

Illinois College of Optometry

Student Rx



A Guide to Student Life

Volume 34



ICO

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ICO

**Illinois College of Optometry
3241 S. Michigan Ave.
Chicago, Illinois 60616**

(312) 949-7400

INSERT BOX NUMBER AFTER THE STREET ADDRESS FOR YOUR PERSONAL MAIL
ALL ICO PHONE NUMBERS WILL BEGIN WITH (312) 949-####



This is your go-to website for almost everything you need to navigate ICO.

Important features/links include:
 Financial aid, Academic Schedules, Tutor Lists, Library Links, Clubs and Student Associations, monthly fitness class schedule, Intramural Sports, Security, Counseling, Student Affairs, IS (Information and Technology Services for ICO), Work Study Programs, Registrar, alumni registry and important forms!

But most importantly, if you haven't bookmarked the ICO email or Sakai sites on your computer yet, My.ICO.edu is how you have access to these! Just click on the tabs on the right of the screen for these very important sites as well as links to pay your bill and to go to the library site!



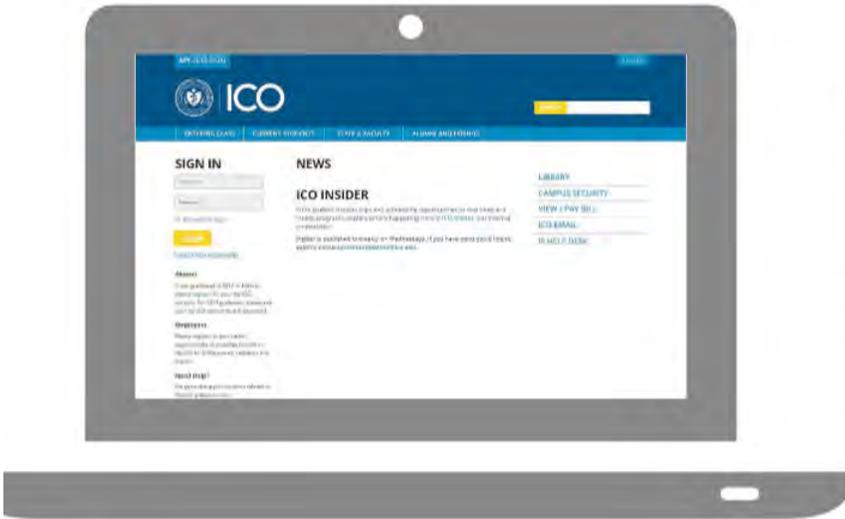
This is your hub for class information, notes, announcements, and grades. Each class has a tab on Sakai where faculty will post class notes, lab manuals, online tests and quizzes, announcements, and your grades. There is also a tab for sound recordings of lectures if Mediasite is down.



On the respective class's Sakai tab, there will be a link to Mediasite, which is where all of the class's lectures will be recorded and available to you throughout the quarter. This website can be bookmarked/saved so that you don't have to go through Sakai every time you want to go to Mediasite.



Your ICO email will be through Microsoft Outlook (owa.ico.edu), and this is the site that you will be directed to when you click on the "ICO Email" link on My.ICO.edu. This link can also be bookmarked/saved so that you do not have to go through My.ICO.edu each time. Your email address will be your first initial and last name followed by @eyedoc.ico.edu. This same pattern generally follows for all students and faculty, however when you begin typing in a student's first or last name within the 'Send To' box, you have the ability to search all people in the ICO system.



Bookstore

The bookstore is where you will purchase equipment and exchange your white coat if the one you've received is either too big or small. It is also the place where you can buy all of your stylin' ICO gear as well as snacks and beverages. The bookstore also has replacement services for most equipment if yours has been damaged or broken (not lost or stolen). You can charge your student account via your ID card and all returns must be made within 48 hours with the original receipt.

THE LIBRARY

The library is newly renovated and is a great environment to study. Both levels are for quiet studying, however, there are private study rooms on the second floor that may be utilized and reserved for collaboration. There are also computers on each level which are directly linked to the printers. Just click print > swipe your ID > Voila!

Every student begins with some printer \$\$\$ on their ID card, but if you run out you can always reload.

Additionally, ICO is home to one of the most extensive collections of optometric literature in the country! Visit the library's website to learn more!

Fall/Spring/Winter Hours
*Summer hours vary

M-Th: 8:00 am - 12:00 am
Fr: 8:00 am - 9:00 pm
Sat: 9:00 am - 9:00 pm
Sun: 10:00 am - 12:00 am

To: C/O 2022
From: C/O 2021

YOU'VE GOT MAIL

Every student is assigned a mailbox that you will use for the rest of your time at ICO. The mailroom handles all incoming and outgoing mail and prints your laboratory notes!

Incoming mail: a pink slip will be placed in your mailbox indicating that you have a package ready to be picked up. Sign the slip at the window and the staff will retrieve it for you!

Outgoing mail: If you need to mail anything, the mailroom will happily help you; they also sell stamps. Any weighted mail that you want sent out on the same day must be brought to the mailroom **BEFORE** 3:30 pm.

P.S. DO NOT use the RC address and room as your mailing address!

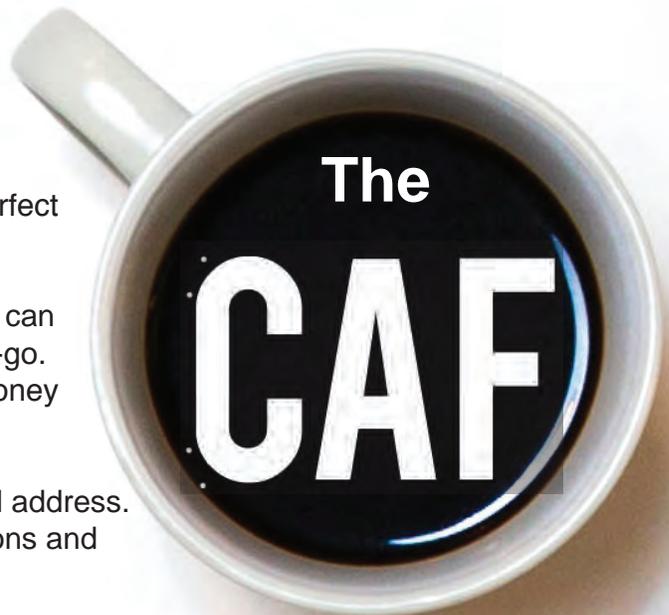
mail room is
not open on
weekends
(plan packages accordingly)

Located on the bottom floor of Brady Hall, the "Caf" offers hot entrees, personalized sandwiches, a fresh salad bar, a cereal bar, and much more! Off the grill, you can order options like a spicy chicken sandwich, eggs made the way you like, and burger, and fries.

If you live in the RC, you'll be able to use your meal plan here; Off-campus students can purchase meals and beverages using cash. Students also have access to refrigerators and microwaves. If you're commuting, this is the perfect place to store your meals.

GO GREEN: For students living in the RC, you can deposit \$5 cash on Tupperware to take food to-go. At the end of the school year, you'll get your money back upon returning the green box.

Weekly menus are emailed to you school email address. The staff is always open to new meal suggestions and will help satisfy your dietary needs!



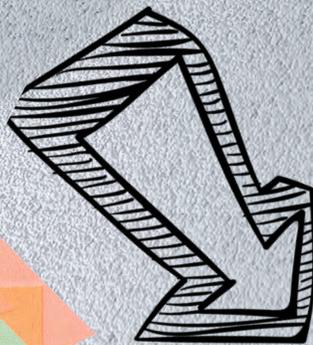
staying safe with SECURITY

Working every day of the year, our college security force is staffed with active and retired Chicago Police Officers who are on-site 24 hours a day. It is expected that you wear your student ID at all times when on campus and that you sign in any guests at the front desk or in the security office.

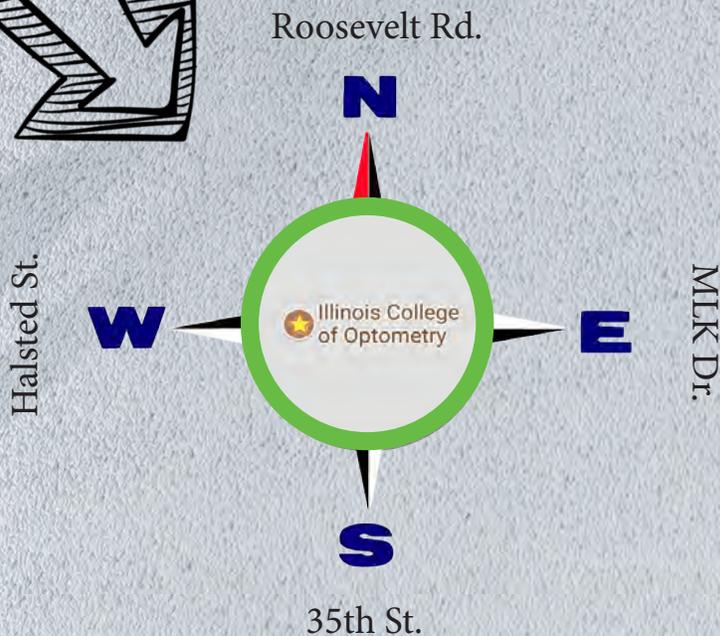
The security office is your go to for:

- lost and found
- free coffee and tea
- parking passes
- visitor's badge
- access to lab rooms after hours
- jump starting your vehicle
- a ride on the night shuttle

(SERVICE BOUNDARIES)



If emergencies
were to arise,
still call 911.





FITNESS CENTER



ICO has just about everything you need to stay active: a full-sized gym, racquetball courts, locker rooms and a cardio and weight equipment fitness center.

The **Fitness Center** features treadmills, elliptical trainers, stair climbers, stationary bicycles, a rowing machine, and a variety of stretching and strength training equipment.

Next door is a **full-size gym**, where group fitness classes and some intramural sports take place. **Intramural sports** are seasonal and you will receive an email to sign up with the intramural coordinator.



ICO also employs a **full-time Fitness Coordinator, Sarah Edgeworth**, who you can contact to set up health evaluations, one-on-one workouts, personal training and counseling.

Check out the Fitness Center tab under Current Students on my.ico.edu for more information!



Summer Sports
Beach Volleyball, Tennis

Fall Sports
Outdoor soccer, Basketball, Flag Football, Dodgeball

Winter Sports
Ball Hockey, Indoor Soccer, Women's Basketball, Raquetball

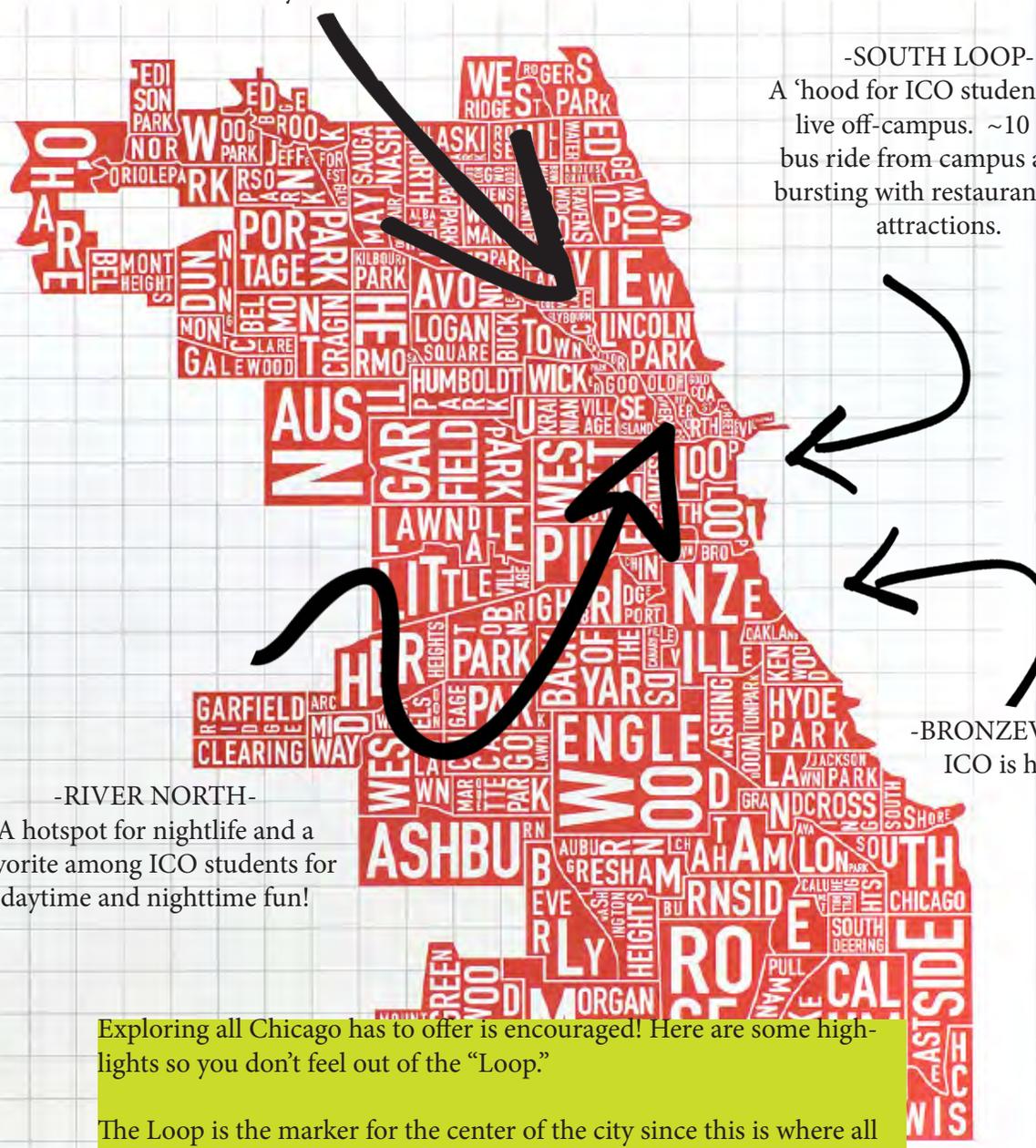
Spring Sports
Volleyball, Badminton

-LINCOLN PARK-

A ton of bars, restaurants and coffee shops popular with the 20-something crowd. DePaul University is here.

-SOUTH LOOP-

A 'hood for ICO students who live off-campus. ~10 min bus ride from campus and is bursting with restaurants and attractions.



-BRONZEVILLE-
ICO is here!

-RIVER NORTH-

A hotspot for nightlife and a favorite among ICO students for daytime and nighttime fun!

Exploring all Chicago has to offer is encouraged! Here are some highlights so you don't feel out of the "Loop."

The Loop is the marker for the center of the city since this is where all the "L" Trains make a loop to go north, south, east, or west!

CHICAGO



-Citymapper-
Highly recommended for everyone! Gets you from point A to point B by telling you all possible routes via walking, driving, ride-share, or using multiple CTA routes



-Ventra-
Keep track of your Ventra card balance for CTA use.



-Door Dash-
Similar to GrubHub. Order food from restaurants all around Chicago! The only difference is the selection of restaurants to choose from.

TO BE
BEST APPS
CHICAGO SAVVY



-Venmo-
Link your bank account to this app to easily transfer money to friends. No more split checks at restaurants and bars, just get one check and Venmo your friend the \$\$\$ you owe!



-UBER & LYFT-
The most popular way to get around Chicago if you don't want to walk or use Chicago Public Transportation.



-My Chi Parks-
You don't want to miss all the events that happen at Chicago parks, so keep track of them with this app! From movies, to concerts, to festivals!



Check out the
CTA website
(www.transitchicago.com)
for more!

It is definitely overwhelming to take in at first glance, but once you ride for the first time, you'll realize what a piece of cake it is!



HOW TO PAY

To use CTA, you'll need a ventra card, which can be purchased at most stations. You can load a certain amount of money onto it or you can get unlimited weekly/monthly passes!

1 Train or Bus Ride = \$2.25

Unlimited 1-Day = \$10.00

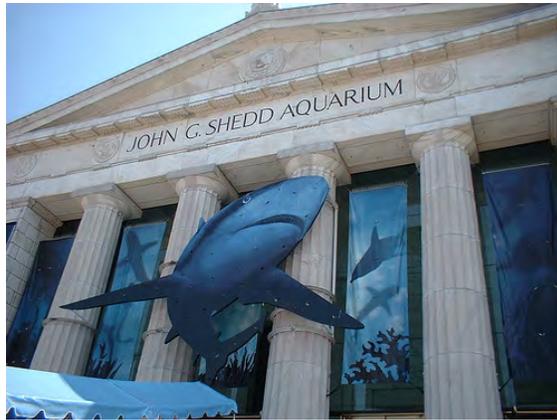
Unlimited 3-Day = \$20.00

Unlimited 7-Day = \$28.00

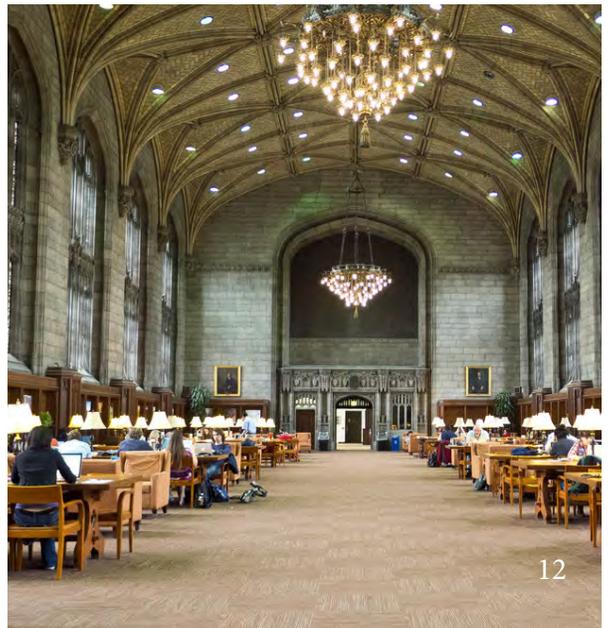
Unlimited 30-Day = \$100.00



From Top Left going Clockwise:
Chicago Cultural Center
Art Institute of Chicago
Museum of Contemporary Arts
Shedd Aquarium



Bottom Left: Museum of Science and Industry
Bottom Right: Harper Memorial Library
Reading Room (U of C)



Class of 2021
favorites



FOOD TO ORDER TO CAMPUS....THAI SPOON

DINER....YOLK

BRUNCH....WILDBERRY

MEXICAN....ANTIQUE TACO



BURGERS AND FRIES....AU CHEVAL

PIZZA....LOU MALNATI'S

COFFEE SHOP....DOLLOP

CLUBBY NIGHTLIFE....LION'S HEAD

ROWDY BAR....JOE'S ON WEED STREET



Conveniently Close to Campus



Taco Bell

Jimmy Johns

Red Line Cafe

Culvers

Starbucks

Jewel-Osco



EDITOR'S OVER THE YEARS

- Original Concept -- Paul C. Lueck ('81)
1st, 2nd Ed. -- Paul C. Lueck ('81)
3rd, 4th Ed. -- Joseph Montana ('84)
5th, 6th Ed. -- Christopher Olson ('87) & Larry Van Daalen ('87)
7th, 8th, 9th Ed. -- Kreg D. Harper ('91)
10th Ed. -- Irene D. Smolenski ('91)
11th Ed. -- Dawn M. Kaplan ('94)
12th Ed. -- Tracy Nelson ('95)
13th Ed. -- Melissa Wetzstein ('96), David Wilkes ('99), & Camellia Mazur ('99)
14th Ed. -- Mark Hahn ('00)
15th Ed. -- Maye Doldolea ('01)
16th Ed. -- Patricia Perez ('03)
17th Ed. -- Prashant Kapadia ('03) & David Coward ('04)
18th Ed. -- Aida Palces ('04) & Kamal Ropra ('04)
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22nd Ed. -- Kristie Charles ('08), Mindy Kieffer ('08), & Carla Ursetta ('08)
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& Raza Uddin ('11)
25th Ed. -- Manu Bansal ('12), Sanica Matthews ('12), Theresa Nguyen ('12), Doan Huynh ('12),
& Emily Peralta ('12)
26th Ed. -- Nick Blasco ('13), Lauren Hunt ('13), Trisha Patel ('13), Josh Robinson ('13), Ampreet Sing ('13),
& Steven Wan ('13)
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Tori Whitman ('14), & Jenna Zenk ('14)
28th Ed. -- Chase Endres ('15)
29th, 30th Ed. -- Scott Seaburg ('16)
31st Ed. -- Justin Pierskalla ('18) & Zachary Walburg ('18)
32nd Ed. -- Priscilla Chang ('19) & Molly Proud ('19)
33rd Ed. -- Andy Do ('20)

This 34th Ed. is brought to you by Ashley Henkel ('21), Salvador Gonzalez ('21), & Thomas Collins ('21)