
- Notability App – notes on iPad and allows for organization of lecture notes
- Keynote- for notetaking
- Complete anatomy-very helpful for anatomy
- Anatomy Atlas
- Spotify for Cram the Pance Podcasts (also Cram the Pance available on Youtube)

## **Anatomy:**

Spend time with your family and friends during your last few weeks before school! But, if you feel like you absolutely need to start studying, look over bones of the human body and their landmarks. Anatomy will not kill you. It may make you feel stupid sometimes, but you're all in it together. The first few labs are scary, but you will get more comfortable with it as time goes on.

It helped me to look at the information in multiple ways such as drawing out nerve and blood vessel pathways, for the major systems (i.e., Arm, leg, neck, gut) making charts, and flashcards. **Complete anatomy was an extremely helpful app** that allows you to visualize the human body on your computer/tablet/smartphone. (\$35/year, which allows log-in on 2 different devices so you can split with a classmate- just remember to cancel the subscription, because it is \$75/year after the first year).

Bring snacks to put in your mailbox or locker on anatomy lab days- you will get hungry. You are able to take breaks at any point during the long anatomy labs, so it's nice to pack food.

## GROCERIES



### **Festival Foods** (fantastic produce selection)

30 Copeland Ave  
La Crosse, WI  
785-1000

1260 Crossing Meadows Dr.  
Onalaska, WI  
781-2272

2500 State Rd  
La Crosse, WI  
788-4340

### **Woodman's Food Market** (produce quality variable, variety of inexpensive ethnic, frozen, and dry foods)

9515 Hwy 16  
Onalaska, WI  
783-2233

### **People's Food Co-op** (great produce, organic and local selection, more expensive)

315 5<sup>th</sup> Avenue South  
La Crosse, WI  
784-5798

### **Wal-Mart Supercenter**

3107 Market Pl.  
Onalaska, WI  
781-7150

4622 Mormon Coulee Rd.  
La Crosse, WI  
788-1870

### **Aldi's** (variety of inexpensive fresh, frozen & packaged food items)

3133 Market Pl  
Onalaska, WI  
855-955-2534

**Instacart** – grocery delivery app available in the area. \$10/month with free delivery on orders over \$35. Options include Festival, Woodman's, Aldi's, Walgreens, etc.

**UWL Campus Food Pantry** – located in 2220 Student Union Cove need to apply to receive assistance, see <https://www.uwlax.edu/university-centers/services/campus-food-pantry/>

**La Crosse Farmers Market** – featuring fresh produce, cheese, baked goods, flowers, crafts & MORE.

May – October - held @ Cameron Park (5<sup>th</sup> & King St., downtown La Crosse),

Fridays 4 pm – dusk and Saturdays 8 am – 1 pm

November – December – held at the Radisson Center (300 2<sup>nd</sup> St., downtown La Crosse)

Sundays 9 am – 1 pm

**Kane St. Garden** – a community garden supported by volunteers and The Hunger Taskforce of La Crosse that distributes free food year around to members of the public. Seasonal fresh produce and other donations are available at the Kane St. Garden and other sites during designated food distribution times. The Garden also welcomes volunteers to assist with seeding, maintenance and harvesting during select hours. Check out their Facebook page for more information (@KaneStreetCommunityGarden)

## **OTHER ESSENTIALS**

**Target (reasonably priced household items & limited grocery items & CVS pharmacy)**

9400 Hwy 16

Onalaska, WI

781-8050

**Walgreens**

900 West Ave. S.

La Crosse, WI

796-2055

**Walgreens**

2626 Rose Street

La Crosse, WI

781-0638

**Office Depot**

3131 Hwy 16

Onalaska, WI

783-7787

**DISH ON THE LOCAL EATS . . . only a partial list . . .**

### **La Crosse Area Restaurants**

**\$-Grab a quick, fairly inexpensive bite:**

Downtown:

- **Grounded Specialty coffee** (mostly coffee but also light lunch & great gelato)
- **Jimmy John's** (subs), Downtown/Losey Boulevard
- **Lindy's Subs** (soup, salad, sandwiches)
- **People's Food Co-op Deli** (w/in the co-op, good sandwiches, soup, deli salads & salad bar)
- **Pickerman's** (soup, salad, sandwiches)
- **Politos Pizza**
- **Qdoba**
- **Rocky Roccoco's** (Pizza by the slice, salad bar)
- **Subway**

South of downtown:

- **Chain restaurants: A & W, Culvers, KFC, Wendy's**
- **Bean Juice** (coffee shop with light lunches. In Jackson square)
- **Java Vino** (coffee, wine, light meals; Village Shopping Center @ Losey Blvd/State Road)
- **Pizza King** (takeout pizza, hoagies)

Onalaska:

- **Burrachos** (Mexican fast food, similar to Chipotle)

- Culver's
- Noodles
- Panera Bread
- Chipotle

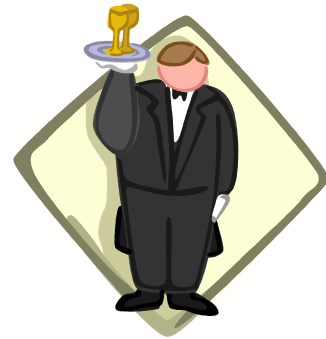
Close to Campus:

- Burrito House
- Hmong's Golden Egg Rolls
- Little Caesar's Pizza
- Moka (coffee and donuts)
- Rudy's Drive-in (burgers, fries, root beer floats. Open March – Oct.)
- Senor Villa
- Subway
- Taco Bell
- Toppers Pizza

\$\$-Sit-down, enjoy, and spend a tad more:

Close to Campus:

- Howie's
- Iguanas
- Eagle's Nest
- Greengrass café (vegetarian friendly)
- Tequila Mexican Restaurant



Downtown:

- Big Al's (thin crust pizza)
- Bodega Brew Pub (lunch sandwiches, also a no smoking bar with a great beer selection)
- Buzzard Billy's (Cajun-Creole food with a fun atmosphere)
- Fayze's Restaurant and Bakery (American cuisine, \*\*cheap breakfast!)
- Dublin Square
- Hunan's Chinese Restaurant
- Sushi Pirate (Japanese food- teriyaki and sushi)
- The Breakfast Club & Pub (breakfast & lunch grub)
- The Crow
- The Root Note (coffee, crepes, made-to-order light meals)

Greater La Crosse Area:

- Culina Mariana Café (located @ Shrine of Our Lady of Guadalupe)
- Marge's On Rose (hearty breakfast platters)
- New Taste of India (on Jackson Street)
- Schmitt's (3119 State Road)
- The Hungry Peddler (3429 Mormon Coulee Rd)
- Uptowne Café & Bakery (1217 Caledonia)

Onalaska:

- Chain restaurants: Applebees, Buffalo Wild Wings, Ciatti's, Olive Garden, Famous Dave's, Perkins, Pizza Ranch, Noodles, Red Lobster, Chipotle
- Lindy's Subs (soup, salad, sandwiches) – on Sand Lake Road, Center 90
- The Blue Moon (716 2<sup>nd</sup> Ave N, right off of Hwy 35)
- David Reay's (214 Main St.)
- Red Pines (W7305 County Rd Z), on Lake Onalaska



Out of town:

- Suncrest Gardens is a cool farm back in the bluffs that makes oven-fired pizzas on the weekends in the summer and has live music (<https://suncrestgardensfarm/>)

**\$\$\$/\$\$\$\$ -Treat yourself...or wait for significant others, parents, or friends to treat you ;-)**

Downtown:

- **4 Sisters Wine Bar & Tapas Restaurant** (features tapas and other entrees; extensive luncheon salad bar available)
- **Digger's Sting** (classic WI steakhouse)
- **Huck Finn's** (located on French Island. Good Sunday brunch. Fun atmosphere on the water)
- **Le Chateau** (French cuisine)
- **Lovechild**
- **Piggy's**-\$ to \$\$\$ - lounge vs. restaurant and depending on menu choices (inexpensive, all-you-can-eat soup/salad/breadstick lunch special Mon thru Fri)
- **Three Rivers Lodge** (located within the Radisson hotel)
- **The Charmant** – more affordable brunch, but (\$\$\$\$) dinner
- **The Freight House**-\$\$\$\$ (Standard meat and potatoes/steak and seafood)
- **The Waterfront Restaurant and Tavern** (located in Riverside Center)

North La Crosse

- **Pogrebras** (Seafood, American, Steakhouse)

Onalaska:

- **Ciatti's**
- **Manny's** (great Mexican food with many seafood options)



**COFFEE with some study space...**

**Barnes and Noble** – Valley View Mall, Onalaska

**Bean Juice** – located in Jackson Square (M-Sat daytime hours only)

**Cabin Coffee Co**

**Caribou Coffee** – left on Hwy 157 when taking Hwy 16 into Onalaska

**Cool Beans**

**Grounded Specialty Coffee** – 308 Main Street, downtown La Crosse

**Moka** – corner of State and West, 330 Adams St. (by Gundersen Hospital) & in Onalaska

**Java Vino** – Village Shopping Center, 1505 Losey Blvd South – they have happy hour with spinach artichoke dip that is amazing

**Starbuck's** – off Hwy 16 near Best Buy

**River Rocks** – 332 Front St. downtown

**The Root Note** - 115 4th Street South downtown

**Global Grounds** --1808 State St

## TREATS, DESSERTS, & BAKERY



**The Pearl** – old-fashioned ice cream and candies, located on Pearl St. downtown  
**Ranison's Ice Cream** – 706 16<sup>th</sup> St. S., La Crosse  
**Dairy Queen, Coldstone, and Culver's**  
**Finnottes Nut & Chocolate Shop** -417 Main St., La Crosse  
**Sweet Shoppe Candy Store** - 1113 Calendonia, La Crosse  
**Gourmet Candy Outlet** – located at Jackson Plaza – 1012 19<sup>th</sup> St. S.  
**Fayze's Bakery** – 135 4<sup>th</sup> St. S., La Crosse  
**Great Harvest Bakery** – 58 Copeland Ave  
**Linda's Bakery** – located in West Salem, featuring a wide variety of homestyle baked items & desserts  
**Meringue Bakery** - 313 Main St., La Crosse; featuring a Food Network-award winning chef  
**Great River Popcorn Company** – 510 Main St., La Crosse



## WINE & BEER

**Four Sister's Wine & Tapas**  
Suite 100, 100 Harborview  
Plaza  
La Crosse, WI

La Crosse, WI

**Java Vino**-wine/beer tasting  
events  
1505 Losey Blvd South  
La Crosse, WI

**608 Brewing Company**  
83 Copeland Ave  
La Crosse, WI

**The Root Note** – beer tastings  
115 4<sup>th</sup> St South

**Turtle Stack Brewery**  
125 2<sup>nd</sup> St S.  
La Crosse, WI

Redneck Express Party Bus - check out their Facebook page called "Redneck Express Party Bus Service." This is a lot of fun. The bus can take you to concerts in the area!

## BANKING SERVICES IN THE AREA

**Altra Credit Union**  
2715 Losey Blvd S. and 28<sup>th</sup> Ave.  
(Festival Foods on Copeland Ave.)  
787-4500

9515 Hwy 16  
783-2233

**Associated Bank**  
605 State St.  
796-4200

Shelby Mall  
3956 Mormon Coulee Rd.  
788-2133

Bridgeview Plaza  
2402 Rose St.  
781-1500

**BMO Harris Bank of La Crosse**  
3500 Hwy 16 and 1300 Rose St.  
783-1511

Village Office  
1630 Losey Blvd. South  
782-7144

**Bremer Bank**  
2570 Midwest Dr.  
782-6711

Woodmans

**Citizens State Bank**  
620 Main St.  
785-2265



**Community Credit Union**  
2025 S. Ave. & 3130 S. Ave.  
779-2400

**State Bank of La Crosse**  
401 Main St. (784-4600)  
5501 Mormon Coulee Rd (788-0400)

**Coulee Bank**  
1516 Losey Blvd  
784-9550

**US Bank**  
201 Main St.  
782-8101

**Park Bank**  
700 State St.  
782-2265

**UW Credit**  
**Student Union on campus**

**River Bank**  
4401 Mormon Coulee Rd  
788-6300

**Wells Fargo**  
305 5<sup>th</sup> Ave. South  
784-7000

## **MOVIES**



**Marcus Theatre**  
2032 Ward Ave.  
788-1285  
\*biggest, good selection, nicest for new movies, reclining seats

**Rivoli Theatre (downtown)**  
117 N. 4<sup>th</sup> St.  
785-2058  
\*discounted rates (with student ID), historic building, unique cinema experience, movies generally have been out in theatres for a little while, and they serve beer, pizza, nachos, etc.

## **A FEW IDEAS FOR YOUR HAIR & RELAXATION**

**Body & Sol** - Jackson Plaza & East Towne Plaza, Onalaska  
**Salon Professional Academy**- 566 Theater Road, Onalaska, more students but a great deal on many services  
**Salon Medusa** – 203 4<sup>th</sup> St. downtown La Crosse  
**Metropolitan Spa and Haircut** - 600 3<sup>rd</sup> St. N. in La Crosse  
**Studio 411** – 411 King Street, La Crosse  
**Sue Kolve's Salon & Day Spa** - 230 Main St., Onalaska  
**Ultimate - Aveda Salon & Spa** – 2850 Midwest Dr STE 101, Onalaska, WI  
**Elysium Massage and Wellness LLC** – Main St Suite 250 La Crosse, WI

**Chains/Cheaper Cuts**  
ExtremeEdge - block from HSC  
Great Clips  
Cost Cutters

## **LAUNDROMATS...**

if you need a laundromat, we can only recommend a few with confidence.

**Modern Laundry and Dry Cleaning** – 625 Cass St. (corner of Cass and 7<sup>th</sup> St.) Friendly and fast!

**The Laundromat** - located on the corner of West Ave. and Jackson St. They offer coffee, ice cream, internet with a fee, and relatively new washers/dryers.

**Magic Coin Laundry Dry Clean** - located on the corner of Pine St. and West Ave. a block from the HSC. Another potential option.

## **THRIFT STORES**

(deals – OR – finding that perfect Halloween costume or outfit for “Ugly Holiday Sweater” party)

**The Campus Thread (UWL)** – located inside Common Ground (across from the HSC)

Downstairs of **Dale’s**-downtown La Crosse on 4<sup>th</sup> St.

**Salvation Army** – 728 Copeland Ave. in La Crosse

**Goodwill** – 3954 Mormon Coulee Rd (La Crosse) & 200 Theater Rd. (Onalaska)

**Good Shepherd** – Onalaska

**Style Encore** – Onalaska – Great deals on professional dress for women!

**Clothes Mentor** – Onalaska (Crossing Meadows Shopping Center) – great variety of professional clothes

**Rootin’ Crown** – 47 Copeland Ave in La Crosse

## **CITY OF LA CROSSE WEBSITE**

This has tons of information about Parks and Recreation, parking, city events, voting, transit, local news, and more. <https://www.cityoflacrosse.org/home#Home>

## **COMMUNITY EVENTS/AREA ATTRACTIONS/ACTIVITIES**

### **The Bluffs**

Looking out from an east window you can see the mighty rocky bluffs. From the top you can see three states: Wisconsin, Minnesota, and Iowa. There are a variety of hiking trails leaving from Hixon Forest that lead to several lookout areas.

### **Mississippi River Cruises**

Take a ride on the La Crosse Queen, replica of an old riverboat once common on the Mississippi. There are sightseeing cruises held daily leaving from Riverside Park in the warm weather months. Phone 784-8523 for information.

The Island Girl Cruise liner, 621 Park Plaza Drive has Mississippi River cruises every day of the week and runs until late Oct. Phone 784-0556 for information. They do offer beer and pizza cruises for approximately \$17 (1 ½ hours) or dinner cruises for approximately \$30 (2 ½ hours).

### **Riverside Park**

The park offers paths for running/walking/rollerblading as well as open grassy areas for picnics, studying, or tossing a Frisbee. They also have many seasonal events, such as MoonTunes (Thursday evenings during the summer), Riverfest (June/July), Great River Jazzfest (August), Rotary Lights (November/December), etc.

### **Myrick Park**

Located at 21<sup>st</sup> and La Crosse Streets, it is a favorite spot for picnics. The park is home to the beginning of several trails, including one leading through the marshes and down to the river as well as one to Hixon Forest at the base of the bluffs. Myrick also has a small zoo.

## **Oktoberfest**

The entire city is involved in this celebration. The main activities are held at the North and Southside Fairgrounds. They are the places to be during the last week in September and the first week in October. The grounds offer food, beverages, rides, and a variety of entertainment. [www.oktoberfestusa.com/](http://www.oktoberfestusa.com/)

## **Beaches**

**Pettibone Park** – It is located on the Mississippi River, west across the Cass St. bridge on Highway 14, 16, and 61. Picnic areas, grill areas, a swimming beach with shelter, fun sand volleyball action, and a boat ramp are all there.

**Black River Beach** – located on Rose St. The Black River Beach holds the Polar Plunge for the Special Olympics in March.

## **The Pump House Regional Arts Center**

The Pump House, once the site of La Crosse's first water pumping station, is now home to many local and touring visual and performing arts with a Midwest emphasis. [www.thepumphouse.org](http://www.thepumphouse.org)  
Phone: 785-1434

## **Upper Mississippi River National Wildlife and Fish Refuge**

The refuge encompasses over 200,000 acres and is over 260 miles long. It is home to more than 265 species of birds, 57 species of mammals, 35 species of reptiles and amphibians, and over 100 species of fish. Enjoy these special attractions: Canoeing, trails, Goose Island, and observation points. [www.fws.gov/midwest/UpperMississippiRiver/](http://www.fws.gov/midwest/UpperMississippiRiver/)

## **Norskedalen**

Guided tours of log farmstead, 400-acre arboretum with wooded hills, streams, pond, native and exotic plants and sculpture; trails open year-round for hiking and skiing. Phone: 608-452-3424  
[www.norskedalen.org](http://www.norskedalen.org)

## **Gertrude Salzer Gordon Children's Museum**

“Where children play to learn, and adults learn to play!” Three floors of interactive exhibits, multipurpose theater, gift shop and two birthday party/meeting rooms. Admission is \$4.00 per person, free for members and infants. Located at 207 5<sup>th</sup> Ave. S. in downtown La Crosse.  
[www.childmuseumlax.org](http://www.childmuseumlax.org)

**Area State Parks, Forests, and Trails** – visit [www.dnr.wi.gov](http://www.dnr.wi.gov) for additional information about...

Elroy-Sparta State Park and Bike Trails  
Great River Bike Trail  
La Crosse River Trail and Marsh Trail  
Perrot State Park

## **La Crosse Fairgrounds Speedway**

NASCAR sanctioned racetrack, more info at [www.lacrossespeedway.com](http://www.lacrossespeedway.com)

## **Valley View Mall**

Located off Hwy 16 in Onalaska. The mall is home to 90 merchants, including JCPenney's.

**La Crosse Community Theatre** – [www.lacrossecommunitytheatre.org](http://www.lacrossecommunitytheatre.org)

**UW-La Crosse Arts and Theatre (Toland Theatre and Frederick Theatre)** – check out

[www.uwlax.edu/theatre/index.html](http://www.uwlax.edu/theatre/index.html) for upcoming productions or tour the art gallery Mondays - Thursdays 12-8 pm, or Fridays and Saturdays from 12-5 pm. Find current exhibitions at [www.uwlax.edu/art/index.html](http://www.uwlax.edu/art/index.html)

## **La Crosse Symphony Orchestra**

Located at Viterbo Fine Arts Center, this beautiful orchestra plays 6 shows throughout the year.

[www.lacrossesympphony.org](http://www.lacrossesympphony.org) Phone: 782-2121

**Viterbo Fine Arts Center** – [www.viterbo.edu/finearts1.aspx](http://www.viterbo.edu/finearts1.aspx)

### **La Crosse Loggers Baseball**

Fun baseball experience in an outdoor stadium, check out details at [www.lacrosseloggers.com](http://www.lacrosseloggers.com)

### **La Crosse Center**

Check out the concert and show schedule at [www.lacrossecenter.com](http://www.lacrossecenter.com)

### **Small Venue Concerts/Comedy**

For example, Pat McCurdy often plays at the Alpine Inn, the Brewery, or Oktoberfest grounds and Z93, a local radio station, often offers comedy at Ringside or The Starlight Lounge on Thursday evenings.

**Farmer's Markets** - Select Friday afternoons during appropriate season in Cameron Park near the People's Co-op.

Inquire at the Co-op regarding specific, current times as well as other locations in the area.

### **Bowling and Golf**

There are a variety of bowling alleys and golf courses in the area, including frisbee golf.

### **Tennis Courts**

Onalaska High School- 700 Hilltopper Dr. Onalaska, WI

Weigent Park- Cass St and 16<sup>th</sup> St N.

Green Island - 2312 7th Street South La Crosse, WI (indoor courts coming soon)

**La Crosse Public Pool**- 1901 Campbell Rd, La Crosse, WI \$4/person

**Mount La Crosse Ski Area** – [www.mtlacrosse.com](http://www.mtlacrosse.com)

**Beer by Bike Brigade** - A group that meets once per month to bike to different bars or activities. There is an impressive turnout and it's a pretty unique La Crosse thing.

**Volleyball League (non-competitive)** - through Alpine Inn which is a bar up in the bluffs. You play beach volleyball once a week and it's just for fun.

## **FAITH & SPIRITUALITY**

**Faith Lutheran Church & Student Center** – Associated with UWL & very welcoming to students! They also offer student Bible studies on Wednesday evenings at 7:30pm.

1407 Main St. La Crosse, WI

Email: [Lcmsu@faithonmain.com](mailto:Lcmsu@faithonmain.com)

Website: [www.faihtonmain.com](http://www.faihtonmain.com)

**Horizon Christian Fellowship** – nondenominational church on the lower north side of La Crosse

601 St. Andrew St. La Crosse, WI

Website: [horizonlacrosse.org/](http://horizonlacrosse.org/)

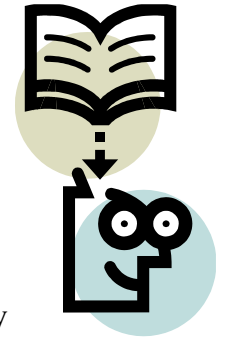
**Newman Center** – Catholic ministry, also associated with UWL. They offer daily masses, bible studies, and service opportunities

1732 State St. La Crosse, WI

Website: <https://www.roncallinewmancenter.com/campus-ministry.html>

If you find a window of opportunity to enjoy the area outside the Health Science Center (everyone needs breaks), or you need more information about some of these topics, look at the “La Crosse Area Visitors Guide” and “Historic Downtown La Crosse Guide.” Also, they have a few simple maps of the area, which may help you find the grocery store or bank that you will NEED!!

## THINGS TO DO/BUY/BRING...



### **Before Summer Session:**

#### Books/Equipment

- *Your PA buddy is a great resource.* Make sure to email them and ask what books they thought were helpful before buying!
- *Use the Internet!* The bookstore carries most of the books that you will need, but many of them can be found **much cheaper** on websites like half.com, eBay, or Amazon. The Murphy Library also gives online access to many textbooks.
- *Padlocks* – We recommend you bring one for a locker in the HSC basement for anatomy lab.
- *Pencils/Pens, etc.* – Most people like to have a wide variety of colors whether they are pens, pencils, or markers. Highlighters are also recommended.
- *White Board & Markers-* This can be helpful when studying and if you ever need to take an exam online, they do allow you to have your own whiteboard to write on during it.
- A tote bag for medical supplies could be nice. We buy all of our medical supplies through a company that comes in during the summer and gives us a deal on them. A stethoscope case or stethoscope name label also is nice to have.
- *iPad + apple pencil* – we all take notes on a computer or iPad, so personal preference! The iPad is nice for drawing things out (especially in anatomy) and nice to hand write notes still if you like that.

#### Anatomy Lab

- *Anatomy Lab Attire* – ***We strongly encourage you to wear older clothes & shoes that can be discarded once the class is over.*** You may want to wear old scrubs or lab coats, a long-sleeved shirt or sweatshirt (it is cold in the lab) since many people don't like to wear their street clothes into lab every day. Some people also like to bring old shoes to change into. You can keep these items in a locker at HSC. If you don't have any old scrubs or a lab coat, you can buy them cheap online, or just bring an older set of clothes. Not everyone fully changes for lab, but you will want to at least have a lab coat or something to cover up your shirt since it is a splash zone at times. Also, anything worn in lab will end up smelling like the lab.

#### Other items you may want:

- Coffee maker (one also available in the PA resource room!)
- Instant pot/air fryer/crock pot for faster meals
- Travel coffee cups
- Business casual clothing and shoes – we wear nice clothing for standardized patient encounters and history taking sessions starting in the fall.

## UW- LA CROSSE CAMPUS SERVICES

The university has many services provided for students and this page will give a quick overview of some of the services. Please visit the university website <http://www.uwlax.edu/> for a complete listing of services and contact information.

### Health Services:

Students can receive low cost, comprehensive, and convenient health care at the Student Health Center. Some insurances may even cover care here, but you'll have to ask your insurance company what their policy is. You can fulfill your entrance immunizations and titers requirements at the UWL Student Health Center once you are enrolled. The health center is in the Health Science building located on 1300 Badger Street. Please visit <https://www.uwlax.edu/student-health-center/> for more information or call 608- 785-8558.

Services include:

1. Acute Care
2. Allergy Injections
3. Gynecological & Reproductive Services
4. Immunizations Services
5. Physical Therapy
6. AND MORE...



### Mental Health Services:

The Counseling and Testing Center offers a variety of confidential services, and they are located at 2106 Centennial Hall. Counseling services are available free of charge to currently enrolled UWL students. Please call (608) 785 - 8073 or <https://www.uwlax.edu/counseling-testing/> you have any questions about eligibility, confidentiality, or the services that are available to students.

### **Services Includes:**

- Individual Counseling
- Group Counseling
- Career Testing
- Psychological Testing
- Test Anxiety and Study Skills Assistance
- Alcohol and Drug Abuse Programs
- Reach & Share
- Relaxation Room w/massage chairs (walk-in or appt basis)



# The Health Science Center

**Background:** The majority of the didactic coursework is taught at the Health Science Center. The Health Science Center is 168,555-square feet, 6-level structure that opened in fall 2000 and now houses academic departments, research labs, and student classes for UW-La Crosse and Western Technical College. It also houses the UWL student health center.

**Address:** 1300 Badger Street, Lacrosse, WI 54601

<https://www.lacrosseconsortium.org/content/health-science-center>



## Transportation/Parking

The City of La Crosse does have alternate street parking overnight from Nov 15th - Mar 15th. Keep in mind that if you don't buy a parking pass and decide to street park (which is free on most blocks) you will have to move your car every day to the other side of the street all winter to avoid tickets. You get one warning ticket.

You can buy a campus parking pass: [parking-permit-info-card-digital-2020.pdf \(uwlax.edu\)](#)

[Welcome - Parking Services | UW-La Crosse \(uwlax.edu\)](#)

The streets next to campus and around the HSC are pay for parking – need to download the Park mobile app. \$1 per hour from 8am-6pm on weekdays.

There is a parking ramp downtown that is free on the weekends and after 6 p.m. on weekdays, which is convenient when driving downtown for dinner and such since street parking can be hard to find down there.

## Fun & Exercise

### UWL Recreational Eagle Center (REC)

Membership to the Recreational Eagle Center is included as part of each student's tuition. Located in the REC is an indoor track, 2 Racquetball courts, 4 Basketball courts, 6 Volleyball Courts, 2 Badminton courts, Cardio equipment, Aerobics studio, Outdoor equipment rental, and a Strength & Fitness Center. The REC also offers additional fitness classes. The fitness classes available at the REC are Cycling-Indoor, Cardio Challenge, Cycle/Yoga, Group Strength, Hi/Lo Fusion, Cardio-Kickboxing, Pilates, Step-n-Tone, Turbo Kick, Yoga Flow Yoyalates, and Power Yoga. Fees range from \$18 - \$40 per semester for unlimited classes. The Outdoor Connection is located inside the REC as well. Available for rental: Canoes/Kayaks, Bikes/Rollerblades, Camping/Backpacking equipment, Picnic kits, and Winter Gear (Skis, sleds, skates, etc.).

The fitness center at the rec also does ladies night every other Tuesday where no boys are allowed in for an hour and a half which is nice to attend!

Be sure to take advantage of intramural activities such as volleyball, soccer, tennis, basketball.

\*For more information visit: <https://www.uwlax.edu/recsports/>

**Outdoor Recreation** - The La Crosse area is full of outdoor recreation, adventure, and wildlife opportunities.

- Local Parks: Bluffview Park, Copeland Park, Erickson Park, Myrick Park, Pettibone Park, and Riverside Park
- State Trails: La Crosse River State Trail, Sparta-Elroy State Trail, Wisconsin Great River Road, and Hixon Trails
- Skiing: Mount La Crosse

For more information please visit: <http://www.explorelacrosse.com/>

### **Additional Area Fitness Facilities**

La Crosse YMCA  
1140 Main St.  
608-782-9622

Onalaska YMCA  
400 Mason St.  
608-783-9622

<http://www.laxymca.org> (Student membership available)

### **Yoga**

- **Palm and Pine** is a great yoga studio with many different class types and the first class is free
- **Root Down** is another yoga studio that offers hot yoga. Also, first class free and a \$30 for 30 days deal.



## **PASS-Physician Assistant Student Society**

PASS is our program's Student Chapter of the Student Academy of the American Academy of Physician Assistants (SAAAPA). PASS is active in the community and school volunteering, fundraising, and educating the public about the PA profession. Positions are elected & appointed to the class during the summer of the first year of the program:

- **President** – Schedule and run PASS meetings (every 4-6 weeks); delegate and follow-up on tasks for Pass projects; coordinate with advisor as needed
- **Vice-President** – Assist PASS president in fulfilling the above duties; plan White Coat Ceremony.
- **Treasurer**– keep track of PASS funds; make account deposits and withdrawals at the Business Services department in Graff Main Hall; work with the Fundraising Coordinator to apply for grants
- **Secretary** – record and email PASS meeting minutes to first- and second-year students
- **WAPA (Wisconsin Academy of Physician Assistants) Delegates** – Facilitate interactions between PASS and WAPA; write monthly program updates for the WAPA newsletter
- **Student Academy Representative (SAR)** – Facilitate communication between the national PA student academy and PASS; attend AOR meetings at the AAPA national conference; serve as the point of contact for SAAAPA leaders and committees

- **Alternate Student Academy Representative** – Attend AOR meetings at the AAPA national conference if the SAR rep is unable to attend
- **Social Chair(s)** – Plan and coordinate social events for the class
- **Outreach Chair(s)** – Organizes events for National PA Week (early October) to promote the PA profession both in the community and on campus; coordinates at least 1 community service event annually with other allied health students to promote interprofessional development, interaction, and service; coordinate with the Pre-PA Club on campus to promote the PA profession
- **Volunteer Coordinators** – Suggest and coordinate volunteer activities for PASS
- **Fundraising Coordinator** – Work with the Treasurer to apply for grants; organize and coordinate fundraising activities for graduation dinner, conference attendance, or charitable giving
- **Challenge Bowl Coordinator** – Organize teams for challenge bowl at WAPA, MAPA, and national conferences; order team shirts or other apparel; organize challenge bowl practices
- **Photographer/Webmaster** – Take photographs of class at social and program events; put together the graduation slide show; update myOrgs website and the class Facebook page
- **Green Chair(s)** – Educate fellow students on “green issues;” Work with campus and PA leadership to facilitate green initiatives
- **Wellness Committee** – Plan events for the class and share information that promotes health and wellness
- **Student Diversity Committee Representative** – Share information on diversity issues with classmates
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- **Little Free Library Liaison** – Monitor status of library at St. Clare Health Mission once per semester; Update PASS on library needs

