



UAMS[®]

Master of Health Administration

New Student Handbook
2021 - 2022

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2021- 2022 Academic Calendar

August 11, 2021 Fall New Student Orientation

August 16, 2021 Fall Classes Begin through December 10th

August 16, 2021 Tuition and Fees Due

August 16-20, 2021 Fall 2021 Late Registration

August 20, 2021 Last Day to Add a Fall Course (Must Pay Late Registration Fee)

August 21, 2021 Last Day to Drop a Fall Course with 100% Refund

August 26, 2021 Last Day to Drop a Fall Course with 50% Refund

September 6, 2021 Labor Day Observed (no classes/offices closed)

September 14, 2021 Last Day to Drop a Fall Course without a "W"

September 13-20, 2021 Biology Competency Exam Dates

October 5, 2021 Applied Practice/Integrated Learning Experience Information Meeting (Noon-1:00pm)

October 7, 2021 Applied Practice/Integrative Learning Experience Information Meeting (4:00-5:00pm)

October 23-27, 2021 American Public Health Association Annual Meeting (Denver, CO)

November 1, 2021 Spring 2022 Application Materials Due (SOPHAS)

November 1-8, 2021 Biology Competency Exam Dates

November 11, 2021 Veterans Day Observed (no classes/offices closed)

November 12, 2021 Last Day to Drop a Fall Course

November 15-29, 2021 Spring 2022 Early Registration

November 25, 2021 UAMS Holiday (no classes/offices closed)

November 26, 2021 Friday after Thanksgiving is a holiday only if declared by Governor

December 1, 2021, Last Day to Submit Spring 2022 Non-Degree Seeking Applications

December 13, 2021-January 17, 2022 Spring 2022 Regular Registration

December 10, 2021 Last Day to Submit Spring 2021 Applied Practice/Integrated Learning Experience Plans

December 10, 2021 Fall Classes End

December 16, 2021 Fall Grades for Graduating Students Due

December 24, 2021 UAMS Holiday (Offices Closed)

December 29, 2021 Fall Grades Due

January 1, 2022 UAMS Holiday (Offices Closed)

January 5, 2022 Spring 2022 New Student Orientation

2021- 2022 Academic Calendar

January 10, 2022 Spring Classes Begin through May 13th

January 17-21, 2022 Spring 2022 Late Registration

January 17, 2022 Martin Luther King, Jr. Day Observed (no classes/offices closed)

January 18, 2022 Tuition and Fees Due

January 21, 2022 Last Day to Add Spring Course (Must Pay Late Registration Fee)

January 23, 2022 Last Day to Drop a Spring Course 100% Refund

January 28, 2022 Last Day to Drop a Spring Course with 50% refund

February 14, 2022 Last Day to Drop a Spring Course without "W"

February 21, 2022 President's Day Observed (no classes/offices closed)

February 28-March 7, 2022 Biology Competency Exam Dates

March 1, 2022 Applied Practice/Integrated Learning Experience Information Meeting (12-1pm)

March 3, 2022 Applied Practice/Integrated Learning Experience Information Meeting (4-5pm)

March 21-25, 2022 Spring Break (no classes)

April 11-22, 2022 Summer 2022 Early Registration

April 15, 2022 Last Day to Drop Spring Courses

May 1, 2022 Last Day to Submit Summer 2022 Non-Degree Seeking Applications

May 9-30, 2022 Summer 2022 Regular Registration

May 11, 2022 Grades Due for Graduates

May 13, 2022 Spring 2022 Classes End

May 20, 2022 Grades Due

May 21, 2022 Summer Classes Begin through July 29th

May 21, 2022 Tuition and Fees Due

May 31-June 3, 2022 Summer 2022 Late Registration

May 26, 2022 Last Day to Drop a Summer Course with 100% refund

May 30, 2022 Memorial Day Observed (no classes/ offices closed)

May 31, 2022 Last Day to Drop a Spring Course with 50% refund

June 1, 2022 Applied Practice/Integrated Learning Experience Information Session (Noon-1:00pm)

June 1, 2022 Last Day to Submit Fall 2022 Application Material (SOPHAS)

June 2, 2022 Applied Practice. Integrated Learning Experience Information Session (4:00-5:00pm)

June 3, 2022 Last Day to Add Summer Course (Must Pay Late Registration Fee)

June 13, 2022 Last Day to Drop Without a "W"

Welcome from the MHA Student Association

Welcome to UAMS and Little Rock! We have a lot of exciting ideas and programs that we have planned to meet an abundance of goals for the program. I look forward to working with all of you and making the first year of your graduate program as rewarding as possible.

There will be signups for positions to serve in committees for part-time students and first years to help plan, give insight, and make suggestions. If you have more questions about committees or signing up, please email Joanna Bartley.

There will be opportunities to participate in leadership workshops and others within the student association along with events organized by AHEF the local chapter of ACHE. I encourage you all to sign up for these organizations as they provide an abundance of career advancement opportunities and supplemental learning for your personal growth.

- Todd Hamilton

President



Todd Hamilton

President

Associations Representative



Joanna Bartley

Vice President

Communications Officer



Danielle West

Treasurer



Taylor Washington

Philanthropy &
Fundraising Officer

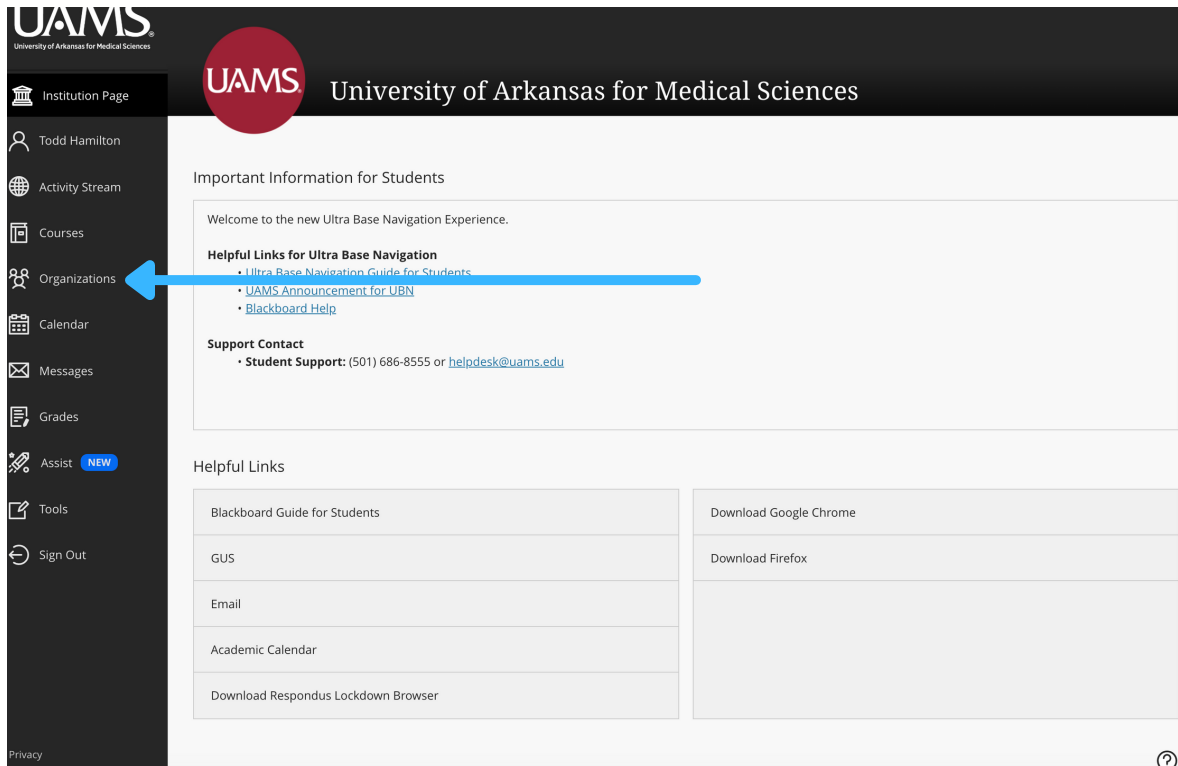


Jaelyn Cooper

Social Chair

Visit www.uams.blackboard.com

Once you've arrived, click the links arrowed in blue.
Each step leads to our site.



The screenshot shows the UAMS Blackboard home page. The left-hand navigation menu is visible, with a blue arrow pointing to the 'Organizations' link. The main content area displays 'Important Information for Students' and 'Helpful Links for Ultra Base Navigation'.

UAMS University of Arkansas for Medical Sciences

Important Information for Students

Welcome to the new Ultra Base Navigation Experience.

Helpful Links for Ultra Base Navigation

- [Ultra Base Navigation Guide for Students](#)
- [UAMS Announcement for UBN](#)
- [Blackboard Help](#)

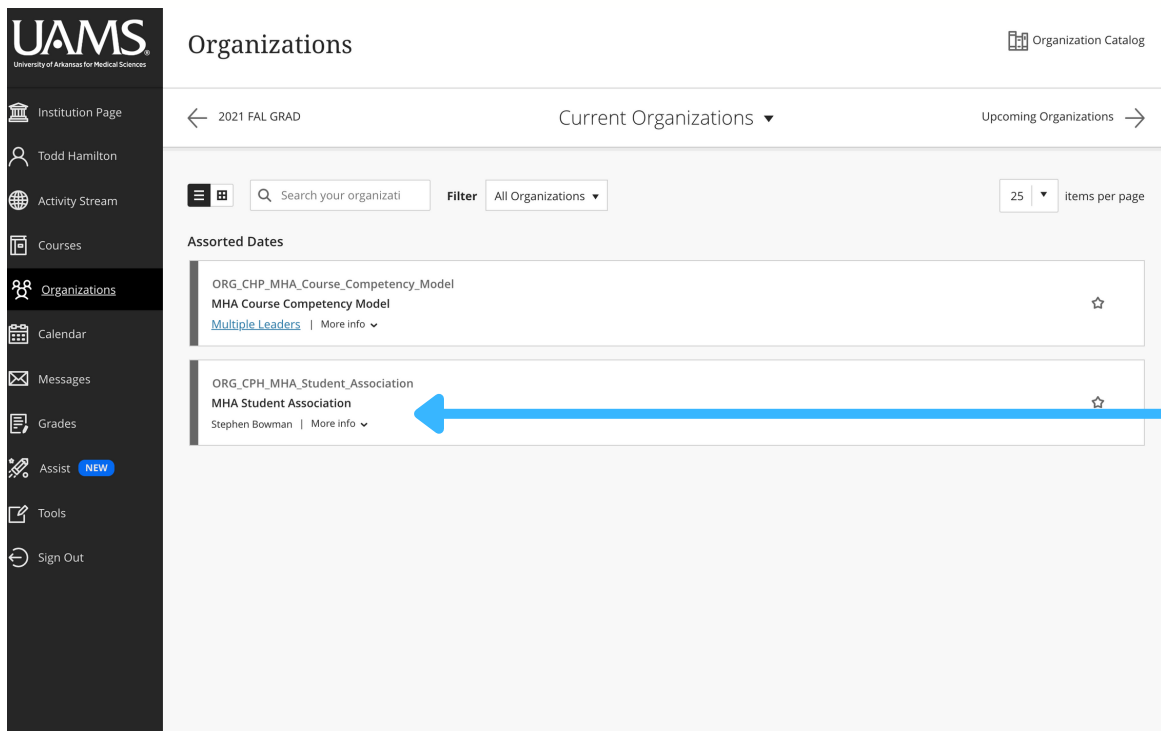
Support Contact

- **Student Support:** (501) 686-8555 or helpdesk@uams.edu

Helpful Links

Blackboard Guide for Students	Download Google Chrome
GUS	Download Firefox
Email	
Academic Calendar	
Download Respondus Lockdown Browser	

Select "My Organizations"



The screenshot shows the UAMS Blackboard 'Organizations' page. The left-hand navigation menu is visible, with a blue arrow pointing to the 'Organizations' link. The main content area displays 'Organizations' and 'Assorted Dates'.

UAMS University of Arkansas for Medical Sciences

Organizations

Organization Catalog

← 2021 FAL GRAD Current Organizations ▼ Upcoming Organizations →

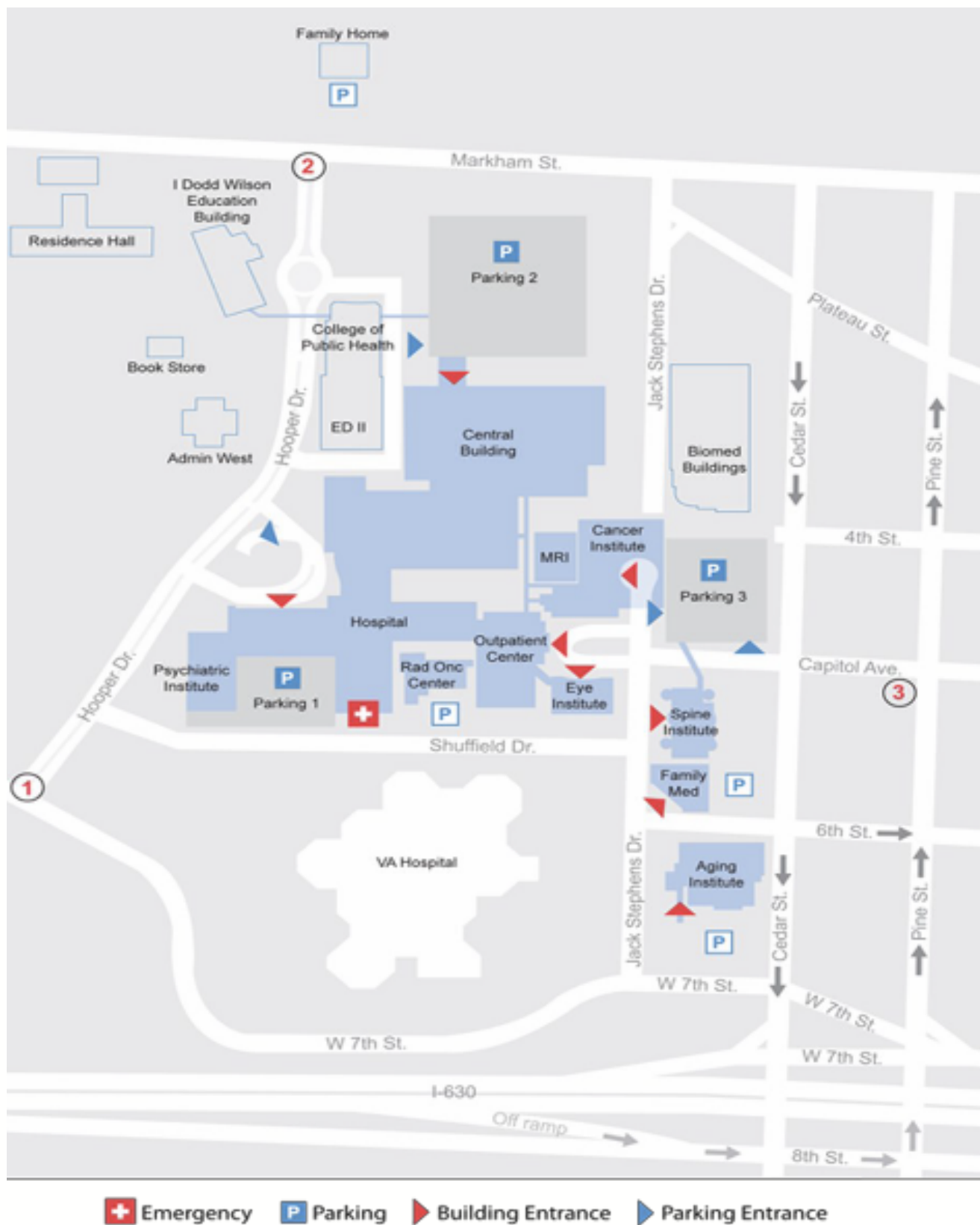
Search your organization Filter All Organizations 25 items per page

Assorted Dates

ORG_CHP_MHA_Course_Competency_Model MHA Course Competency Model Multiple Leaders More info	☆
ORG_CPH_MHA_Student_Association MHA Student Association Stephen Bowman More info	☆

Select "MHA Student Association"

UAMS Campus Map



Registration & Tuition

Once you are registered you will be required to pay tuition and fees for the upcoming semester before classes start. This can be done in person on campus at the student financial aid office in the Admin West Building in room 1.106, online, or by mail to: *UAMS*

Student Financial Services, Slot 7584301 West Markham Little Rock, AR 72205

Financial Aid: <http://studentfinancialservices.uams.edu/>

FAFSA: <https://studentaid.gov/h/apply-for-aid/fafsa>

Library

The library on campus is located in the Education II building. A three-story space with computers, printers, private study rooms, and large group study areas are available. You will need a print card to use the printers in the library, which are available at the front desk. The library typically closes around 10 pm on weekdays and 6 pm on Fridays. All of the staff in the library are extremely helpful and eager to assist you with finding sources for research projects, teaching how to use online resources or anything else you might need. An added bonus, during exam weeks they often bring in therapy dogs for students to love on to relieve stress!

Computer Lab

There is a computer lab available to students located across the hall from the MHA department office. You need your ID badge to get in and be conscious of the fact that a number of classes are held here, so check the daily schedule posted near the door. There is a printer available in this room but do not count on there always being paper available to use.

Parking Passes

The A level of Parking 2 deck is available to students for evening parking from 4:30 pm - 8:00 am and 24 hours on weekends and UAMS observed holidays. A parking decal is required and costs \$21.00 per year. Visit the UAMS Parking Operations office located on the 2nd floor of the Distribution Center on 7th and Cottage, Room 204 (7:30 a.m. to 4:00 p.m. M-F) to pay the fee and receive a decal. Free parking is available any time at the Ray Winder Field and Rick's Armory lots. The War Memorial Stadium lot is available Monday-Friday excluding previously scheduled events. Free shuttle service is available from these lots to the campus. For more information: <https://uams.edu/campusopsstaging/depts/po/parkinfo#div03>

Business Cards

Students will fill out a survey through the student association blackboard page. Each student will receive 500 cards to handout when creating network connections to easily pass the information along and build their network

Social Media sites and groups

Follow the UAMS MHA program on LinkedIn and Facebook.

We highlight student achievements, new things going on in healthcare.

As well, we have a networking group set up for current and former students to connect, aiding our efforts to facilitate conversation in our program.



Professional Development

IPE Requirement (Requirement for graduation)

Interprofessional Education (IPE) is an important component of MHA students' academic progression. IPE allows students across campus to learn and interact together thereby increasing communication and understanding across all health and research professions. There is a formal IPE curriculum framework that is offered here at UAMS, and all of the colleges and the Graduate schools participate. The IPE Program is noncredit hour earning and consists of several workshops and other activities. All aspects of the IPE Program must be completed prior to degree program completion as a condition of graduation. As part of the Capstone course taken in your final Spring semester of the program, For more information, you can consult the Office of Student Affairs or visit the website (<http://ipe.uams.edu>). The tentative schedule of IPE activities will also be distributed at the beginning of each semester.

Mentors

The local chapter of the American College of Healthcare Executives (ACHE) partnered with the UAMS MHA department to help establish a professional mentorship program. ACHE members are required to volunteer their time toward community projects, and MHA students are in need of professional contacts and guidance, making for a mutually beneficial working relationship. Students who are interested can be placed with a mentor who is a local healthcare executive willing to share their time and expertise. These can become incredibly valuable relationships as students enter residencies and assistantships and begin job searches upon graduating.

Fellowship and Professional Materials Prep

A new opportunity we are offering this year. We are having alumni from our program who have participated in fellowships, come back and offer their advice for fellowships, cover letters, personal statements, and often times will review one on one for fellowship prep. There will be designated times throughout the year to learn more and participate. If you have questions please contact the president or Dr. Bowman.

Lunch with the Administrator

These are informational and interactive lunches featuring a healthcare executive. During these sessions, the students and faculty in attendance typically enjoy a brief talk by the guest administrator which is followed by discussions and questions. These are excellent networking opportunities for students and the administrators, who have been known to hire students for summer residencies from these interactions. Lunch with the Administrator is usually held on the last Friday of the month.

Networking Socials

Another new program we are looking to implement this year is social networking events throughout the year for students to interact with administrators and alumni from our program around the city. The social events officer will coordinate with faculty to plan these events at a venue. Please keep on the lookout for these as they provide great opportunities to connect with local administrators who might take you on as a resident or graduate assistant.

Graduate Assistantships



Entering the program, it's important to be aware of the possibility of landing a graduate assistantship. Depending on the class size, the availability of positions, and how many second-year students hold GAs, it isn't likely that everyone will get one. The earlier you start these positions the better as it gives you more time to acclimate to the busy schedule of a graduate student and manage your time more effectively before the evening classes.

It is also important to understand the additional workload if you do snag a position. Typically, these are 20 hours a week jobs on the given organizations' campus. Often you will have a say in which days you work (4 days at 5 hours each or 2.5 full days, etc.) and how these hours fit into your class schedule. Those 20 hours become increasingly valuable to you as you approach exam week and supervisors are usually willing to work with you around this time. Graduate assistants at UAMS can expect to get their tuition paid for each semester (usually about \$5,000) as well as a monthly stipend (often around \$600). These students are still responsible for paying for their "fees" each semester which might total around \$500.

Frequently, graduate assistantships can turn into summer administrative residencies for a first-year student. Alternately, summer residencies can also be extended into graduate assistantships for the rising second-year student. This is where it becomes helpful to get these positions early. Waiting until your second year to learn how to balance a job and school can be daunting, but manageable. The experience you gain in these positions is invaluable. Having opportunities to apply the concepts learned in class in a real-world setting helps students digest the classroom material and begin thinking as health administrators. If you're set on getting placed in an assistantship it might be helpful to express this interest early to the department so they can keep you in mind when positions become available. The department is typically notified of an available position and they select resumes to send over for consideration. Knowing you're eager to start working will better the chance that you will be one of the selected candidates.

Summer Residencies

Summer residencies are similar to graduate assistantships. These are paid administrative residencies in a healthcare facility that last 10 weeks (or more) in the summer. Different from graduate assistantships, summer residencies are required for all students unless the student opts into the management project as an alternative. These full-time positions should be regarded as a real-world dry-run in health administration, and are excellent opportunities to try the career on for size. Our professors' excellent resources as far as these positions are concerned. Starting early is the key. If you have a graduate assistantship it would be wise to start the conversation with your supervisor about the summer option, hopefully finding a position for yourself. Many students have used their networking skills and volunteer opportunities to find residencies on their own. Otherwise, when positions become available the department will send over resumes of students they think are well suited to the job, and interviews are conducted. It's also important to keep in mind that there are "fees" due at the end of May to cover your summer residency.

A final word of wisdom in regard to your residency: be ambitious It's good to try to find a position that speaks to your interests and feels like a good fit, but at the end of the day, you will learn a tremendous amount about health care regardless of where you are placed. Find something you think you'll enjoy but also take what you can get.

Examples of Past Locations for Residency Placement:

- Arkansas Children's Hospital
- Arkansas Blue Cross Blue Shield
- Arkansas Rural Health Partnership
- Baptist Health
- CHI St. Vincent Infirmary
- CARTI Cancer Center
- UAMS Family Medicine
- UAMS Myeloma Institute
- UAMS Department of Operations
- UAMS Nursing Service Line

Management Project Option

If you are a part-time student, have no interest in a residency, or are not able to be placed in one, there is the option of completing a management project in its place. This is a summer project supervised by the faculty that addresses a significant management problem in a healthcare organization, with senior administrators also acting as preceptors



Student Memberships to professional associations are an integral part of being in the Master of Health Administration program at UAMS. These memberships not only give you current industry news but also give you networking opportunities that span both state and nationwide. Holding membership in each of these associations gives you access to local Arkansas chapter meetings and continuing education sessions that lead to valuable networking with local healthcare executives. Memberships can often be gained either free or reduced student rates from each of the three prominent memberships that MHA students usually partake in.

MGMA (Medical Group Management Association)

Medical Group Management Association is another organization that is worthwhile joining. With a focus on private group practices, MGMA accepts student members for \$35 annual dues.

Their website states, “As part of the National Healthcare Career Network, the MGMA connects you with an extensive network of jobs and candidates from more than 350 healthcare organizations and job boards from across the nation. Whether you’re looking for healthcare management jobs or trying to find the perfect medical practice administrator or executive for your organization, the MGMA Career Center gives you access to the jobs, candidates, and resources you need.”

Local chapters and membership can be found for students in Arkansas, and membership signups will be provided during orientation.

ACHE (American College of Healthcare Executives)

One of the most useful associations you can join is the American College of Healthcare Executives, which has an active Arkansas chapter (AHEF). This organization has worked closely with the UAMS MHA program in the past to set up our executive mentorship program, among other mutually beneficial ventures. The below description of the association is taken from their website.

Cost: Student Membership is \$75 which automatically gets you into the local Arkansas Chapter, however the chapter will reimburse \$50 of the full amount.

HFMA (Healthcare Financial Management Association)

With more than 40,000 members, the Healthcare Financial Management Association (HFMA) is a great organization to be involved with as a student member if you are interested in financial management. .

AHA (Arkansas Hospital Association)

“The Arkansas Hospital Association (AHA) is a membership organization, which for 80 years has assisted its members through collective initiatives which facilitate the integration and improvement of the delivery of healthcare services throughout Arkansas. We’re here for you. Here for life.”

AHA is important to be aware of because of their annual conference held in the fall that many students from the program typically attend. They host speakers, discussion forums, and lunch.

Primary MHA Faculty



Stephen Bowman, PhD, MHA
Program Director
Associate Professor



J. Mick Tilford, PhD
Department chair
Associate Professor



Jure Baloh, PhD, MHA
Assistant Professor



Ruth Eudy, PhD
Associate Professor



Richard Ault, MHSA
Assistant Professor



Cilia Zayas, PhD, MHA
Associate Professor

Night life

- Brewski's
- Town Pump
- Ciao Baci
- The Hillcrest Fountain
- Flying Saucer Draught Emporium
- Lost Forty Brewing
- Willy D's Piano Bar
- Prospect Sports Bar & Grill
- Diamond Bear Brewing
- Hill Station
- Fassler Hall



Activities and Events

- Dickey-Stephens Park
- Razorback Football
- Oaklawn Racing & Gaming
- First Security Amphitheatre
- Farmer's Market
- South on Main
- Little Rock Marathon
- Heifer International Headquarters
- Robinson Auditorium
- Adult Sports League
- Clinton Presidential Library
- Dave and Buster's



Shopping

The Promenade at Chenal is an outdoor mall in West Little Rock featuring the Chenal 9 AMC Movie Theater, small boutiques, Home-Goods, the Apple store, and several of Little Rock contemporary restaurants and eateries such as Big Orange, Local Lime, YaYas and much more!

Park Plaza Mall, located near UAMS on University Avenue, is your typical mall featuring a large food court and your favorite chain stores such as Forever21, Dillard's, Bath and Body Works, H&M, American Eagle, etc. Directly across the road from the mall is MidTowne Shopping Center with select stores and eateries such as The Loft, Ulta, Pottery Barn, The Container Store, Pei Wei, Starbucks, etc.

Shackleford Crossing Shopping Center is a large outdoor mall with several large stores such as JC Penny and JoAnn, along with Walmart and several eating options such as Tacos 4 Life, Samurai Japanese Steakhouse, BJ's Brewhouse, and Texas Roadhouse.

Pleasant Ridge Shopping Center located on Cantrell is a large outdoor mall with many eating and shopping options featuring a large Belk department store and Fresh Market Grocery, Bonefish Grill, Chick-fil-A, Chipotle, small local boutiques, bakeries, and much more!

Park Avenue Shopping Center also located on University features a Target, AT&T store, Comcast/Xfinity store, and several eateries such as Cheddars, Panera, Newk's, and Tropical Smoothie Cafe.

The Outlets of Little Rock are located at the intersection of I-30 and I-430, adjacent to the only Bass Pro Shop in Arkansas. The Outlets feature many factory stores such as Nike, New Balance, J. Crew, Levi's, Express, Banana Republic, and many more.

There are also a number of smaller shopping centers on Kavanaugh, downtown, and along with W Markham that feature specialty shops and boutiques to browse in.

Outdoors

Allsopp Park & Trails consists of a 5 mile wooded trail system that's great for mountain biking and hiking. Allsopp Park is divided into north and south by neighborhood; the South section has restrooms, trails, picnic tables, a pavilion, a playground, and tennis courts.

Rock Creek Trail, located in West Little Rock, starts at the intersection of Markham and Bowman where the trail heads west following Rock Creek. The trail is a combination of paved and non-paved surfaces that is a great scenic route in all seasons. The trail length is a little over one mile in one direction.

War Memorial Park is located at the Fair Park Boulevard exit right by UAMS. It is one of Little Rock's oldest and most popular parks. The park has facilities for golf, picnicking, fishing, and playground equipment for kids. It's located close to the Little Rock Zoo, Ray Winder Field, and the War Memorial Fitness Center.

Pinnacle Mountain in the State Park just a few miles outside of town. The park is about 2,000 acres in the Ouachita Mountain foothills, with Pinnacle Mountain being the primary feature. The 1,011 feet (308 meters) high peak is a great day hike. There are a number of trails to choose from depending on your physical fitness level. The 1 1/2-mile West Summit Trail, 1 1/2-mile East Summit Trail, 2 1/2-mile Base Trail, 2-mile Rocky Valley Trail, and 1-mile East Quarry Trail in addition to over 250 miles of Ouachita National Recreation Trail (goes all the way into Oklahoma). Bike and horseback riding trails are also located within the park.

Buffalo River Other outdoor activities worth checking out in Arkansas include the countless swimmable rivers (not the Arkansas River) in the northern and more central areas of the state. One of the most popular floating rivers is the Buffalo, about two hours north of Little Rock but well worth the trip. There are many outfitters that will provide rafts and boats and shuttle you to access points

Murray Park Trail (Dog Park), on Rebsamen Park Road, is a large paved walkway right along the Arkansas River. It's a great place to go walking with your pets. It is also great for kids. It has eight pavilions, three soccer fields, two playgrounds, and a boat dock. It's also a nice place to go fishing as you are directly adjacent to the Arkansas River. It also leads to a connection with the Two Rivers Park Trail and Big Dam Bridge.

Two Rivers Park is a 1,000-acre tract at the confluence of the Arkansas and Little Maumelle Rivers. The park has many amenities including bike trails, walking trails, gardens, and an abundance of wildlife, as well as the new pedestrian bridge that connects to the Arkansas River Trail.

Downtown Boardwalk

When walking along the River Trail in downtown (away from the amphitheater and toward the Clinton Library) there's a wetlands boardwalk in a river inlet. This is a great little walk where you can see dozens of turtles, walk past the big bat house, and even spot some big water snakes if you're lucky. Make this a stop on your walk, especially in the spring and fall when the weather is not terribly humid and you can really enjoy the wildlife.



Petit Jean State Park

Arkansas' first State Park is found about an hour and a half northwest of Little Rock and has many great hiking trails. This is an impressive 3,471-acre park that boasts the Petit Jean Mountains, caves, waterfalls, endless hiking, and beautiful views. You can also find lodging and dining options at the park if you're interested in making a weekend out of your excursion. The Cedar Falls Trail, which leads to a year-round, 95-foot waterfall is one of the most popular. You can jump in for a swim once you reach the waterfall, so don't forget your swimsuit. This 2-mile trail is also dog-friendly! The trail starts directly behind Mather Lodge, so it's easy to find and has plenty of parking.

Restaurants

The Fold

The Fold Botanas Bar is a quirky, modern Mexican eatery with outdoor seating, good food, and even better drinks. Located on the edge of the Hillcrest neighborhood near the Arkansas River, The Fold is only about a mile from campus.

ZAZA's

Boasting some of the best wood-fired pizza in town, ZAZA's in the Heights also offers a large assortment of fresh salads and Italian gelato. This restaurant is located off of Kavanaugh and has both indoor and outdoor seating.

Dam Goode Pies

Another pizza option in town is Dam Goode Pies which has locations in Hillcrest, the Heights, and downtown with outdoor seating overlooking the river. This is a more casual pizza joint when compared to Zaza's and serves more traditional pies. Dam Goode Pies has a wider selection to choose from and good beer options.



Big Orange (pictured)

Also owned by the owners of ZAZA's, Local Lime, Heights Taco & Tamale, and other popular local restaurants, Big Orange is arguably one of the most popular burger spots in town. Found in the MidTowne Shopping Center or the Promenade, Big Orange is conveniently close to campus. If you're craving a good burger and want plenty of options, Big Orange should be on the top of your list.

Ali Baba

Another option if you're craving something with some flare is the small, unassuming Arabic grocery Ali Baba, which has a hidden gem in the back in the form of a small restaurant.

The Root

A true Little Rock gem, The Root Café on Main Street is unique to say the least. This café offers sandwiches, great burgers, salads, and desserts made from all locally sourced ingredients. Delicious food with a conscience is the goal here and it is well achieved.

Sushi Café

Locally owned sushi bar and a Japanese fusion restaurant. If you want some fantastic sushi at a casual environment, this is the place for you.

U.S. Pizza

Saturday and Sunday morning brunches are a popular event at both Rodney Parham and Kavanaugh locations. Drink specials along with great pizza make this a local gem.

South on Main

If you're wanting some southern charm along with southern flavor, this is the place for you. Great food throughout the day and occasional performances make this the spot to be.

Food on campus

Metro Deli – Located in the main lobby of the College of Public Health building, this is the second location of Metro Deli on campus and is called “Metro Deli 2”. They serve great sandwiches and salads. Be sure to get there early because they often close around 2 pm, no one seems to know why.

Lobby Café – This option can be found on the main floor of the new building in the main Hospital lobby (the big shiny glass building with the fountain). They serve pizzas and sandwiches and more! This is a popular spot to find MHA students throughout the semester, mainly because it’s open 24 hours a day plus weekends to serve patients, staff and students.

Doc Java – Doc Java can be found on the first floor of Ward Tower. The easiest way to find it is to walk toward the hospital from the UAMSlibrary and it’ll be straight ahead through the doors. Coffee, tea, sandwiches, salads, soup, and more, this is a convenient pit stop while studying. Keep in mind this dining stop closes around 4 pm.

Cafeteria – Located on the ground floor of the Central Building of the Hospital, the Cafeteria is open to patients, students, and staff. It’s notoriously tricky to navigate your way to the Cafeteria and there have been satirical articles written about it including “Man Lost After Trying to find UAMS cafeteria is Found 3 Years Later”. Ask for directions. Heads up, the cafeteria isn’t open on weekends!

Code Moo/Metro Deli – Code Moo and the first campus Metro Deli location can be found on the ground floor of the Central Building near the Cafeteria. Code Moo features frozen yogurt while Metro Deli, like MD2, serves mainly sandwiches (only 11 am-3 pm Monday to Friday), both apply discounts with badges.

The Gathering Place – A favorite on campus, the Gathering Place is located on the first floor of the Cancer Institute. It offers a wide selection of sandwiches, entrée of the day, soups, salad bar, and Starbucks beverages. The turkey burger is certainly worth a try and is just over \$3 with a student badge.

The Atrium – The Atrium can be found on the first floor of the Outpatient Center across from the pharmacy. Offering a selection of soups, salads, and sandwiches as well as grab-and-go options and coffee. This spot is open Monday to Friday from 7 am – 2 pm.

Generations Café – If you find yourself over at the Institute on Aging, stop by the Generations Café to grab lunch at the salad bar or choose from their selection of sandwiches and burgers. Lunch is served until 1:30 pm during the week!

The Canteen – When you find yourself on campus between classes or late at night studying in CPH, The Canteen is a handy vending machine room just down the hall on the ground floor of the Central Building. A coffee vending machine, soft drinks, sandwiches, candy, and more can be found 24 hours a day here.

CI Gift Shop – The cheapest place on campus to grab a sweet snack is definitely the Cancer Institute gift shop, located just around the corner from the Gathering Place on the first floor of the Cancer Institute building. Items are not traditionally marked up and much more affordable. Proceeds go to a good cause as well, helping provide patients and caregivers with services and comforts during their treatment.