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WELCOME, CLASS OF 2027!

Jemma Lowinger (II) & Mason Ginters (II) HELLO hello! Welcome to the Umbilical!!! This is your one stop shop for all UNSW Medicine knowledge. It's the place you go to find out everything about everything. So please, indulge us, have a read!

First year can be intimidating, there's no doubt about it. But there are so so many amazing opportunities for you to dive into – to perform in MedShow, to explore specialities and interest groups, to be involved in advocacy or socials – and that's what these following pages will tell you all about.

If you want to get involved in Medsoc or the uni community, this is the place! If you want access to exclusive resources and a goldmine of academic freebies to make your life easier, well read on! If you're looking for the best places to go on campus, and all your discounts and perks, look no further!

The friends and experiences we've had this year are incredible and we want to stress

the value of just taking every opportunity that comes to you! Don't let anything stop you, you've got ages to study medicine, so sign up for that committee, attend that SIG event and get keen for MedCamp (shameless promo, prepare for a lot of those)!!

If you haven't already, please join the UNSW Medicine Class of 2027 Facebook group (and also the UNSW Medicine Noticeboard FB group). This is where you'll find most of the info you'll need about MedSoc and other events throughout the year (and is a fantastic way to stalk your fellow meddies). You'll get used to the sheer amount of cringey emojis, trust us. If you don't have facebook, now's a pretty good time to get it, but otherwise email us and we'll add you to a mailing list!

These first couple weeks are going to be stressful. Uni is a whole new world to adapt to, and to be honest, both of us took basically the entirety of first year to get used to the medicine course and work things out. So don't be disheartened if you're feeling a little lost, everyone is! We hope these following pages can help you out a bit.

If you ever need help or guidance, we're your first point of call. Email us anytime at year1@medsoc.org.au or message us and we'll do our best to give you answers!

We can't wait to meet you guys, come and have a chat and introduce yourselves when you see us around campus.

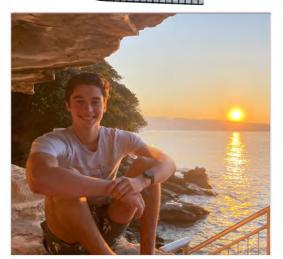
> Much love, Mason and Jemma

meet your PRESIDENT!

Advice to My First Year Se

<u>Get excited:</u> This year is going to be one of the best, craziest, most fun, most challenging, most memorable and most life-changing years of your life. I hope you're super keen.

<u>Get amongst it:</u> Phase One Medicine is when you'll get to spend the most time on campus with all your peers. Make the most of every moment - immerse yourself in the diverse array of MedSoc events, sign up for MedSoc Committees, Presidential Assistant, Assistant Secretary, First Year Rep, seize every opportunity to explore your personal passions while you have time. Be courageous, be confident, be caring and never doubt yourself - you've made it into UNSW Med, what can't you do?



Josh Lowinger (IV) president@medsoc.org.au

Don't forget our Med student mission: To be the best possible medical students today and the best possible healthcare leaders in the future. When you're trudging through that pre-exam slog or grinding through that assignment, remind yourself of that - we're working hard to become better doctors and do better for our patients. It's all worth it in the end, and the more you put in, the more you'll get out.

<u>Sit back, relax and enjoy the ride.</u> The experiences you have over the next six years will be the most amazing and unforgettable ones of your entire life. Look out for your friends and peers, support one another, and if you're struggling, don't be afraid to reach out and ask for help - it's a sign of strength, not weakness. Your Faculty, peers and MedSoc are always here for you, and my door is always open :)

The MedSoc 2022 cohort is so happy to welcome you into our family. Your first year of Med will be over before you know it, so what are you waiting for? Go create memories and friendships that you'll cherish.

Fave Med Moments: Too many amazing memories to include all of them, but some of the best have to be: getting egged in lectures, diving into the UNSW pool in full hospital attire, absolutely roasting Medicine Faculty in the annual MedSoc Great Debate, getting a massage from our pathology professor Nicodemus Tedla using only his feet, running riot around the city in our lab-coats at ScrubCrawl, pulling five allnighters at uni in a row for MedShow, breaking into and rampaging USYD during Poster Run, and having the best time EVER at MedCamp.

Quotes to Live By: "The role of a great leader is not to give greatness to human beings, but to help them extract the greatness they already have inside them." - John Buchan "Smiles are contagious... be a carrier." - Anonymous

Worst Med Pick-Up Line: Are you a tumour? Cos I wanna take you out ;))

meet your MEDSOC EXEC



Vice President Internal: Jason Djafar (IV)

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vpinternal@medsoc.org.au

Vice President External: Angela Xue (IV)



vpexternal@medsoc.org.au

<u>Fave Med Memoru:</u> it's hard to pick but medshow was definitely a highlight of my first and third year! i joined because i love performing arts, and ended up having some of the best experiences and most valuable friendships of my life. i would highly recommend you join whatever group in medsoc or unsw supports your hobbies i promise you'll have the best time!

<u>Advice to First Year Self:</u> life in uni is so vibrant and busy, so go to as many events as you want! but please please please be careful with that bottle of passion pop or you'll end up passing out :,,,)

<u>Fun Fact!</u> After 3 years of sampling all the nearby cafe's: stellini has the best matcha, penny lane has amazing dirty chai's and 22 grams (near POW) wins for best cafe overall :))

Secretary: Sophie Mok (III)

<u>Embarrassing Story from First Year:</u> I once cried after trying to find parking at uni for two hours ;')

<u>Fave Spot on Campus:</u> Many last minute assignment grinds have been in G12, so it holds a special place in my heart <3 If you're ready to trek to lower campus, try studying in the Electrical Eng Building or Law Library + make sure to stop by Yallah and Stellinis!

<u>If I was an organ, I would be</u> the appendix <u>because</u> it's small, lacks purpose and is a little unpredictable **?** •**!**•?



secretary@medsoc.org.au



treasurer@medsoc.org.au

Treasurer: Joshua Mok (IV)

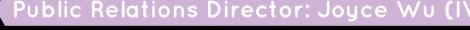
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Academics Director: Anirudhan Kasavaraj (III)

<u>Embarrassing Story from First Year:</u> Not remembering someone's name and also not wanting to ask them for ages and so just calling them "dude" until someone else asked their name.
<u>If I was an organ, I would be</u> the skin <u>because</u> it covers all of the other ones and protects them (AWWW).
<u>Fun Fact!</u> I can juggle (albeit not very well though ahahah):)



academics@medsoc.org.au





prd@medsoc.org.au

<u>Fave Med Memory:</u> When someone in my anatomy lab pointed to the cadaver's eye and asked if that was his penis.

<u>Advice to First Year Self:</u> Go to all the med events (especially Pubcrawl, Medcamp and Cruise). Join MedShow! Anki your MCQ, it's much more efficient than reading the memorandums. Get an iPadddddd (very good for 3rd year in hospital)

<u>Fave Spot on Campus:</u> Law library in lower campus, which is close to Sharetea.

Events Director: Daniel Rebello (III)

<u>Fave Med Memory:</u> The Dubbo trip is amazing so apply for it this year!!! Also buying pizza and cake for three consecutive SGs with Jack Nethery even tho it wasn't anyone's actual bday.

It meant that we had food in class which made the lessons a lot more fun!!!

<u>Embarrassing Story from First Year:</u> Danced awkwardly on group zoom video call as I was told that it was the requirement to stay on the call and everyone else had done it before I had turned up. Turns out that wasn't true and now there's a video of me dancing really badly. I might have an issue with peer pressure ahaha

<u>Fave Spot on Campus:</u> G13 - this was the room of my first SG and then was a place where a lot of us would meet up in the rare few months that uni was in person. Please continue the legacy.



events@medsoc.org.au

Sponsorship Director: Jack Nethery (III)

- Advice to First Year Self: It doesn't get easier, you just get better at it.
- Fave Med Subject & Why: BGDB because it was the last time we had to do embryology.
- <u>Fave Spot on Campus:</u> The Scientia Bridge, the best view you can get on campus (legally).



sponsorship@medsoc.org.au

Human Resources Director: Elisabeth Abhayaratna (III)



humanresources@medsoc.org.au

<u>Fave Med Memory:</u> Coming back in-person at the beginning of 2021 and giving everyone a big hug :,)

<u>Advice to First Year Self:</u> Meet as many people as you can within and outside of med! There are so many lovely people out there for you to meet, you just have to put yourself out there. :)

Fun Fact: My dog can ring a doorbell!

AMSA Representative: Jonathan Greenberg (III)

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amsa@medsoc.org.au

FIRST YEAR OPPORTUNITIES...

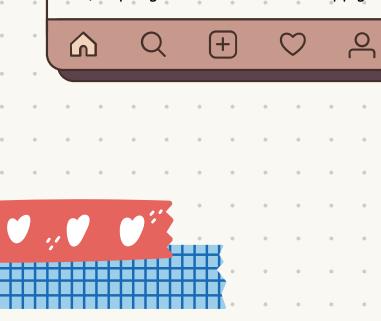
Mason Ginters (II) & Jemma Lowinger (II)

We can't recommend getting involved in MedSoc enough!! It's an amazing place to try something new, meet new friends and of course, to paarrrty!! You will all sign up to MedSoc as members soon, which will give you access to all our academic and social events. However, if you're looking for a bit more, there a bunch of position you guys can run for within the society. We'd like to stress though there's plenty of positions available throughout the next 6 years - don't fret if you don't make it in your first one.

🙆 FIRST YEAR 🛛 🕲 🏹

REPRESENTATIVE ···

You'll get your chance to run for FYR in a month or two! FYRs play a major role in communicating student concerns to Medfac and making sure the grade is happy. They organise events like waffle breakfasts, pancakes, and BBQs, and of course, they're in charge of the best event of the year, MedCamp!! (another shameless promo). It's a great way to meet your cohort and a bunch of people in older years of medicine. Don't worry if you've had no experience in something like this before, the elections are super chill, so put yourself out there and apply!!



PRESIDENTIAL

ASSISTANT

The Presidential Assistant will work closely with the President, Josh Lowinger, to assist with several important tasks. This includes helping set up for MedSoc Council meetings and coming along to them to develop the Med student experience, putting together

certificates for MedSoc volunteers, formulating letters for final year students

and corresponding on behalf of the President. They will also sit in on Executive Meetings, gaining valuable insight into how MedSoc runs. This is an amazing opportunity to embed yourself into the heart of MedSoc, meet lots of incredible people, gain some fantastic experience and have lots of fun.

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ASSISTANT

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SECRETARY

The assistant secretary is the assistant to the Secretary (indeed) and helps in the running of MedSoc councils. They'll coordinate event records for MedSoc events, organise food for council and take minutes in Exec and council meetings. They'll also assist our lovely secretary Sophie in compiling the fortnightly MedSoc Mail-out. Again, this is an amazing opportunity to involve yourself in Medsoc and to meet people from all years. You'll get to see how MedSoc runs including council and exec (and you'll get free food at council as well).



COMMITTEES

Only 4 people in total can hold the roles outlined above, but don't you worry, there are countless other opportunities available to you. Committees allow you to involve yourself in something a bit more specific that you're really passionate about. You'll

work in a team including some older meddies in any 1 of 13 committees that you can apply for, including academic resources, social events or environmental advocacy.

This is a bit of a smaller commitment timewise, but with all the benefits of meeting new people that MedSoc offers, so we could recommend joining a committee enough!!



MEDSOC COMMITTEES



publication



fessional development

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photography



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narities & wellbeing



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indigenous

ZOZZ MEDCANP

COWBOYS & ATRIUMS

Get excited to meet your cohort, have some fun and make lifelong memories!

FEBRUARY 25-27

Outdoor Adventure Camps Wiseman's Ferry









DEVELOPMENT PORTFOLIO

The Development Portfolio Certificate (DPC) is a MedSoc initiative where students who attend a broad range of events and experiences are awarded with a certificate signed by the Dean of Medicine and Health and MedSoc President and Vice Presidents for their UNSW Medicine Portfolio Examination. To be awarded the DPC at the end of 2022, you must have attended at least 3 events from each of the 3 branches of MedSoc spread over at least 3 terms, as outlined below. I hope you will get involved and enjoy all the opportunities on offer!

1. ADVOCACY

One	e event from at least 3 of the Equity, D	ivore	itu a	nd In	clusiv	vitu r	ortfo	lios				
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	 LGBTQIA+ Speaker Night 											
	 Queer Trivia Night 											
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•	 Care Package /Donation Drive 	SADI	veru	IR.	•	•	•	•	٠	•	•	•
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	• Green Week											
	 Environment Symposium 											







2. EXPERIENCES

• At least one academic event	
 Sign up for mOSCE or mICE as a 	
patient or assessor	•
 Meet The Medics 	
 Careers in Medicine Night 	•
At least one social event	
 College Cup 	
 Great Debate 	•
 Origami Night 	
 At least one mentoring program: 	•
 Hospital Buddy System 	
 Faculty Mentoring Program 	
• • WIMWAM • • • •	•
 International Mentoring Program 	
 Indigenous Mentoring Program 	٠
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3. COMMUNITY

	One event from each of the 3 parts of
•	our broader Med community:
	 Any SIG event (CritCareSoc,
Ū	DermSoc, IMSoc, OculusSoc,
•	 PsychiSoc, SurgSoc, WCSoc)
	 Any PAG event (MedShow, MMS)
•	 Any Affiliate event (MSAP, MOA,
	RAHMS, GPSN, AMSA)

I hope you will get involved and enjoy all the opportunities on offer!

Love,

Josh Lowinger (IV)



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CONNECT WITH US!



Scan these QR codes and join our socials to keep updated on the latest news and announcements!



UNSW MedSoc Instagram



UNSW MedSoc Facebook Page

INTRO TO MEDSOC

Hey everyone! Huge congratulations again on getting into UNSW Medicine! I'm super excited to welcome you to our MedSoc, which has over 1600 students and more than 10 000 alumni. This amazing community will be here to see you through all six years of your medical degree, and I can personally say I've had incredible experiences and friendships that will stick with me for a lifetime.

It must all feel really exciting but very overwhelming at the moment - so without drowning you in information, here's a few events and opportunities I'd love for you to be a part of!

Advocacy

Here at UNSW we're really lucky to have such a close and direct line of communication with our Medicine Faculty; the feedback they receive from students is always considered when making course improvements and restructures. If you're passionate about improving the student experience, apply to be a first year representative or keep an eye out for callouts to be part of Feedback Focus Groups on your year Facebook page. Also, stay tuned for when committee applications open, where you can get involved with roles such as our Women's Officers, Queer Officers, Environment Officers and much more! These opportunities are also a cool way to meet students in older years that you probably wouldn't spend as much time with otherwise, and I guarantee you'll make some great friends :)

Experiences

Where to start! The sheer number of events we have on could turn this into a full-blown essay, but here are some unmissable events for your first year: you've probably heard heaps about MedCamp (which you should definitely go to!!), but make sure to look out for our annual PubCrawl, MedBall, Integration Cruise and End of Term parties! I'd also highly recommend you attend events going on during the term such as meditation sessions, bouldering, and various information nights. We also offer lots of amazing ways you can volunteer in rural communities, hospitals and schools; make sure you keep up to date with the Medicine Noticeboard to catch these!

🚧 Community 👫

One of my favourite things about MedSoc is that there really is so much variety in what we offer! For your more creative side, join our Publications. Photography or Video Committees (check out their work on our journal 'The Jugular'!). There's also Medical Music Society and MedShow for those who love music and performing arts. This year, we also ran our very first Council Retreat for our council members at Stanwell Tops, organised by our Human Resources Director. In addition, we have 7 Special Interest Groups for those who want to explore certain specialties a bit more, including Surgical Society and Dermatology Society who run heaps of cool events throughout the year. We're also affiliated with Medical Students' Aid Project, Outreachers Medical Australia. General Practice Students Network and Rural Allied Health and Medical Society. It really is nonstop over here!

So a big warm welcome from all of us, and I hope you're as keen as I am for the year ahead! Make sure to keep up to date with the Medicine Noticeboard and Class of 2027 facebook pages for important updates :) and always feel free to reach out to me or anyone else in an older year if you have any questions!

Best of luck for your first year and I can't wait to meet you all :))

Angela Xue (IV)

MEMBERSHIP - DEALS -

On Medicine Open Day (O-Day), and the rest of the week, there will be Medsoc signups held by our membership officers. Come and collect your sticker to put on your ID card and receive all of these below benefits, if you present your sticker at these places! There will also be more deals to come!

We'll also be handing out goodie bags with lots of freebies, so be sure to swing by and become a part of Medsoc!! We look forward to seeing you :)

Bel Guo (III) and Eunice Seo (III)

Love,

Business	Address	Deal					
noodle	150 Belmore Rd, Randwick NSW 2031	10% discount off total bill					
ESCAPE HUNT	4/393 George St, Sydney NSW 2000	15% discount					
	689 Gardeners Rd, Alexandria NSW 2015	 \$15 Entry and Skate Hire for General Public Session \$10 Entry and Skate Hire for Thursday Night Cheap Skate 10% off all café purchases except alcohol 					
VIITUAL REALITY ESCAPE ROOMS SYDNEY	1/484 Kent St, Sydney NSW 2000	10% online missions with code UNSW10					

- SELF-CARE IN MEDICINE

Dear Class of 2027!!! Congratulations for entering into your first year at UNSW Medicine! Whether it be working hard through a pandemic-ravaged Year 12, grinding that WAM/GPA for a course transfer or returning later in life after pursuing another path in life, I'd love to extend the warmest of welcomes to you all!

Something that I personally, and the rest of our MedSoc community are extremely passionate about is self care. It is a long degree, albeit one where the years fly by quickly, but it is so important to maintain your personal wellbeing.
Each person is unique and each of you will likely face a different set of challenges as you enter this new chapter in your life. In this short piece, I hope to share some advice which has helped me and I have learnt from over the last three years.

one: find new passions, try new things!

As a high-school leaver when I entered the course, uni life was a reinvention and a fresh start away from the comfort and familiarity of my high school persona into someone who felt more like me. Uni life can be a whirlwind in the best of ways and I'd encourage you all to get involved and try new things. Someone once described university as a unique sandbox: one where you're granted the independence to grow and try new things with the safety of failure and leniency of youth. As a fairly reserved person leaving high school, I never thought that in the space of a year I'd take up dance in MedShow or put myself out there in MedSoc but I wanted to take on opportunities that I never got to try before, opportunities which I felt if I didn't try in uni, I may never again. Definitely get involved and put yourself out there, you'll be all the more surprised and rewarded by the journey that you take :)

Something I wish I knew when I was in first year was to be careful about losing the things which gave me routine. The first two years of Medicine are some of the most guided, freeing and fun. As you progress, the course definitely becomes more self-directed and in Year 3, I struggled a bit to keep the familiarity and adapt to making my own routine. I'd encourage you to make sure that you keep the things that you love whether it be community groups, weekly sport, hobbies, instruments, games. Medicine shouldn't consume you - it should be an addition to round off the other aspects of your life as friend, parent, child, partner and more.











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two: medicine isn't the be-all and end-all

It's probably a safe bet that we're all Type A, ambitious, driven people who strive to do our best and achieve the highest we can. At least, I definitely am of that type and something I found quite challenging at first was how different marking is treated in Medicine. An adage you may hear early and often is 'P's get degrees'. No longer do you need to strive for those perfect A's (or a high distinction) but a pass will suffice. Initially, I found that mindset difficult but it is so valuable to give yourself the leniency and space to not always strive and struggle all the time to do your best. Your marks won't be a reflection of how capable or good you are as a student and future doctor. I learnt early to not work and study hard for marks but put myself in good stead for when the work becomes more clinical and problem solving later in the degree. I still wanted to do well but I put less stress and pressure on getting the highest mark I could as sometimes you won't, and you won't be told why. And it's disheartening. But it's important to not make academics your everything and hopefully that disheartenment won't lead to burnout.

three: be kind to yourself - you're still growing

You're still learning and growing. Allow yourself room for errors and be kind to yourself. I remember leaving high school and thinking that those final years of Year 10 to 12 were some of the hardest yet most rewarding I'd been through and that ultimately, they were the best and final formation I'd ever get. This was it now - first year uni and adulthood. I realised how wrong I was and that no one expects you to be perfect and mature straight out. I've learnt more about myself and made so many more mistakes than I thought I would over the last three years and I'm so grateful for it.

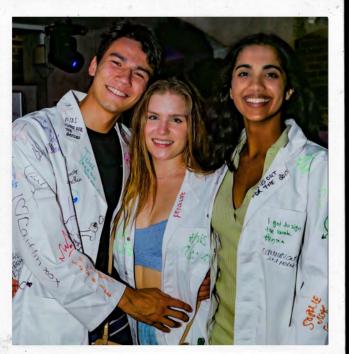
I hope you see some of your faces at O Week, at MedCamp or on campus and in-person as the year goes by. Join MedSoc, MedShow and all the various student opportunities within and outside of Med if you feel even the slightest interest. We've all been where you are now, and it's both daunting and exciting but if you ever feel lost or need a hand, know that your older years are there for you. I was so surprised by the kindness and support I felt entering into this degree, and a community is waiting for you and willing to help.

Until then, look after yourselves and make the most of your First Year <3

Jason xx

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SOCIAL EVENTS IN POLAROIDS

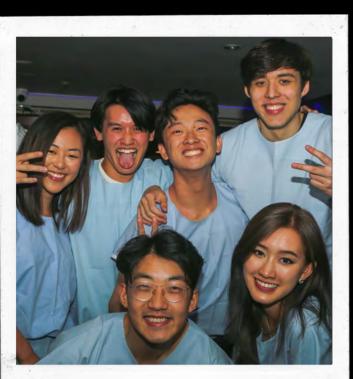


SCRUBCRAWL #1

The first big social event in the calendar! A chance to wear your signed lab-coats around the city & explore some of Sydney's finest establishments.



COCKTAILS AT THE CARTER Celebrate the end of term at The Carter. With a ball pit and dance floor this is your chance to destress and have fun!!!



SCRUBCRAWL #2 One is never enough.



END OF YEAR CRUISE Dress for the theme as we cruise along Sydney Harbour!

WELLBEING & CHARITIES

Alexandria Cung (III) and Tanuj Malhotra (II)

WHO ARE WE?

Hi everyone, welcome to Wellbeing and Charities! Do you care about your own mental health? Do you like to have a good time and also make sure others are taken care of? Well, then you've come to the right place!

Wellbeing is all about good vibes, great times and maintaining a healthy and zen mindset in what can be a rewarding, but stressful, degree. We things like mindfulness hold fun activities. workshops, and collaborative events to keep you relaxed, happy and connected to your peers, while running programs like Peer Mentoring to provide you with guidance from older students.



SELF CARE DAYS

Starting from last year, Self-Care days are available to students! These are days you can elect to take off, and focus on replenishing yourself by doing something that helps you relax and recover. There are some basic things to keep in mind about using them:

- You can take them WITHOUT explicit reason, for up to 8 times per year (2 per term)
- They should be planned 24 hours in advance
- Make sure to send your Course Convenor and tutor/supervisor an email about taking the day off, and also log the day on eMed
- Make sure to catch up on what you missed!

While uni can, at times, be stressful and difficult, it's an amazing achievement that you all have got to this point, and it's important that you have the most fun and enjoyment possible! And that's what we'll try our best to help with! :))

WELLBEING RESOURCES

If you're feeling stressed, overwhelmed, or just not your usual self, don't be afraid to seek help. Here are some places you can find help:

- Faculty Wellbeing Officer (Catherine Marley): c.marley@unsw.edu.au
- Counselling and Psychological Services (CAPS) at the Quadrangle
- Building from 9am to 5pm to book appointments (More information via https://student.unsw.edu.au/counselling)
- Headspace: https://headspace.org.au/ (Bondi Jnc: 9366 8000)
- Beyond Blue: https://www.beyondblue.org.au/ (1300 22 4636)
- Black Dog Institute: https://www.blackdoginstitute.org.au/
- Lifeline: 13 11 14
- Doctors' Health Advisory Service (DHAS): www.dhas.org.au.
- Or contact Alexandria Cung or Tanuj Malhotra on any social media!!

Love, Tanuj and Alex

🖻 Classic Media Player	
<u>F</u> ile <u>V</u> iew <u>P</u> lay <u>Navigate Favorites H</u> elp	
TODAY I'M GRATEFUL FOR	
The Gratitude Wall initiative from 2021's Gratitude Week!	

SPECIAL INTEREST GROUPS

UNSW MedSoc's Special Interest Groups (SIGs) provide a bridge towards exploring your interests, exposing you to specialities that may appeal to you. they not only offer a chance to attend or help organise events that may spark newfound passion, but allow you to build friendships and networks with the talented people around you!



- IMSoc -



IMSoc warmly welcomes all who are interested in internal medicine! That's everything from cardio to neuro to genetics! Our society organises unique events to help medical students gain exposure to various specialities, develop practical skills and pursue their interests in internal medicine. We have many exciting plans for 2022, including hands-on cannulation workshops and our flagship Internal Medicine Conference! If internal medicine is where your passion lies or if you are simply looking to learn more, check out our Facebook page for more details.





Our goal at UNSW Surgical Society is to provide insight into the specialised world of surgery by teaching a variety of surgical techniques from all 9 specialties. We hold several events throughout the year designed to elevate your skills, ranging from our staple suturing workshops to conferences, careers night and sub-specialty focused workshops taught by surgeons! Spots are always limited so be sure to keep an eye out for new events in 2022.

- CritCareSoc -



Covering some of the most critical areas of Medicine, Critical Care Soc is going to be delivering some red-hot, fast-paced and action-packed events to you this year that focus on anaesthetics, intensive care and emergency medicine! Not for the faint of heart, it is absolutely critical that you stay tuned and get keen! Our team can't wait to meet you all this year!

- Oculus Soc -



Oculus Soc is filled with exciting learning opportunities for eye lovers, from tutorials to real-life clinical placements. We hope to introduce and guide you through the appealing specialty of ophthalmology. Join us at https://www.facebook.com/OculusSoc to see into your future!

- DermSoc-

Are you interested in skincare? Do you have acne? What is dermatology? Well, we've got you all covered! unsw dermsoc provides medical students with greater exposure to the field of dermatology through many cool opportunities and fun-filled events! - PyschiSoc -



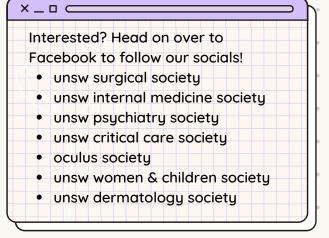
Psychisoc welcomes you to learn more about the field of Psychiatry! We host events such as Psychiatry pathways night, mental health conferences and exam prep! Keep up to date with upcoming events by visiting our Facebook page: https://www.Facebook.com/PsychiSoc and our Instagram page @unswpsychisoc! Hope to see you soon!

- WCSoc -



We welcome all students interested in the beautiful world of paediatrics, obstetrics & gynaecology. From volunteering opportunities at primary schools, to academic sessions getting you ready for exams, to hands-on skills with simulating childbirth, we've got you covered! Keep up to date with our amazing events on FB.

CONNECT WITH US!



PERFORMING ARTS GROUPS

MedShow

Medshow is a musical production written, produced and performed by med students from all years. We welcome all of you who are interested in anything from dancing, acting, band and singing to working the stage, sound and lighting! Medshow is not only about the incredible show produced, but also about the family made along the way. To quote seasoned Medshow alumni DR Martin Tran, who did Medshow his entire 6 years of med school: "Medshow has been my family away from home and honestly I wouldn't be the person I am today without it! I got to perform with and meet people I've never expected, and it has given me so much self-confidence over the years (lol shoutout to my friends saying I just dance and medicine is a side-thing)." What are you waiting for, come join Medshow!

In Medical Music Society, we create a close-knit community for music lovers. Our society gets together to make music that benefits our community, and to embrace music in a social environment! We enjoy weekly orchestra, acapella rehearsals and monthly jam sessions, welcoming both newbies who want to try out something new and experienced diploma instrument players alike. These sessions occur in preparation for volunteer performances in hospitals and nursing homes, as well as our annual concert. In 2022, we're also looking to include regular karaoke nights and revamp our casual jam sessions so we'd love to see you there! As the saying goes: 'Music is the medicine of the mind!' Join us to continue your passions and share our love for music.

MMS





1^{ED} SHOW



MEDSOC AFFILIATES

GPSN NSAD

General Practice Students Network (GPSN) is a not-for-profit studentrun national organisation aimed at promoting general practice and primary care medicine to medical students. With a club at each of the 21 medical schools across Australia, GPSN contains over 13,000 members nation-wide. Our goal is to promote and develop lifelong skills for medical students in the general practice specialty by organising fun & informative events that allow you to engage with other students with similar interests, medical professionals and the local community. suchevents include clinical skills night, where experienced seniors will revise your history-taking and clinical examination skills in preparation for your OSCES. In advocacy of community health and indigenous health, we run pathway nights, GP placement programs, & many more opportunities where you can interact with members of the general practice specialty. If you want to learn more about the speciality, or just want to interact with more like-minded students, sign up at our GPSN stall in O-week, like our Facebook page and stay tuned for our 2022 events!

RAHMS

The <u>Rural Allied Health and Medical Society</u> is UNSW's one and only rural health club, involving students from 8 different health disciplines. We are also part of the National Rural Health Student Network which includes rural health clubs from 28 medical schools across Australia.

Our goal is to raise awareness and advocate for rural and Indigenous health as well as inspire and support students just like YOU to take advantage of the amazing opportunities that studying and working in a rural area offers! After all, the first step in closing the health disparity gap is education and awareness of the next generation of healthcare professionals.

So, if EWE would like to be part of big changes to the health of people across Australia, come along to some of our events and get inspired! In 2022 we are running:

- Rural Appreciation Weekend if you like hands-on medicine activities, dinner around a fire, shearing sheep and generally experiencing rural life, this is the event for you!
- Guest speakers education sessions on rural health and what we can do to help
- Clinical skills nights learn essential medical and allied health skills for your practice

• Rural high school visits – educate and inspire those from rural backgrounds to study at uni, especially in a healthcare discipline

And much more! Keep up to date with the latest events and news by signing up on the NRHSN website and following our Facebook page, or shoot us an email!

What is Medical Students' Aid Project (MSAP)?

We are a global health group at UNSW, which operates as a student-run, nonprofit charity organization, aiming to promote global healthcare equality and student empowerment.

<u>How did we begin?</u>

What do you do if you open a hospital first aid kit, only to find a band-aid and a cockroach? Our founders, Greg Fox and Greg Maloney, experienced this during their medical placement in Malawi and returned with an unshakeable determination to ameliorate healthcare inequality. Thus, in 2001, MSAP was born.

<u>What do we do?</u>

Today, we maintain the same core mission of promoting global healthcare equality, but our expanded activities now include education, advocacy and action. The Global Health Short Course (GHSC), one of our trademark events, is a dean-certified series of stimulating talks and practical workshops about global health spearheaded by expert speakers. We also actively advocate in areas of refugee health and climate change both as an individual organization and in collaboration with Australian Medical Students' Association (AMSA). In addition, we instigate tangible action through local and international projects including Birthing Kit Night (BKN) and our Food for Thought Diwali Stall.

<u>What can you do?</u>

Come along to MSAP's Launch Night on March 8th to learn more! Keep in touch by liking our facebook page (facebook.com/msapfb) and instagram (msap_unsw).

Join us and we'll show you that you can make a difference :)

medical outreachers australia

Ultimately, our mission is to cultivate a passion and devotion to practice of medicine so that our volunteers will be able to contribute to the improvement of health wherever their future may take them. So, what are you waiting for?



Facebook: Medical Outreachers Australia

Instagram: @medicaloutreachersaustralia

Website: medicaloutreachersaustralia.org

Who are we?

Medical Outreachers Australia was founded in 2015 with the goal to improve the health literacy of communities and organise health related services by connecting university students with populations in need locally, rurally and internationally. Each year we hold many events for you to get involved including : • A local conference with esteemed speakers from the health sector

- Assist in STI testing and liver checks with UNSW Health and Wellbeing
- Our popular outreach trip to Dubbo, NSW. The pictures here are from our latest outreach in 2021!
- · Embark on an international trip to serve communities overseas.



- PEER-MENTORING

Michelle Shi (III) & Christina Li (III)

TP1	Session	Topics	Day & Time	Location
Week 1	I: Meet the Mentors Night	Icebreakers, Introduction: Class Preparation & Materials, Resources	Monday 21st February 2022 5pm – 8pm	Wallace Wurth Lobby
Week 2	II: Campus Tour	Go look for all the rooms you need to know, the best study spots and best food on campus!	Self- organised	UNSW Campus
Week 3	III: Academics Part 1	Course Structure, Assessments in Phase 1,	Self- organised	UNSW Campus
Week 4	IV: Academics Part 2	Plagiarism & Referencing	Self- organised	UNSW Campus
Week 5	Life as a Medical Student	Talk by Josh Lowinger, MedSoc President	ТВА	Rex Vowels Lecture Theatre or Online
Week 5	V: Socials and Extracurriculars	Learn about the different ways you can get involved! Information on SIGs and PAGs.	Self- organised	UNSW Campus
Week 6	VI: End of Peer Mentoring Picnic	Join us for a fun BBQ to celebrate finishing your first term of medicine!	ТВА	UNSW Campus

SCHEDULE]

<u>Note</u>: This schedule only serves as a guide, your peer mentors will arrange specific sessions.

Keep a copy of this umbilical so you can use it for reference during peer mentoring sessions! These sessions will be a valuable opportunity for you to get to know older students, get advice, shared google drives, past exams and lots of knowledge that will help you adjust to medicine!

CLASS PREPARATION

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& MATERIALS

Class	Date & Time	Attendance	Description & Preparation
Lectures	~ 8 per week 50 minutes each 9 – 11am Monday – Thursday (Subject to variation)	Generally not compulsory Can watch online recordings	Personal preference to attend! Occasional pre-work on eMed Avoid falling behind as it may be difficult to catch up! Content is directly examinable in EOCs.
Scenario Group (SG) Sessions	2 per week 2-hour sessions (1- 3pm or 3-5pm) Monday – Thursday (depending on college)	Compulsory, in-person or online	Sessions are based on the student guide for each course. Pre-work can be found in the guide or on Moodle. Content may be assessed in EOC. Facilitators can provide eMed feedback for SG performance (try to be punctual!)
Practicals	~2-4 per week 2 hour sessions Monday – Friday (changes weekly)	Compulsory, in-person or online Can arrange a swap by emailing principal teacher on eMed	Practicals are based on the practical guide for each course. Pre-work modules are required for some practicals (check Moodle prior to attending). Content is only examinable in the progressive practical exams. (Find practical notes on MedConnex!)
Tutorials	<1 per week 1 hour long Usually in the 11-1 time slot	Often compulsory (attendance may be taken for ethics tutorials)	Pre-work can be found on eMed or Moodle Worksheets Some are incredibly useful revision sessions for examinable content in EOC, others incredibly useless
Campus Clinical Sessions	1 per fortnight 2 hour sessions Date and time varies on college	Compulsory, avoid swapping	Watch Clinical Skills Videos by Silas on Moodle for each examination prior to session.
Hospital Clinical Sessions	1 per fortnight 2 hour sessions Date and time varies on college and allocated hospital	Compulsory	Session is led by a doctor from your allocated hospital (online or in-person) Know the relevant history or examinations prior to attending - you will often be asked to take histories. Review Geeky Medics, Talley &

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The UNSW Medicine program is divided into Phase 1 (Years 1 & 2), Phase 2 (Years 3 & 4) and Phase 3 (Years 5 & 6).

- PHASE 1 -

Phase 1 is where you will start. It is mostly based on campus and you will learn about all the body systems, leaving with (hopefully) a good foundation for hospital learning!

Phase 1 is split into 8 terms, each course being 8 weeks long, covering a different system of the body in a specific time in one's lifetime. The structure will be as follows:

•									
•		Year 1 (2022)	Year 2 (2023)						
	Term 1	Foundations	Society & Health (SH)						
•	Term 2	Beginnings, Growth and Development A (BGDA)	Beginnings, Growth and Development B (BGDB)						
•	Term 3	Health Maintenance A (HMA)	Health Maintenance B (HMB)						
•	Term 4	Ageings and Endings B (AEB)	Ageings and Endings A (AEA)						

Each year, HM and AE courses are completed together with second years so you will have the chance to get to know and work with your second years!

In each term, you will be required to complete 1 individual assignment, 1 group project, 1 OSPIA (some exceptions) and 1 end-of-course exam. Additionally, there are 3 progressive practical examinations along the way. At the completion of Phase 1, there will be 1 MCQ end-of-phase exam, OSCE and portfolio examination (3500 word reflection essay). Sounds like a lot, but having been through it all, we can say we got there in the end... !

<u>Foundations</u> (or Foundies) is your introduction to medicine, where you will cover a wide variety of body systems in general - all to be revisited in later courses. This course is pass/fail and does not count to WAM, meaning it is a great time for you to adjust comfortably to university life - so take it easy, make lots of friends and get used to what uni will be like! It will also be a great time for you to find which study methods work best for you in the long run.

BGDA is your first proper course of Medicine. This course looks at the themes of obstetrics, gynaecology and sexual health. You will be learning about the development of an unborn child and the process of birth (lots of EMBRYOLOGY) as well as male and female reproduction and much more! No doubt the collective hatred for embryology will be felt by all - we suggest trying to find videos on YouTube (see Ninja Nerd in "Resources") to visualise the different stages of development, and create a timeline of events to help with study and revision!

<u>HMA</u> is all about the cardiovascular system aka that beating lump of muscle in your chest, keeping your body going – your heart <3! Some things to look forward to are ischaemic heart disease, heart failure, peripheral vascular disease as well as recreational drugs. We suggest staying up-to-date with cardiac physiology lectures as they build on each other and using flow charts to map out how each cardiac event affects the next!

<u>AEB</u> is for our aspiring neurologists and neurosurgeons – we look at our amazing BRAIN! Themes covered will be spaceoccupying lesions (things in your skull that shouldn't be there), stroke syndromes and neurodegenerative diseases like Alzhiemers and Parkinsons. We have an amazing resource for neuroanatomy called 'Brainstorm' which is great for visualising the brain and all the neural pathways.

<u>SH</u> is the first course of Year 2! This course looks at our respiratory system as well as immunology and infectious diseases (HIV, influenza and tuberculosis). This is a pretty chill course, so it might be a good time to start looking at completing your negotiated assignment!

BGDB extends on the topics explored in •and• BGDA approaches childhood developmental milestones and adolescent issues, such as mental health. There is also lots of embryology, gastrointestinal anatomy and physiology and psychiatry (super interesting!). You will have visits to the Royal Women and Children's hospital to learn about childbirth and how paediatrics differs. from adult medicine. We think that the obstetric and gynaecological OSCEs are definitely one of the hardest so pay attention and practice with peers!

<u>HMB</u> explores our vital organs, the kidney and liver as well as energy metabolism (a big biochemistry section!). You will be exploring hepatitis, alcohol-related disease and diabetes. Renal physiology is a massive part of this course and often hard to grasp - try your best to stay upto-date with lectures and ask peers or your PASS tutors for help!

AEA looks at our musculoskeletal system • and peripheral nerves, mixed in with a bit • of oncology and palliative care. The topics explored include bone and joint diseases, breast and colorectal cancer. You will be learning nearly ALL the bones and joints in the body in one term - AEA is SUPER anatomy heavy! We suggest making anatomy flashcards along the way so you don't get overwhelmed at the end of the term. We also suggest practising for your OSCEs throughout the term in small groups, slowly working through all the terms.

For more information, visit the UNSW Medicine website:

https://medprogram.med.unsw.edu.au/ phase-one

- PHASE 2 -

In Year 3, students will spend 3 days at hospital and 2 days on campus.You will be rotating through 6 different areas of medicine, with 2 major exams at the end of the year.

In Year 4, students will undertake the independent learning project (ILP) or Honours research. You will also be required to take on general education courses either during ILP year or if doing Honours, it is advisable to take on general education during Phase 1 summer terms.

- PHASE 3 -

Phase 3 is all clinical with few campus days.

Hope this was useful,

Michelle Shi (III) & Christina Li (III)

ASSESSMENT WEIGHTINGS

BMed				% Total	
Phase 1					
Course examinations				20%	1
End of Phase Written Examinations (½ Practicals)	from MCQ	and ½	from	10%	
End of Phase Clinical Skills Examination	n			10%	
Portfolio Examination				20%	
Phase 2 Coursework					
Projects/Assignments				10%	
Phase 2 Integrated Clinical Examinatio	n			20%	
General Education/Arts courses				10%	
			Total BMed	100%	J
		1.	2		
	% Total	▏┡ [┲] ┍	6	• •	•
onours*	15%		• • •	• •	
2 3			• • •	• •	•
e Results	20%		*As of 2019, with >65 \		
edical Sciences Viva Examination	15%		all EOC e will be	examinat eligible	
3 Integrated Clinical Examination	30%		Honours.		•
olio Examination	20%		• • •	• •	٠

100%

Total MD

*

32

ASSESSMENTS

IN PHASE 1

Nayeni Kuhasri (II) & Priya Bahra (II)

END OF COURSE EXAMS-

Structure and Timing

- One EOC at the end of each teaching period
- Total of 8 EOC exams during Phase 1
- Consists of 40 MCQ and 60 marks of SAQs (divided into three 20-mark sections)
 - Foundations (first course) is shorter 20 MCQs and 2 SAQs
- Each long response section is divided into smaller questions ranging from 1 mark to 10 marks
- Time allocated = 2 hours and 10 minutes (10 minutes of reading time + 2 hours of writing time)

Exam Content

- There is generally one question/part of a question from each of the main disciplines
 - Eg. anatomy (drawing structures and describing anatomical relations are common), physiology, pharmacology, pathology, embryology (in BGD)
- Content covered in scenario groups CAN and will most likely be tested!
 - Learn the content surrounding each scenario (eg. In Foundations, know
 "Ryan's knee" - timeline of
 - inflammation, sociocultural factors)
- Tutorial content CAN be tested!
 - More common for calculation tutorials (physiology/pharmacology) or practical content (embryology)

Exam Technique

 To prepare, make sure to attempt, or at least read through, the past papers available on MedConnex as questions are often repeated

Attempt the formative created by MedFac (available on Moodle) to get familiar with the online format For in-person exams, get to the exam early! Often reading time is before the emailed "start time" • Follow the rough time allocations given on the paper to make sure you have time to attempt each question For the SAQs, save time by using abbreviations, point form, diagrams and tables. You don't need perfect grammar and sentence structure, as long as it's understandable! <u>Results</u> Foundations EOC is pass/fail Every subsequent EOC is given a mark out of 100: • • 50-64 = pass • • • 65-74 = credit 75-84 = distinction • 85+ = high distinction The 7 EOC marks following Foundations will contribute to eligibility for Honours Qualification. This eligibility is determined based on your WAM (Weighted Average Mark of these EOC exams). The minimum WAM to be eligible for Honours is 65 Support is available if students fail (there are supplementary exams and lots of chances - MedFac does not want you to fail!) If you have any questions or need any support, we're always here to help as your Academic Officers! Feel free to reach out :)

- PRACTICAL EXAMS -

- Each of the four sections of the exam is roughly 30 minutes and you rotate between them.
- The content of exams are derived from courses prior to it, except Foundations
 - PPE1 (end of first year) BGDA, HMA, AEB
 - PPE2 (middle of second year) SH,
 - BGDB •
 - PPE3 (end of second year) HMB, AEA
- There is a 'cumulative total' system i.e. that you need a <u>total mark over 50% over</u> <u>the three exams to pass</u> and <u>50% in each</u> <u>discipline</u> over the three exams to pass.
- Best to study hard for the early exams so there is less pressure for the final PPE when you have all the end-of-phase
- exams.
 Always review memorandums for any examinations (although note since most exams are in an online format, question
- types have changed see right)



Histology/pathology/embryology

- You will be shown images (on a
- computer) from the virtual slides
 collection/embryology wikipedia. You will
 not be told where the specimen was
 collected from.
- <u>Question types</u> MCQ, Drop-down menu,
- Labelling, Tick the box
- <u>TIPS</u>
 - Practise going through slides on your own
 - Complete your post-practical
 - adaptive tutorials

Anatomy

- If online, you will be shown an image of a specimen with multiple pins. If in-person,
- you'll be in an anatomy lab with various specimens.
- <u>Question types</u> Type-in
- identification/labelling questions, Drop down menu labelling questions, Questions
- about function and relations (e.g. The
- pancreas is responsible for ____)
 TIPS
- Complete the questions in your prac
 manual
- Refer to UNSW Anatomy Images (PDF Document)
- Complete post-practical tutorials

Physiology/pharmacology

- This is an online exam
- <u>Question types</u> MCQ, Drop down, Match statements, Brief short answer
 - calculation questions •
- <u>TIPS</u>
 - Revise tutorial content for calculation practice
 - Familiarise yourself with the method
 - of each prac

Microbiology/biochemistry/genetics

- This is an online exam
- Exam questions often come straight from
- your prac manual so pay attention in pracs + read over MedBible prac notes before exams.

- ASSIGNMENTS & GROUP PROJECTS-

- You complete one individual assignment and one group project per teaching period
- Group projects are completed in groups of 4-6 students from your SG
- Generally, each individual assignment is 2000 words and each group project is 2500 words +/- 10%
- During phase 1, you'll also need to do a negotiated assignment. This involves coming up with your OWN assignment topic which is related to the course. Negotiated assignments cover selfdirected learning and one other grad cap of your choice as focus capabilities.

Graduate Capabilities

 There are 8 graduate capabilities that you need to cover through your assignments and group projects:

- 1. Basic and Clinical Sciences •
- 2. Social and Cultural Determinants of Health
- 3. Patient Assessment and Management 4. Effective Communication
- 5: Teamwork
- 6.Self-Directed Learning
- 7 Ethics and Logal Deenensihili
- 7. Ethics and Legal Responsibilities
- 8. Reflective Practitioner.
- Each assignment/project has <u>2 'focus</u> <u>capabilities'</u>, which are selected from the grad caps listed above. You must complete an assignment in each of these focus capabilities over the course of Phase 1.
- Each assignment/project also has <u>3</u> <u>generic capabilities</u> - effective communication, self-directed learning, and reflective practitioner. You CANNOT rely on these marks to satisfy the graduate capabilities. You MUST also complete these as focus capabilities.

- You do NOT need to cover every grad cap as a focus capability in your group projects, besides teamwork.
- NOTE: You cover the "Teamwork" grad cap in a group project ONLY, not in assignments

Grading

- Each capability will receive an individual grading (F/P-/P/P+) and your
- assignment/project also will receive an overall grade.
- It is highly recommended to obtain at
- least a P in all grad caps. If you get less than a P in a particular grad cap, try to complete another assignment with this
- as a focus capability.

General Tips

- It is recommended that you learn how to use EndNote for citations as it makes
- your life easier and you will likely need to know it for ILP/Honours year
- Get familiar with different databases,
- which you can view from the UNSW Library Medicine Subject Guide:
 - MedLine •
 - EMBASE
 - Best Practice Scopus



- OSCES AND SOCAS-

How it works:

- Students must perform at least 4 interviews/histories from HM in year 1 → BGDB Year 2 (inclusive) within a minimum 1/term
- At least one SOCA must be assessed by your regular hospital tutor, at least one must be completed in CSS, and at least one via the OSPIA online platform.
- Each session must be observed by an assessor, with feedback and grading completed.
- In CSS and OSPIA, assessor feedback is automatically uploaded into eMed.
- In hospital settings, you are required to print out the marking sheet from CSS Moodle
 and provide it to your assessor for completion. Afterwards, you must scan and upload this (as well as your reflection) to eMed under the 'Upload Assessment' option.
- A short reflection on your patient interaction must be included with every SOCA. This reflection should target areas of strengths and weaknesses, including a plan for how these can be improved in the future. Reflections are submitted either as a word document/pdf which is uploaded with the scanned SOCA form (hospital) OR via the UNSW Medicine Clinical Workplace Assessment app (CSS) OR by following the prompts subsequent to completing the OSPIA.
- SOCAs must be completed by Wednesday of week 8 of each TP.

Student Tips:

- Pay attention to your Clinical Skills emails and deadlines make sure you book your sessions on time!
- SOCAs are all about communication, how you approach the task, the structure of your history, and how you relate to the patient. Remember, empathy!! Don't stress too much about the completeness of the history initially.
- Reflections in your eMed are critical! Make sure you document your progress, and reflect upon markers' advice
- Try to target previous weaknesses/constructive criticism in subsequent SOCAs
- Have supplementary evidence to show that you are DOING things to try improve
- (e.g. references)
- Perform more SOCAs/OSPIAs if you need to
- You can complete practice OSPIAs which are not assessed you can book these via the OSPIA website

Hope this helps, Nayeni Kuhasri (II) & Priya Bahra (II)



Student:	Year: 1 st 2 nd GE (circle)	
Assessor	: Campus Tutor / CSD / Hospital tutor / Other hospital clinician / Simulated Patient (circle)	
Date:	Course:Patient MRN or SP name:	
Obse	rve student interviewing patient (real or simulated) and comment on the student's ability to:	Gra
1. Prov	ide structure	
	rcle any descriptors below that were NOT achieved and then to the right, circle grade awarded.	F
Α.	Initiates the session appropriately with introductions, defining of the purpose and agenda	Р
В.	Clarifies and summarises at key points during the interview	F
	Uses transitions and signposting	6
D.	Manages time effectively	
Ε.	Closes the session appropriately	Р
2. Gath	er information	
Please ci	rcle any descriptors below that were NOT achieved and then to the right, circle grade awarded.	
	Encourages the patient to tell their story in their own words	
	Explores the patient's problems and perspectives (beliefs, worries, feelings, goals)	F
С.	Uses open questions initially, listens attentively, and then synthesizes closed questions as	
-	appropriate	1
D.	Facilitates patient's responses using encouragement, pause/silence, repetition, paraphrasing,	Р
E.	interpretation – with limited interruptions Avoids using jargon and requests clarification and further information where needed	F
с.	Avoids using Jargon and requests clarification and full ther information where needed	
3. Build	relationships & develop rapport	
Please ci	rcle any descriptors below that were NOT achieved and then to the right, circle grade awarded.	
Α.	Picks up and acknowledges patient's non-verbal behaviour (e.g. body language, speech, facial	
	expressions, affect)	
В.	Demonstrates respectful, encouraging and non-controlling non-verbal behavior (eye contact,	P
	facial expressions, posture, position, movement) and vocal rate, volume and tone	
	Acknowledges patient's perspective and efforts to cope and is non-judgemental	
	Handles uncomfortable topics sensitively	
Ε.	Involves the patient, and shares own thinking as appropriate – ideas, thought processes,	P
	dilemmas	
	ure a shared understanding of patient's needs and perspective/impact of problem	
	rcle any descriptors below that were NOT achieved and then to the right, circle grade awarded. Explores impacts, concerns and expectations	
А. В.	Explores impacts, concerns and expectations Relates subsequent questioning and explanations to previously elicited ideas, concerns or	
D.	expectations	P
ſ	Checks interpretation of information with the patient – clarifying and asking for any	
<u> </u>	encers interpretation of information with the patient claimying and asking for any	1

D. Recognises and prioritises patient's needs

Skills to focus on - Please tick any/all that apply

- □ 1. Providing structure
- □ 2. Gathering information
- $\hfill\square$ 3. Building relationships and developing rapport
- □ 4. Ensuring a shared understanding of patient's needs and perspective/impact of problem



P+

HOW TO STUDY IN MEDICINE

As you move through Phase One, you'll find yourself adopting new study techniques and dropping others. Some people purchase Osmosis subscriptions, others ruin their spacebar key using Anki. No matter what technique you use, there are a couple of study principles that will incomparably increase your study efficiency.

Active recall:

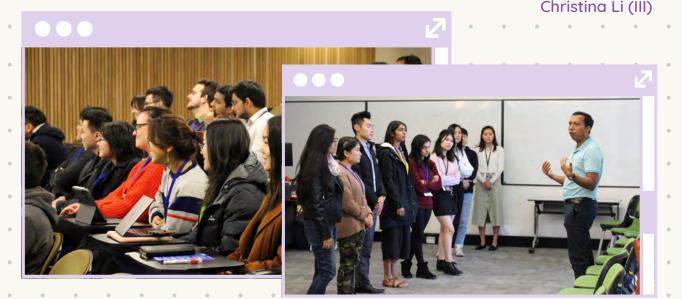
We often consider learning to be what comes before testing. However, testing is actually a powerful tool for learning. Active recall simply refers to retrieving information from your memory. Actively recalling information enhances your retention, and making mistakes helps you identify your weaknesses. The beauty of it is you don't need to perfectly remember information to test yourself on it - the very act of testing yourself helps you improve your memory. You can apply active recall through:

• Flashcards

- Questionbanks
- Memoranda/past papers (see 'Resources')
- Quizzing friends

Spaced repetition:

Information that we remember will be forgotten over time - this exponential decline in retention is known as the 'forgetting curve'. Spaced repetition takes advantage of this by making attempts to retain the information at spaced intervals. Every time we apply active recall for a piece of information, it becomes harder to forget. For example, when you learn something during a lecture in the first week, revising it the day after, then 3 days later, 1 week, 2 weeks etc removes the need for cramming at the end of the term, and greatly increases the chance that you'll remember it during and after the exam.



STUDY TECHNIQUES

Technique	Comments			
Note making	 Passive study form neglecting active recall and spaced repetition (unless you use a method such as the Cornell notes system) <u>Verdict</u> Not recommended since there are already various sets of notes available (see MedConnex) Ultimately, you should decide on your reasons for making notes Is it to have all the information from lectures in one place? → Use/edit notes from MedConnex); OR Form of revision? → Use other methods involving active recall 			
Flashcards	 A form of revision incorporating active recall and spaced repetition <u>Verdict</u> Highly efficient <u>if</u> you review your cards at intervals Best way to practice active recall A common mistake is to only revise cards during exam time - <u>flashcards are</u> <u>most powerful when used consistently</u> Recommended flashcard software includes Quizlet and Anki (see 'Resources'). 			
Completing memoranda	 Completing past questions <u>Verdict:</u> Highly effective, as it develops your ability to consolidate concepts Provides information on the high-yield content (stuff that MedFac tests a lot) MedFac tends to repeat questions, so can be an easy way to get marks 			
Group study	 Studying with a group of people <u>Verdict</u> Works very well if group members are not easily distracted and help each other remain focused Good break from mundane self-study Make sure you find techniques that work well for group study <u>e.g.</u> the jigsaw technique: <u>https://itali.uq.edu.au/files/3077/Resources-teaching-methods-jigsawtechnique.pdf</u> 			
Watching videos	 Using videos online to better learn concepts <u>Verdict:</u> Useful for clarifying concepts or searching for additional information/alternative explanations. Note that textbooks are optional. Generally NOT efficient to sit down and annotate/read a textbook chapter by chapter. 			
Textbooks	 Using the prescribed textbook to create notes and learn concepts <u>Verdict:</u> Useful for clarifying concepts or searching for additional information/alternative explanations. Resources include Osmosis, Armando Hasudangan (see 'General Resources'). Generally NOT efficient to sit through videos and write notes, if you have already been watching UNSW lectures, unless you are searching for something specific. 			

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Medconnex

Centralised database for UNSW-specific resources such as past papers, assignments/projects and student notes. Bookmark this page ASAP: https://www.medconnex.com.au/

Disciplines	Resource	Description	
	Basic and Clinical Sciences		
All Disciplines	Ańki/Qoizlet	 Flashcard service Pros Useful for spaced repetition-based learning (do not try to cram with this) Recommended to be used on an ongoing basis (trying to do set number of flashcards per day to eventually have a somewhat easy exam period Cons Time-consuming Phase 1 Anto Decks (folder with Phase 1 Decks) Ankl Settings Information Doc (for just the instructions for setting up ankl efficiently) <u>https://finyuni.com/AnkusMed</u> (folder with Phase 1, 2 and 3 Decks) 	
	AMBOSS	Comprehensive and well organised set of online notes with ability to create quizzes. Pros A nicer version of a textbook, with fantastic diagrams and images Information is relevant for medicine <u>degrees</u> and you can easily use the search function to directly find the information you are looking for <u>Coms</u> Expensive subscription <u>MTps://www.amtposs.com/us/</u>	
	Osmoses	 Online medicine videos <u>Pros</u> Provide <u>faatastic simulified</u> explanations arranged by discipline and body system Incredible for those who have a long commute and are concerned about losing study time <u>Cons</u> Expensive paid subscription (but if you get a large enough group, you can abuse the <u>2</u>, <u>week</u> free trials they offer and survive phase I) - By attending some medsoc events you can get vouchers codes for longer trials 	
	Armandu Hađsugan (Youtube - Website)	Online medicine videos Pros Same benefits as osimosis but free! MedSoc Academics often arrange events where Armando comes to UNSW in the flesh and runs a tutorial about a particular topic (very useful event!) <u>Coms</u> Sometimes too complex for Phase level or difficult to find video for specifics <u>https://armandoh.org_https://www.youtube.com/user/armandohuadungan</u>	
	USMLE First Aid far Step 1	Summary book for the STEP 1 Exam (American Medical Exam) Pros Very well structured with beautiful diagrams Use this as a summary after you have learnt the content.	
	Youtube videos	Ninja Nerd Lectures Pros • Detailed lectures on several topics - embryology, physiology, anatomy, blochemistry etc. with good flowcharts <u>Cons</u> • Lengthy duration (but can put on 2x speed) Khan Academy • Useful for basic chemistry/biology/physiology content throughout Phase 1	
	EMiedizi	 Website with guestion bank and guizzes which are useful for revision 	

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Pharmacology	Australian Medicines Handbook	Handbook of commonly utilised medicines Pros Has all relevant information on many medicines needed to be known for Phase <u>1</u> MTps://primos.library.unsw.edu.au/permalink///jhud33/UNSW_ALMA51164130320001731
	MIMS	 Sjøpjar (g Australian Medicines Handbook https://primea.library.unsw.edu.au/permalink///jbud33/UNSW_ALMA61160895520001731
Anatomy	Complete Anatomy	BD Anatomy Atlas/Textbook Pros Useful for theoretically visualising aspects of human body Includes quizzes that allow for helpful revision <u>Cons</u> Expensive atlas subscription - was purchased in/for 2021 by MedFac and might repurchase for 2022 <u>https://3d4medicel.com/student</u>
	TeachMe Anatomy	App/Website covering useful anatomy content from different body systems <u>Pros</u> Covers many body systems thoroughly and useful summaries, diagrams and simple/easy- to-understand explanations <u>Cons</u> Some features might be pay-walled
	The Calgary Guide to Understanding Disease	Flowcharts/summaries of different process/diseases <u>Pros</u> flightly detailed summary flowcharts/information sheets on different body systems <u>Cons</u> Can sometimes have unnecessary details <u>Intps://calgary.cu/content/</u>
Assignments ar	d Projects	
	UpToDate	The legitimate "Wikipedia" used in practice by many doctors and nurses Has information about conditions, treatment and management <u>Generally</u> avoid citing in assignments - Use the references that it uses as your references Account can be made via CIAP at your clinical school (ask older students for assistance) <u>https://www.uptodate.com/login</u>
	BMJ Best Practice	 Nice summary of presentation, gjgggggig and management of conditions. Avoid referencing but usually helps in establishing understanding and finding initial references bestpractice.bmj.com
Journal Databases	Cochrane Library	Database of <u>high quality</u> papers Useful for finding primary source articles and well-summarised papers
	PubMed EMBASE	 Useful databases for sourcing relevant journals and journal articles for research topics
Clinical		
	Geeky Medics	Fantastic website + clinical videos Watch relevant examination videos prior to your clinical skills session Often has info that is helpful for preparation for OSCEs <u>https://geekymedics.com/</u>
	MedSchool (IPhone or Android app)	 Particularly useful in hospital and OSCE preparation (more helpful for Phase II) Quick reference pocket guide Explains signs and symptoms for each aspect of examination

RESOURCES AND TEXTBOOKS

Anirudhan Kasavaraj (III) & Christina Li (III)

Subject	MedFac Recommendations	 Our Recommendations Gray's is organised by region (head, lower limbs etc) vs. Snell is organised by system It's up to what you prefer! Most have Gray's Can also recommend Clinically Oriented Anatomy (Moore) as it has good diagrams and clear explanations 		
Anatomy (general)	 Gray's anatomy for students (Drake) OR Clinical anatomy by systems (Snell) 			
Clinical	 Skills for communicating with patients (Silverman); AND Clinical examination (Epstein); OR Clinical examination (Talleys') 	 You would most likely never use Silverman Epstein is used mostly by Phase 3 students, and Talleys' by Phase 2. Can be useful in Phase 1 OSCEs as a secondary resource. Online resources e.g. Geeky Medics, MedSchool App are very helpful for Phase 1 		
Embryology	 The developing human: clinically oriented embryology (Moore); OR Larsons' Human Embryology (Schoenwolf) 	 Embryology is a bit of a confusing topic, so a textbook may be a good idea - Larson's explains things relatively well and along the same progression as the lectures You can probably get a nice PDF off of your mentors 		
Histology	 Wheater's functional histology (Young); OR Human histology (Stevens); OR Junqueira's basic histology (Mescher) 	 The images help with the practical exam. Junquiera is recommended by the lecturer, but Wheater's has great labelled images However adaptive tutorials and listening to the lecturers in class is the best 		
Physiology	Textbook of Medical Physiology (Guyton and Hall)	Can be somewhat useful to clarify concepts explained in lectures, but most uncertain concepts are clarified during tutorials etc		
Immunology	• Immunology for medical students (Nairn)	 Immunology mostly taught in second year - wait until then to see whether you need it 		
Microbiology	 Mims' medical microbiology (Goering); OR Microbiology and infection control for health professionals (Lee) 	Lecturer recommends Mims'. It's good for assignments/projects and helpful for those wishing to do more than rote learn. Has a section dedicated to immunology		
Neuroanatomy	 An illustrated colour text (Crossman); OR Essentials of the human brain (Nolte); OR Colour atlas of anatomy (Rohen); OR Atlas of human anatomy (Netter) 	 Neuroanatomy is hard - Harder than 4-unit maths. BrainStorm is an online platform made available via Moodle and is recommended to use and it defeats the need for a textbook That being said, the lecturer recommends Crossman, and it has very good diagrams, which make things much clearer. An atlas is handy for practical exams (though keep in mind there are only 3 of them) Rohen uses cadaveric specimens and is arguably more useful than Netter's hand-drawn boss images. 		

THANK YOU TO ALL OUR CONTRIBUTORS!

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