

Life Hacks @ Case: Advice from M2s

We took a poll of the Class of 2020 and found out their favorite restaurants, grocery stores, places to study, and more! Read through this handout to find great places to try! You will find direct quotes from current students and lists of places that they love and swear by. NOTE: this document does not contain ALL of the great places in Cleveland. We encourage you to go out and explore Cleveland on your own in order to find your new favorites!

The Classics

Study Spots:

- Libraries on Campus: Medical (2nd floor SOM, Allen)/Undergraduate (KSL)/Law libraries
- Places at SOM: IQ rooms, Window Lounge, Society Rooms
- Coventry Public Library
- Coffee shops: Phoenix on Coventry, Rising Star, Starbucks at Cedar-Fairmount
- Algebra Tea House
- Art museum atrium

Caffeine providers:

- Phoenix Coffee
- Luna's on Fairmount
- Rising Star
- Einstein's (There's one in the UH Atrium)
- Dunkin Donuts

Places to Run:

- Shaker Lakes/along North Park Blvd. in Cleveland Heights
- Lake View Cemetery
- Metroparks
- North Chagrin Reservation
- Inside/near football stadium - E 118th

Places to Work-Out:

- 1-2-1 vs. Veale:
 - 1-2-1: fitness classes, lots of cardio machines, better hours, few undergraduates, generally easy to get a machine, but very busy during peak times, gives you towel and locker, free coffee/tea, validates parking for 3 hours, costs money (which you can opt out of), limited space for weightlifting
 - Veale: larger, a lot of space for lifting, great weight room, two pools for swimming, mostly undergraduates, rock wall, indoor track, basketball courts
- Sixth City Crossfit
- Cleveland Yoga
- Cleveland Rock Gym

Favorites from the Class of 2020

Favorite activity around Case Western:

- Museums: Museum of Art, Natural History museum, Botanical Gardens, MOCA
- Concerts at the Grog Shop
- Cleveland Orchestra at Severance Hall
- Happy Hours at ABC or Washington Place
- Karaoke at the Jolly Scholar
- MIX at Cleveland Art Museum
- Bowling at Corner Alley

Favorite activity in Cleveland:

- Westside Market
- Eat! Explore different food spots and happy hours
- Go to an Indians/Cavs game/Browns Tailgates
- Foodie Friday at Whole Foods
- GrooveRyde in Woodmere
- Cleveland Zoo

Favorite **FREE** activity:

- Volleyball/beaches at Edgewater Park
- Edgewater Park Live (Thursdays in the summer)
- Run in Lakewood cemetery
- Hiking/biking around the Cleveland Metroparks
- Wade Oval Wednesday
- Rock climbing at Veale
- Cleveland Museum of Art
- Intramural Sports
- Graduate Student Council Events

Favorite place to explore the outdoors:

- Edgewater Park (beaches)
- Metro Parks, Cuyahoga National Park, Holden Arboretum
- North Chagrin Reservation
- Cultural Gardens in Glenville
- Cleveland Botanical Gardens
- Doan Brook and the Shaker Lakes

Favorite Restaurants/neighborhoods in Cleveland:

- *Cedar-Fairmount*: Barrio, The Fairmount, Aladdin's, Vero Pizza, Luna
- *Uptown*: Chopsticks, Dynamite Burger, Simply Greek, Algebra Teahouse, Washington Place
- *Tremont*: Lucky's, Ginko, Parallax, Grumpy's, Bac, Ty Phun, Sokolowski's University Inn
- *Coventry*: Tommy's, Pacific East, High Thai'd, Inn on Coventry, Tree Country, Pho and Rice, Dave's Cosmic Subs
- *Cedar-Lee*: Dewey's Pizza, Melt, Anatolia, Stone Oven
- *Little Italy*: Mia Bella, Presti's, Corbos, Guarinos, Trattoria, TOLI
- *Downtown*: Urban Farmer, Hodge's, Butcher and the Brewer, Brickstone, Lola, Mabel's BBQ
- *Ohio City/West 25th*: West Side Market, Townhall, Market Garden, Mitchell's, Great Lakes Brewery, Momocho
- *Shaker Square*: Fire, Edwins, Yours Truly
- *Other*: Choolah, Simply Greek, Banana Blossom Thai, L'Albatros, Chinatown, Soho Chicken and Whiskey, Pier W

Pearls of Wisdom from the Class of 2020

When it comes to moving to and living in Cleveland, the Class of 2020 survey respondents most frequently commented on three things: exploration, enjoying the great outdoors, and weather adjustments.

“Don't assume that Cleveland is a boring city with nothing to do - you will find it is quite the opposite! Get out and about during Block 1 when you have more time. Explore the area! Cleveland has so many hidden gems!”

“YOU CAN'T PARK OVERNIGHT ON THE STREETS IN CLEVELAND HEIGHTS AND TAKE PARKING METERS SERIOUSLY. If you or a friend wants to park overnight, you have to call the police's non-emergency line.”

“I have found a balance between family life and my life at Case, but it took some time to get to that point. Don't worry if it takes some getting used to, no matter where you are coming from.”

“Cleveland offers all of the accoutrements of a mid-major city, including a disproportionately high number of great musical acts, sports teams, and culinary arts, while remaining eminently affordable. This value is something that few other cities can offer and I would highly suggest that one take full advantage of how cheap things are during their first year here.”

“Expect to be surprised about how fantastic Cleveland is, its supremely underrated. Give it a chance! The city is really charming in many ways. Keep an open mind.”

“Reach out for help! There is a lot of it and we are here for you.”

“Go out, ask for rides, and join everybody and everyone. Create a varied group of friends that you can enjoy different activities with is going to open up so many opportunities and make the adjustment really fun.”

“Don't buy winter gear in California. Make sure you bring warm weather clothes. There's no such thing as bad weather, just bad clothing choices.”

The Class of 2020 also had some things to say about starting Block 1 and adjusting to medical school in general:

“Meet as many people as possible and try not to stick to one group of friends. Put yourself out there.”

“Take time for self care. Don't stress about the little things and stay active. Make sure you are happy everyday because it is not worth it to put your life on hold. And don't be afraid to ask for help/advice.”

“Use the time to become familiar with the style of learning at Case and to get comfortable with the general weekly schedule. Try a lot of study styles, look outside the recommended resources (i.e. YouTube videos, flashcards, etc.).”

“Take the time to enjoy yourself and Cleveland. The curriculum is set up to give you time to get to know your new home, so don't be afraid to use it. Use that time to have fun, make friends, and to explore the city so that when the tough studying does come around, you'll have outlets to recharge and refresh your mind.”

“Welcome to the best medical school! But, seriously, you're going to love it here.”