

The Jugular

**VOLUME 1
ISSUE 1**



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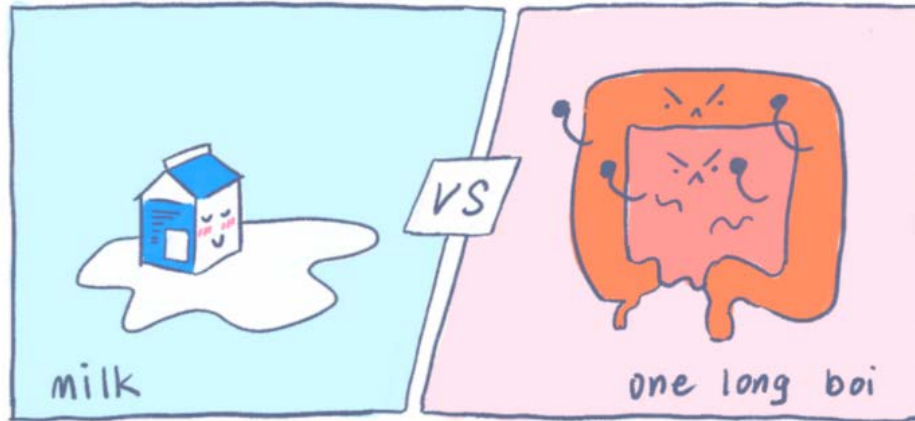
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*1000 talents
podcast*

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ABOUT US

CLAIRE'S COMICS



WHO WILL WIN?

IA GRIND...



FIRST TIMERS
AT HOSPITAL

first day hospital



After Tam ward rounds, bedside tutes, endless clinics, standing in the aseptic field, failing to find veins, getting lost in corridors, getting guzzed by consultants, learning to use a fax machine.....



BY CLAIRE
SHI

RANKED: THE BEST PLACES TO CRY AFTER YOUR EMBRYOLOGY LECTURE

Writer : Geraldine Yang
Editor : Katerina Theocharous



"WHAT THE HELL IS MESODERM ANYWAY?"

- CLUELESS MED STUDENT

We all know that every med student can tell you, in great detail, about the first time they cried at uni. We also know that every med student can tell you, in much less detail (but with a lot more non-verbal communication, such as incoherent screaming), about their first embryology lecture. Coincidence? I think not – I mean, it definitely wasn't for me, but that's a story for after I overcome my phobia of the word g*str*I*t**n. The point is, while MedSoc is great at telling you whose lecture notes to use and subtle ways to drop that you do med into conversations, they never really provide that vital info on where you can go to get out those post-embryology feels. Which is where I come in. In the spirit of investigative journalism, I have bravely decided to cry in all of these places so that you don't have to. Forget faculty tours: these are the REAL locations first years need to know about.

Each location has been assigned a rating out of 10, incorporating factors such as privacy, aesthetic, convenience and general vibes. So without further ado, let's begin.

1. WALLACE WURTH GROUND FLOOR BATHROOMS



Starting off with the obvious first choice, this local crying spot of countless med students throughout the years has a lot going for it.

- **Pros:** The stalls provide you with an illusion of privacy. There's also quite a number of stalls, so you're not fighting with other students over a spot. It's decently clean as well, for a bathroom: a quick 5 minute walk to Matthews Food Court will remind you that things could always be worse. Combine all this with the fact it's located in Wallace Wurth itself, right down the hall from your embryology prac, and you've got yourself a winner. You can even pop out for a quick sob in the middle of class if you feel so inclined!
- **Cons:** Poor noise insulation meaning your stall neighbours can probably hear you sobbing (not that they'll care, as they're most likely also sobbing themselves). It's also quite a boring choice: reliable, sure, but boring.

Alternatives: BABS first floor bathrooms if you want to spice things up a bit. ASB UNSW Business School bathrooms if you're feeling adventurous. Matthews Food Court Bathrooms if, like me right now, you want the bad place that you're in to be physical rather than mental for once.

Rating: 6/10

2.

SG ROOM



Another obvious, albeit dubiously socially acceptable, option.

- **Pros:** Group therapy session!
- **Cons:** May get kicked out of class for being "disruptive" and "a nuisance". May also be kinda awkward if it's not your own SG but for the most part they'll understand anyway.

Rating: Anywhere between a **1/10 to a 9/10** depending on how accommodating your classmates are

3.

LIBRARY



For those willing to explore the exotic locales of campus beyond the bleak confines of Wallace Wurth, untold treasures await. It's debatable whether the library qualifies as one of those treasures, but hey, you take what you can get.

- **Pros:** With a whopping 8 floors, the library is filled with potential crying spots, although most med students tend to congregate on the 8th floor – making it an ideal choice if you're sad AND lonely. Other locations of note include the now defunct napping pods, the study pods, and any of the comfy booths on level 2 that overlook the library lawn.
- **Cons:** Levels 6-8 are quiet floors, so you'll have to keep the sobbing to a minimum. Levels 1-4 are free game though!

Rating: 8/10

4.

LIBRARY LAWN



You mean the library itself wasn't exotic enough for you? Just a short stroll away, you'll find that you've definitely come to the right place.

- **Pros:** You are immersed in nature (a patch of grass). Literally no one can accuse you of not trying hard enough with self-care. It's also a good place to get some vitamin D if you haven't seen the light of day in a while.
- **Cons:** While pleasant, crowds are definitely an important factor to consider here if you enjoy any semblance of privacy. The location also leaves you vulnerable to any societies running events in the walkway, which could be an unwanted interruption to your post-g*str*!t**n breakdown.

Rating: 3/10

5.

ONLINE AT HOME



A classic, possibly too obvious to even state, but the list wouldn't be complete without it.

- **Pros:** This is probably what most current med students are used to. It's convenient – you might even be doing it right now!
- **Cons:** This is a safe choice, sure, but it's also boring. It's not groundbreaking – it's just there. You want innovative? You want unique? You need to look at the next option on the list.

Rating: 7/10

6.

LAW LIBRARY



Told you it'd be adventurous!

- **Pros:** A change of scenery with an A+++ aesthetic that also reminds you that other faculties exist. The dividers between the tables on the first floor provide both privacy AND protection against COVID. Plus, if you go during exam periods everyone else is crying too, so you'll be in good company.
- **Cons:** You will be surrounded by law students, giving you another reason to cry. It's also quite far from Wallace Wurth and involves taking a trek down to lower campus (scary!)

Rating: 7/10

7. COUNSELLING AND PSYCHOLOGICAL SERVICES IN THE QUAD



While it's normal (and healthy!) to have a good cry session every once in a while, it's also important to know where to turn to if you feel like it's becoming hard to manage your emotions on your own. Being a medical student can be a stressful experience, and this is a struggle that often goes unacknowledged. And while we worry about the mental wellbeing of our future patients, it's also important to monitor our own mental health to avoid burnout. With around a quarter of medical students exhibiting some signs of depression, this is a prevalent issue impacting the very people we surround ourselves with.

So all jokes aside, this is definitely the best place to cry on campus. UNSW provides a free counselling service (for the first 3 sessions) for all Medicare or Overseas Student Health Cover (OSHC) card holders, with the ability to obtain a Mental Health Care Plan for further support from your GP if needed. Aside from this, you could also reach out to the Faculty Wellbeing Officer, Catherine Marley, at c.marley@unsw.edu.au.

Medsoc's Wellbeing and Charities faculty has also provided multiple initiatives to help alleviate the stress of studying medicine: this includes self-care days, workshops and fun events, like the peer mentoring program! So although having to deal with the high workload of medicine, along with managing your other life commitments, can feel isolating, it doesn't have to be. We at The Jugular send you all our hugs and support.

Rating: 10/10

DIVERSITY IN MEDICINE

BY SHILPA SANIL

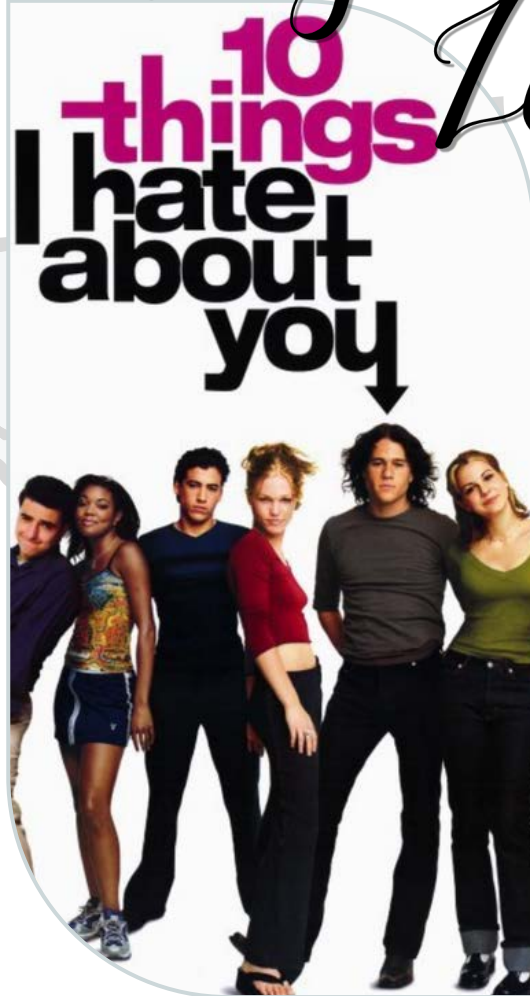


As healthcare professionals , we recognise and reflect the diversity in the patients we would see in the future.

10 things I hate about Zoom

Writer : Grace Smith

Editor : Saleha Sehgol



Lists can help. Humour is just as good a tool as any. And if you don't laugh you'll cry. Here is a list of 10 things to survive the first term of uni, to kick it off on a high note, paying homage to the famous 90's chick-flick rom-com 10 Things I Hate About You (and for those who haven't seen it, it's a great way to get in your feels or switch off during a study break).

As a tribute to our new hybrid era of online and face-to-face learning, I present to you...

10 Things I Hate About Zoom.

Your guide to navigate online learning, the return to in-person classes, and the first term of 2022 (with a little help from a 90's rom-com classic)

Often our heads are a mess of everything we must keep track of as medical students. It is both a blessing and challenge of our profession. How can we make sense of it all?



Your guide to navigate online learning, the return to in-person classes, and the first term of 2022 (with a little help from a 90's rom-com classic)

Often our heads are a mess of everything we must keep track of as medical students. It is both a blessing and challenge of our profession. How can we make sense of it all?

I hate the way you talk to me...

My favourite thing about a medical degree and career? The relationships you make. The best advice I can give? Talk to people! Each year of UNSW medicine is so diverse. There are people from different schools, states and countries, and in almost all conversations I feel I meet someone new and learn something interesting. Whether it's Phase 1 students meeting their cohort for the first time, or older students who are returning to face to face learning after a rocky two years, talking to people is so important.

During Zoom classes, TALKING is also important! No one likes to sit in a silent class. It is not engaging, you don't get much out of it, and overall it's a wasted opportunity. Online learning is what you make it. If you're involved in discussions and ask questions, it's a more rewarding experience for you and for all involved. We don't have participation marks to hold us accountable, so it's really up to us.

And the way you cut your hair...

Appearances don't matter now. Leave any superficial concerns at the door of Wallace Wurth. Leave your preconceived judgement about people at that door too. University is not a competitive atmosphere. We aren't here to be ranked against each other or to compare ourselves to others. We are here to support each other and celebrate each others' achievements.

I hate the way you drive my car...

Each to their own in terms of travelling to and from uni. Driving is convenient, but parking is very difficult and there are often only parks about 10-15 minutes walk away. Public transport is actually a very attractive option.

UNSW has some great public transport options. For some, the commute can be a fair distance and can take a fair bit of time. However, this time can be used effectively to study or unwind.

Commute-friendly activities include Anki cards, proofreading assignments, references, search strategies – things that aren't difficult but can dangerously build up very quickly. At the same time, I also like to use my commute to unwind and destress. An hour-long episode of a podcast, a guided meditation, an audiobook (or a paper version if you don't get travel sickness). Again, it's only wasted time if you waste it.

I hate it when you stare.

Almost all lecturers would say this. Their own list of 10 things I Hate about UNSW Med Students would consistently feature a lack of interaction. Don't stare blankly – ask questions. Chances are that someone is thinking the same thing, or haven't even started to consider that in the first place.

For Phase 1, speak up in discussions in SG and in-person practicals. Don't drop the slack over Zoom though. Even with cameras and mics off, don't be one that 'stares' and doesn't interact.

Phase 2 and 3, take the initiative in hospitals and on placement to organise extra sessions with tutors. Don't skip classes.

With the return to face-to-face classes, there will be a greater focus on 'self-directed learning'. It does feel as if the days of making excuses for the rare circumstances we are studying in are over. No more excuses. And if we are taking control of our learning, we need to be comfortable enough to ask and answer questions.

I hate your big dumb combat boots...

I remember being insanely preoccupied with what I should wear to uni. I felt I had to look a certain way, fit a certain stereotype, and was so occupied by what others would see when they looked at me.

Looking back in retrospect, I can see how ridiculous this was. When spending long days on campus, we should be as comfortable as possible and ready to learn. Hospital appropriate outfits were also very ambiguously explained. Think of something that you'd happily wear to meet a new friend's family. Have a few on rotation, and make sure that comfort is the priority. After all, with full days in hospital, no one is going to be too concerned with what you look like by the end of the day.

And the way you read my mind...

Two brains are better than one! Work with others. That is some of the best advice passed down year to year. We are so lucky to be surrounded with like-minded, conscientious and bright students who are willing to help each other! Form study groups, group chats, shared documents. Test each other, share notes, offer advice about assignments.

I know it can be difficult to shake the competitive mindset. Even years into a uni degree, the instinct to compete threatens to cloud judgement. Don't neglect this urge altogether, but instead use this competitive drive to challenge yourself! However, don't lose sight of the fact that we are all actually on an even playing field! We have nothing to lose and everything to gain by helping each other and learning from each other.

I hate you so much that it makes me sick (It even makes me rhyme).

We will deal with many confronting scenarios in our degree. There are moments that can be shocking and upsetting. While this will likely be a common reality in our careers, it is important that we learn how to deal with confronting situations now.

Lean on friends, tutors, clinical schools convenors, lecturers, even your family. Sadness and loss are harsh realities we will inevitably encounter during our career. We need to build our support networks now in order to maintain them during our careers. The best resources we have are each other.

However, for certain confronting issues, some more qualified help and support may be necessary, and is completely justified. UNSW wellbeing, Medfac student wellbeing officers, MedSoc Wellbeing officers and the Wellbeing committee are all extra levels of support that can provide the stepping stones to advise on further support if necessary. After all, we cannot help others and make others healthy if we are not mentally healthy ourselves.

I hate the way you're always right...

Imposter syndrome. We have all been there. I still don't feel that it has totally gone away. It's intimidating to be surrounded by so many bright, intelligent, kind people who have achieved so many great things. Imposter syndrome is a difficult mindset to shake; that nagging feeling trying to convince us that we don't deserve to be here.

However, we wouldn't be here if we didn't deserve to be. And while some may seem dauntingly 'put-together', we all have something to bring to the table. There is a reason we made it here, and there's a reason we wanted to be here. Hold on to that reason when sometimes it feels like you are surrounded by the best of the best. Because even though most of the time we are, we are so lucky to be in such an environment.

I hate it when you lie...

There's no room to fabricate facts or make something up for an assignment anymore. Some of the COVID assignments gave some more flexibility for interpretation and reflection. However, any hard facts and clinical trials need to be analysed appropriately. The hard truth is that there's no hiding if you don't fully understand the concept of the assignment you are writing.

These markers are experts in their fields. There's no real possibility of pulling the wool over anyone's eyes so to speak. All that can be done is to get on top of it early. Start straight away. Plan out the graduate capabilities that you want to address in the holidays if you can. That way you can get started before the term even does!

Phase 1, try to have an even spread of graduate capabilities. Try to work through them all and complete them earlier rather than later. If you leave one until the last minute and happen to receive a poor mark, it's difficult to redo it and improve before portfolios are due.

In saying that, if there's an assignment that really interests you then do it anyway! There are plenty of opportunities to fulfil all of the capabilities, and an assignment that you find interesting is so much more tolerable to complete than one you picked for convenience alone.

I hate it when you make me laugh...

I hate the way you're not around...

For those who aren't new to uni, we know that online learning can be isolating. It can be confusing, difficult to concentrate and lacking motivation. It can feel as if there's "no one around". No peers in class together, pitch black screens with no cameras or microphones on, no physical lecturer or tutor at standby to clarify concepts.

Have no doubt, for everyone is in the same boat. Peers, lecturers and tutors alike! Don't be afraid to reach out: email lecturers, use the chat, message friends! Make your online experience as interactive as possible. Chances are that any questions or issue you have, someone out there will know the answer to your question or will be wondering the same thing. Use discussion forums and year group chats. They are there for a reason! There are support services for online classes and courses, it's about adjusting your way of learning to use them effectively.

And the fact that you didn't call...

It can be tempting, I know, but don't skip your online classes. Don't leave lectures until the last minute. Don't tell yourself you'll watch it later. I can tell you right now that you won't. Structure is so important to staying motivated and accountable in online learning.

Some find it helpful to watch lectures the day behind. This means you can pause, speed up, slow down and rewind as you please, while still sticking to the general allotted time slot. Some meet up with friends on campus and complete online pracs and tutorials together. This collaborative atmosphere can make it feel as if you are in an interactive class, and keep you engaged. Some create collaborative docs of content, which means you are held accountable for completing your section of content to a high standard. This also relieves pressure on remaining focussed and attentive constantly, which isn't realistic in an online environment.

The convenience of online learning can be a blessing or a curse. However tempting, don't let it be the latter.

But mostly I hate the way I don't hate you...

There are obvious drawbacks to online learning. However, there are also many positives of online learning.

Focus on the good: It's convenient, there's so much time saved, you can rewatch and revise recorded classes very easily. Even the ability to use a monitor or conduct group work presentations online can actually be an advantage of online learning over face-to face class.

Your learning is what you make it, and your attitude to online classes makes all the difference. A poor attitude, and the conception that online classes aren't beneficial or necessary, will result in you wasting your time.

Not even close, not even a little bit, not even at all...

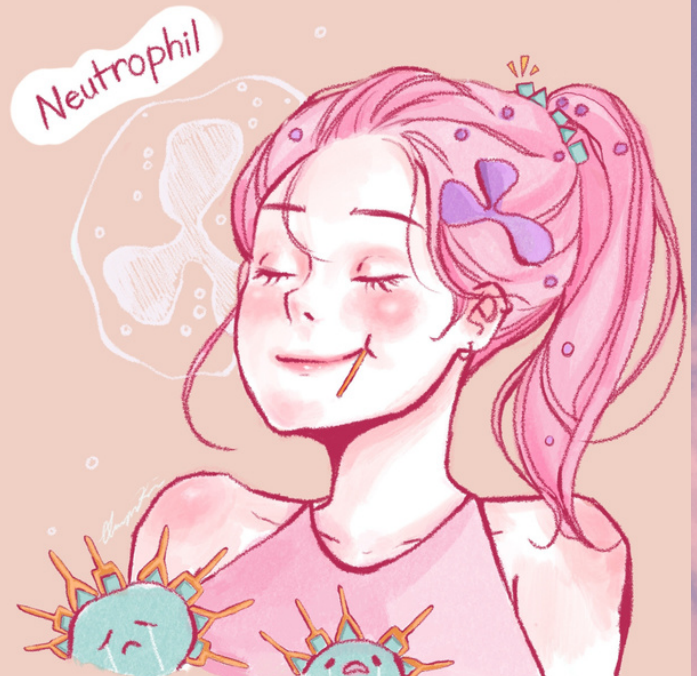
Obviously we don't hate our degree, or we wouldn't have worked so hard to be here or to stay here. We are privileged to be here. Our cohort, lecturers, MedSoc and all affiliated UNSW staff are here to support you.

Hopefully this list gives everyone some indication of how to survive the return to uni, make the most of online and in-person classes, stay organised and sane, and also make some great friends and memories.

A first year med
student's
reimagining of
histology



Cells at work...
but cuter

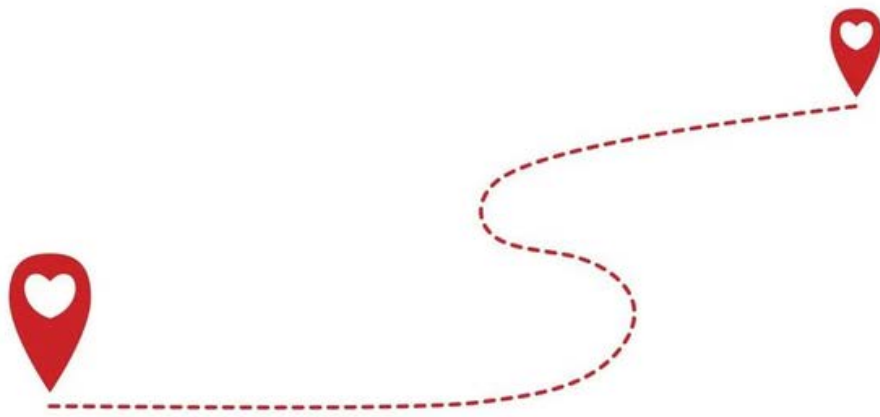


By Soyeon Kim

*A Love Letter
to Long-Distance Commuters*



*By Cindy Lac
Edited by Allyson
Tai*



Here are some other pros of living so far away that I've thought of, packaged into five portfolio terms...see if you agree:

You're late. And there's absolutely nothing you can do about it. You had initially planned to leave the house at 6:30am, giving you ample time to walk to the train station and get to campus twenty minutes before the first lecture of the day. However, a slight mishap involving a glass lunchbox and a microwave had occurred, and now you're sweeping up a mixture of broken glass and last night's dinner off the floor with a soggy broom.

It's moments like these that make me envy my fellow meddies that live close to or on campus. Oh, what I would have given to be close to the action, the main hub where everything happens! No more mad dashes in the rain to catch public transport, sudden delays or cancellations and the most appealing reason of all, the chance to finally sleep in.

This article is for the long-distance commuters. The people who have to pay the Opal fare cap of twenty five buckaroos a week to show up to the "one hundred percent attendance" classes we Phase One students have. Although my heart does go out to the rural students with even more reason for FOMO, I feel like the inbetweeners also do deserve a little spotlight. As a person who lives one and a half hours away from UNSW, I feel like it is my duty to give these inbetweeners a voice.

You probably have a friend who has previously complained about their commute experiences, or of tiredness due to waking up so early as a consequence of where they live. Maybe you have heard a similar anecdote to the one above, of a compulsory early morning wakeup, the rush to the bus with not a minute to spare, the heavy breathing that makes one feel self-conscious, and then subsequent hatred of living so far away from friends and their educational institute. Long-distance commutes sounds like a congestion of horrible experiences...but have you heard about what happens after those moments?

Maybe my fellow long-distance commuters can sympathise. After the brief wash of anguish passes, your breathing finally levels. You're now texting away to some unlucky individual that woke up earlier than usual, or playing a mobile game. Maybe, if you are feeling particularly productive today day, you do your daily fifty ankis on the hour long ride (sorry for the motion sick people out there, at least you can still bop to an awesome playlist during your commute). Maybe, just maybe...taking public transport isn't that bad? And then someone comes around to ask you for money.

Here are some other pros of living so far away that I've thought of, packaged into five portfolio terms...see if you agree:

1. You know a lot of places outside of Sydney CBD [knowledgeable]

You're the go to friend people ask for outing suggestions when they finally get bored of Town Hall or other places accessible by light rail. Great! You got invited to go out as well. That's a reasonable reward for being the select tour guide for a day, which in my opinion, doubles as a massive flex.

2. Have developed excellent time management [efficient time management skills]

To make up for the two to three hours of dawdling on the transport every day, you have developed an extra tier of Zen mode, allowing for productivity not known to your campus friends. You complete tasks at superhuman speeds, making most people look at you in awe and question why it took them twice as long to complete that subcommittee application.

3. Have an excuse to not go to events or see other hoomans [works well individually]

An especially helpful reason for the introverts out there, a simple apology about needing to tutor or just to head home for dinner will get you out of an outing invitation. If you're feeling especially down that day but want a subtle way to avoid seeing other people, just for a little while, no one is going to fuss about this reasonable point. This works even more effectively on the rare days where you are at home and want to catch up on your beauty sleep.





4. Prepared for anything [high adaptability]

Since you're so far away from home, you're prepared for almost any situation. Friend's phone is dying? You have a 20 000 mAh battery pack on hand. Oh, they have an iPhone while you have a Samsung? No problem - we have lightning, USB-C and micro USB to chose from. Chapped lips? Lipbalm. Hands cracking? Hand cream. Hotel? Trivago.

5. Have time for yourself [reflective practitioner]

That extended time alone is YOUR time. Therefore, you can chose how to spend such time. It is just as valuable as time at home or at university. Although you're on a moving vehicle, there is a surprising amount of things that can be done. Next time you're in for a long ride, let your mind wander and see where it takes you!

Therefore, the next time someone asks you where you are from and respond with an awkward smile that translates into the fact that they have no inkling whatsoever where that place you just uttered out of your mouth is, take it in stride. Tell them to come down sometime, show them how great the place you live is - they can't pull the "it's too far away" spiel on you, since you make it to university flawlessly (almost) every day for your degree afterall.





JOURNEY THROUGH THE MEMES

BY GERALDINE, TERRY, CEDRIC, KEVIN
AND SAJID

BEWARE, TRAUMA AHEAD

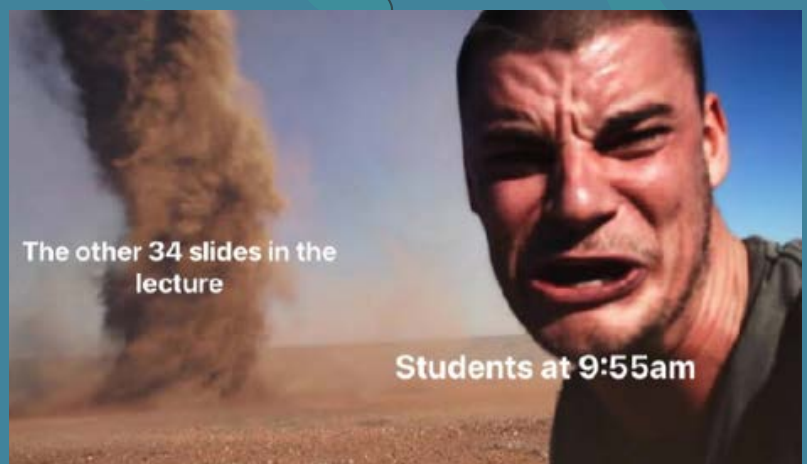
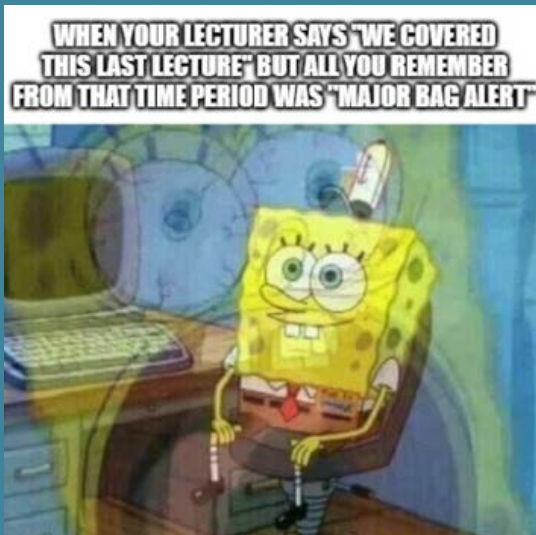
From public transport mishaps...



Me: excited for uni to begin
NSW GOV chucking a sook with rail union
My public transport plans:



to uni lecture tings...



to PUBCRAWL COVID-19 shenanigans...

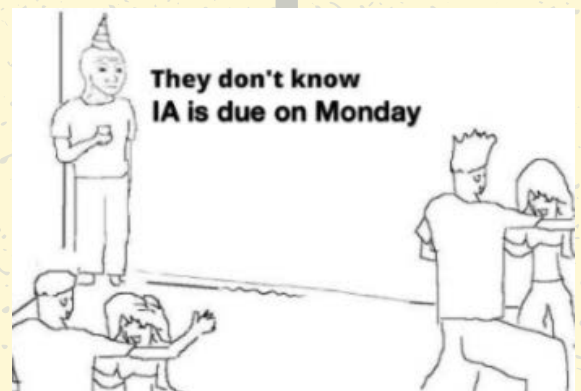
When you're on your way to uni and the Medcamp COVID email from medfac comes through:



When you hug your mate and they say they have a scratchy throat from karaoke the other day



to IA due dates and more generalised uni procrastination...



to SPSS tomfoolery, group pressies and cheeky April Fools...



Med Noticeboard post from JLo

Phase One exams are closed book



to more COVID and EOC prep...

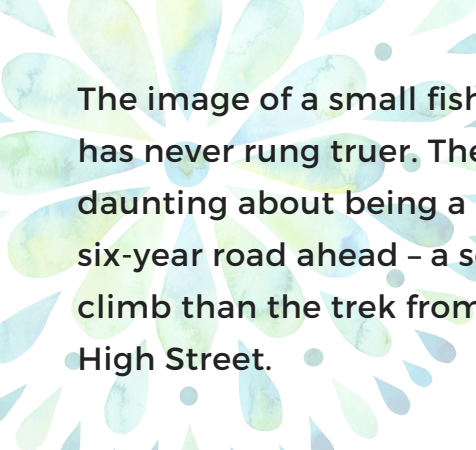




**WHERE DID YOU
COME FROM, WHERE
WILL YOU GO?**

**AN EXPLORATION OF
DIVERSITY THROUGH
CHOCOLATE,
LAUGHTER AND NOT
KNOWING ANYTHING
AT ALL.**

**Written by Emily Seeto,
Edited by Katerina
Theocharous**



The image of a small fish in a big pond has never rung truer. There's something daunting about being a fresher with a six-year road ahead – a seemingly steeper climb than the trek from Anzac Parade to High Street.

And yet. There's also something invigorating about the new faces we see each day, the fumbling at each question in anatomy pracs, the blur of different events and languages and backgrounds.

UNSW med students. Where do we come from? For a kid who's lived in Sydney their whole life, we seem to come from far and wide, and that's where we'll go.

TASTEBUDS

I'm a Sydney kid. I'm a slave to the 1hr-plus commute through rain, hail or shine; another set of eyes watching people run in suits and heels only to miss the train at Central station. And so there's been one pressing question that grips me every time someone asks what it's like to live in Sydney – how do you sell a city which only has (not so) nice weather, a bridge, and a pointy white building going for it?

Since starting at uni, it's made a bit more sense. There's a certain beauty, I've found, in the hustle and bustle of Sydney through whatever lens you look. It's there in every Acknowledgement of Country, in the languages I hear each day, in the sushi and laksa and cheese toasties at Matthews.

Whether you're passing over the Harbour Bridge without a second glance or seeing the Opera House for the first time, there's something at the core that screams "Aussie" to every passer-by.

THE TOURIST TRAPS

Just a nibble, I say, sliding the Fry's Turkish Delight across the table. The taste of rosewater lingers on the roof of my mouth from a decade ago, when I banked on C.S. Lewis' judgement and sought to know exactly why Edmund had sold his family for a piece of candy.

The box of Favourites (courtesy of our lovely coordinator) is the centrepiece of the white slabs passing for tables in our SG room. The Crunchies are long gone, courtesy of seasoned Australians with a childhood of honeycomb consumption. The Cherry Ripes, strangely enough, are donated to a brave soul in the upper years who happens to be passing by. Braver still are my peers who've travelled from around the globe just to be seated here, gagging on Turkish Delight but managing to swallow the entire bar out of pride.

"Lollies", I learn, is a word with cause for hysterics. "Fairy bread" fares no better. The Buzzfeed videos never lie – I'd never known Aussie slang to bring people to tears.

THE SMART, THE YOUNG

Picture this. You're sitting on one of those too-large plush seats in lower Wallis Wurth, laptop open. Your thumb hurts from spamming the space bar as Anki cards blur together and the guy walking in from the bathroom can probably see your brain slipping out one ear to splat pathetically on your off-white sneakers.

But bathroom guy? He's the anatomy whiz who spits out answers rapid-fire in every lab, who replies to everyone's queries on Teams before Gary Velan can make the next pun. And your phone that's buzzing incessantly- that's your 3rd-year mentor, who's slaved away at BGDA embryology and would do it again to keep your head above the water.

SO, WHERE WILL WE GO?

The average UNSW med student, it seems, partakes in 25 hour days, 8 days a week. The Medicine Facebook pages are almost too full of Medsoc adverts and certificate-coercions, and it seems all too easy to just click 'interested' without a second glance at the calendar. Can you sing? Do Medshow. Can't sing? Do Medshow anyways. One day you'll find yourself hopping from stall to stall during Cultural Week before rushing to the Crit Care event in the evening - you do one thing, then another, and another still. The events and the people and the memories never cease to return anew.

So let's go. Drowners, train-hoppers, anatomy buffs and lecture-speedrunners alike - it's been only a term for me here, and I've never been more excited to be part of such an eclectic bunch of people who so often seem to know everything, yet nothing at all.





Zen Study

By Sophia Dang

Grab a cup of tea and find a ficus to start studying peacefully



DANCE THERAPY



WRITTEN BY ALLYSON TAI,
EDITED BY GRACE SMITH

It was summertime. The new year had just rolled over, leaving everyone high and dry with a sudden nothing to celebrate. People paced restlessly on the streets, still looking for the renewal that the new year had promised but never quite delivered – a collective that Elliot believed himself exempt. It must be stated that such a belief did not come from a place of arrogance but rather a place of painful loneliness.

As if in a dream, he forever streamed into keyholes, through windows, past thresholds, tiptoeing through spaces he did not and could not occupy.

It had been an especially bad week. The new pills did nothing for the nightmares and made him retch till his throat stung. Sometimes in the early hours of the morning, when the city was asleep, he'd find himself slumped over by the kitchen table with the entire studio tilting forwards as if someone was forever pushing his head downwards. Usually, he'd close his eyes and fixate on each motion as if to will them away, and when he next opened them again, day would have broken.

That night, however, he couldn't remember either of those things happening. Instead, Alex had found him half-asleep outside his office door when he arrived at the clinic at 8:38. Alex doesn't say anything as he helps him up, pushes open the glass door, and directs him past reception, into his consulting room.

Alex gives the door a slight kick. Clack.

'What's been happening, Elliot?'

'The pills. They don't work.' he says. He feels like a plaintive child. He avoids Alex's gaze and stares blankly at the pot plant in the corner.

Alex waits. Tell me more.

'I can't think when I'm on them. The room never stops spinning.'



That must be terrible. How long has it been since you started taking them?'

'Two weeks.'

Okay. Have you been back to see Dr. Greene about this?'

It goes on like this for sometime. Until, at some point, the next question doesn't come.

He looks up and sees Alex thinking. He knows what he is going to say next.



'I know we talked about this in the past, but what are your thoughts on alternative therapy as of this moment? We don't need to look into it – it's just an option that is available should you want it.'

'Dancing – I thought it'd be something you could try' Alex had said, in November.



'Alex, that's ridiculous.' he said, calmly.

'You enjoyed yourself, didn't you, that time you went to watch Lee perform?'

'Appreciating from afar is very different from doing.'

'For sure. But you've also always wished that you could.'

He closes his eyes and is then reminded of how they flared open in the early hours of that day, with a sea in his stomach. How he'd closed them again against the migraines, against the embarrassment of being 'not that hungry' at a company dinner when in fact he hadn't eaten all day, against the fears that never stopped running in his mind — against the world. In vain.

He surrenders.

A printer whirrs and clicks and comes alive in response. He blinks his eyes back into reality.

'Here you go.'

Alex stands above him holding out a piece of paper which he accepts with resignation.

Alex looks at him carefully. 'If it gets worse, call me straight away. And I want to see you in a week's time. Okay?... Okay.'

He finds himself in front of the change room mirrors of the dance studio, in all black attire, feeling ridiculous. And ashamed really. The man in the mirror who stares blankly back is a far cry from the seventeen year old that he had once been. Although still similar in physique, something fundamental was missing. Perhaps, it was the wildness in his eyes, or the sun on his lips, or his laugh that rang clear at dusk during summer break — all of which had since been beaten up and buried.

A couple of ballerinas eyes him curiously from the corner. He snaps out of it and realises class has already started ('Haha. F***.' he thinks).

The instructor, Ken, is smiley and quietly chaotic. He leads them through the most peculiar warm-up, with exercises that he's dredged up from his days as an archetypal theatre kid. He compels them to fall into poses and motions that their bodies are most naturally inclined to, to then shout out their names into the void of the room, as if to vocalise that the state of merely existing was significant enough.

'...draw your arm up along your midline, as if you were pulling a piece of string, over your head, and then let your arm fall, to the side...shoulders back. Don't over think it, ladies and gentlemen...Now your feet...first position...like so - don't push it. Go where your feet naturally want to go...second position...tendu...let's go back to the beginning...one...two...three - and on three, let your left leg sweep to the side, ... right arm...unfurl your fingers , sweep your arm outwards...feel each joint and sinew unlock...create space that wasn't there before...'

Gone are the migraines, the embarrassments, the fears — they lie forgotten at Elliot's feet.

It is beautiful - the room around him. He hadn't realised when he first walked in. The cool walls waver in early morning light, as it filters in through the windows (which stretched from the floor to ceiling) and falls in soft rectangles on the walls and floors.

He thinks of nothing now, except of how to hold his torso (as though the top of his head was "suspended by string"), how not to step back but to sweep the ground, how to not simply move across the room but to dare to fly.

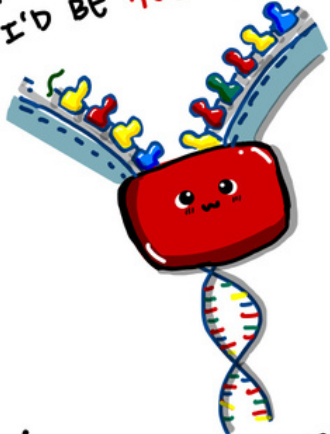
And the world around him — it bursts — into full colour, from the inside out.

Free.



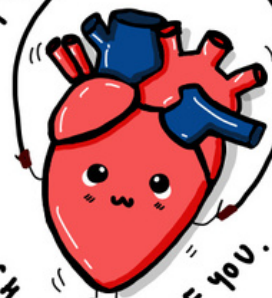
For your
loved ones
By Sam SF

IF I WERE AN ENZYME,
I'D BE **HELICASE**,



SO I CAN UNZIP YOUR GENES.

MY HEART SKIPS A **BEAT**
EACH TIME I SEE YOU.





WILL YOU BE MY **G-PROTEIN**,



BECAUSE I WANT TO BE
COUPLED WITH YOU.

62188



**Written by Caleb Tan, edited by
Cindy Lac**

6288 kilometers. Two hours. Four seasons. The differences between Australia and Singapore make the two countries seem like two different worlds. Equal parts of excitement and fear blended into my being, the cacophony of a thousand hopes and worries echoing in my head. Too late for regrets, but too early for celebration.

As the days passed, my unease vanished like melting snow under the spring sun. Stepping on campus for the first time and seeing the myriad stalls that all screamed vibrance took my breath away. The warm demeanor and friendly gestures of everyone soothed my worries. Filled with optimism, I, just like so many others now and before, took my first step into medicine.

A home away from home

Casual nods and muttered greetings blossomed into warm smiles and raucous laughter as the ice began to melt. Meals after scenario group sessions, desperately cramming together in the library and rushing for practicals made each day endlessly busy, yet chaotically fun. In the distant future, these seemingly mundane memories will be fondly remembered, a cherished recollection of the carefree past.

To navigate the sheer intensity and rigor of medical school alone is nigh impossible, but together, we can scale even the greatest heights and brave even the darkest nights.

The bonds that we make and the memories that we share shall remain in our hearts, a stoic candle in the face of the oppressive shadow of loneliness. For truly in our solitude, we are not alone.

Lovers

The screen flickers on. Zoom launches. They ask each other about their day and eat their meals together. Countless hours of calls and even more hours of texting go by, perpetually divided by a paper thin wall of glass and plastic.

"When can I see you again?" he asked.

"Aren't I already here?" She answered.

"It's not really the same you know?" He lamented.

"I get what you mean." She replied.

A melancholic silence permeates the atmosphere. "I love you".

"I love you too".

And so they go on with their lives, patiently waiting for the day that they will be reunited.

Sometimes they gaze up at the constellations of the night sky and find solace, because even when miles apart, they are still under the light of the very same stars.

Into the Unknown

And so we choose to leave behind our family, our friends and all that is familiar to us to journey here. With trembling hands, we unfold the masts of our ships and sail into uncharted waters. Even though we cannot see what the future holds, we still move forward, inch by inch, step by step, day by day.

When the storms of life that threaten to blow us over arrive, the bonds that we have forged will keep us anchored. We will bend, but we shall never be broken.

We are the architect of our fate, the pathfinder of our journey. We write our own stories and similarly, our own beginnings and endings.

And there is just no telling how far we'll go.

international
student
tings

By Aurelia Leung

See ya this arvo...Crikey
mate...Oath



Knowing Locations..

You know it takes me
1.5 hrs to get to campus?

Where do you live?

I live up North!

oh... up... North...

A.L

International

Student

Tings...



IMPORTANT CULTURAL DIFFERENCES




OR



?

A.L



BREAKING THE BUBBLE

WRITTEN BY JASON LIN

EDITED BY GERALDINE YANG

Disclaimer: The views presented in this article are not targeted towards any individual medical student, but rather are a commentary on the general attitudes of the medicine community at UNSW.

From my brief one and a half years as a UNSW med student, one inherent issue has always stood out to me and frankly, irked me a little. No, I'm not talking about the oft-times excessive workload of the course, nor the lack of dining options at upper campus. Med students are completely clueless about the rest of the university and the nature of the course, while MedFac's disjuncture from the rest of the uni and the general elitism of MedSoc have not exactly been helpful in alleviating this issue. In fact these elements of UNSW Medicine may be instead perpetuating an impenetrable, rock-solid bubble situated at the apex of upper campus.

The makings of this bubble are visible even prior to the start of uni, where a fissure between the medicine elitists and plebeians of lower campus has emerged from something as mundane as catching different Light-Rail lines to uni.

It doesn't help that this

sentiment is perpetuated by MedFac, our professors, the general public and even our parents – a niche, exclusive faction of the most privileged individuals in the world in one of the most competitive courses in Australia. Despite this, the rightful pride and superiority should be transient and kept to oneself – rather than incessantly compelled onto others.

For starters, med students are relatively underrepresented in society events and the rest of the university. It doesn't help that through timetabling alone, we are segregated, with mismatched holidays and term dates from the genius idea that four terms can synchronise with a university that operates on trimesters. But this doesn't paint the full picture. Maybe underrepresentation is a compromise from the bucket loads of work as a medical student – after all we have three lectures a day, two assignments a term and we're on campus most days of the week, so every spare second at night is spent studying? Or is it a general ignorance of the happenings of UNSW, with general unawareness as a byproduct of medical elitism.

“We don't need to keep up with the rest of the uni, medicine has everything that I need”

I'm leaning towards the latter though not to the extreme which I illustrated. Sure, MedSoc provides almost everything that we could ever want – an absolutely enormous committee, with hundreds of subcommittee members and portfolios that range from culturally focused, diversity-inclined, hobby-oriented and special interest groups for specific fields of medicine. This hugely extensive and all-encompassing community with all its different niches propagates complacency and a restrictive satisfaction, almost like a self-sustaining village that doesn't need any goods, services or imports from the outside world. But as we know, no such village exists. It is only when we venture beyond the walls of our comfort zone do we gain a much greater appreciation of everything UNSW has to offer.

Garnish your LinkedIn profile, connect with leaders and entrepreneurs, even apply for an internship during your degree. Try everything, especially all Phase 1 students: this is truly the most time you'll ever have in your degree. Phase 2 students, maybe as a bit of a side gig and Phase 3, a wistful strand of hope which you can still latch onto but don't give up!

I fervently believe that no one, not even yourself will know where you'll end up in 20 years time. Who knows, maybe those lawyers you've connected with will dig you out of a grossly unjust medical malpractice case. Maybe those business students are the ones to consult when starting your own clinic and those finance students advising you about your taxes. Those computer-science students may be pitching a ground-breaking medical AI technology that cures every disease and, god forbid, replaces our jobs. The exercise physiologists and optometrists that will refer patients onwards to you, researchers whose treatments you will be using in your own practise, the hospital janitors with their own unique advice and life experiences, the point is that living in a bubble, it is impossible to appreciate the absolutely immense variety of people that there are.

Behind us are the days where med students haven't even stepped foot onto lower campus. Promotion of other uni events, collaborations with other societies, marketing Medsoc events to all uni students are only the first baby steps which need to be taken to promote UNSW Medicine as an inclusive and welcoming sanctuary at the apex of upper campus.

JOURNEY THROUGH THE MEMES

BY GERALDINE, TERRY, CEDRIC, KEVIN
AND SAJID

'HEY, I'M X,
A MEDICAL FAILURE'

THIS MAY STING A LITTLE

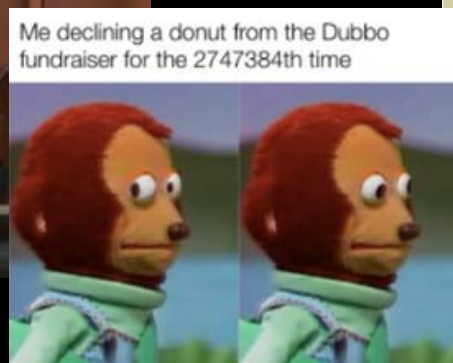
From pracs to graduation ceremonies...



to wonderful Medsoc events....



to more and more and more uni Spain without the S



to Hospital woes...

Second Years birthing a TOTALLY REAL baby in hospital clin skills



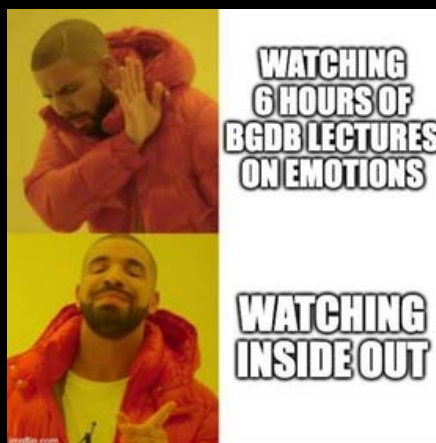
Seeing everyone at hospital getting sick with the flu



**YEAR 3 STUDENTS
TO 830AM HOSPO STARTS"**

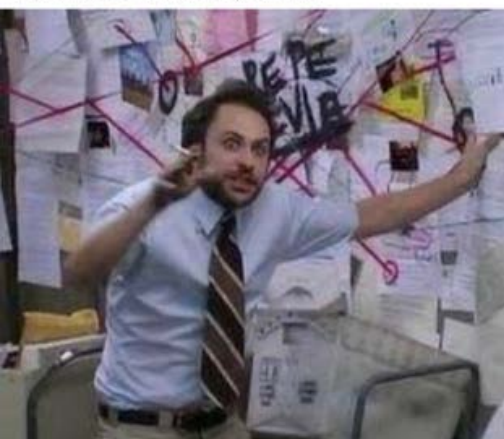


to Netflix Binges and SPSS-induced comas...

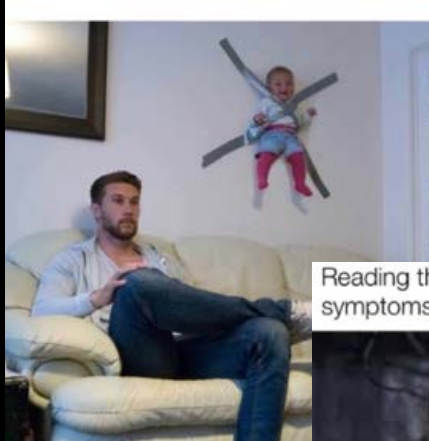


to the final lap before the mid-year break...

Calculating how much time to spend on prac exam study before EOC or whether to cram it into the 2 day break



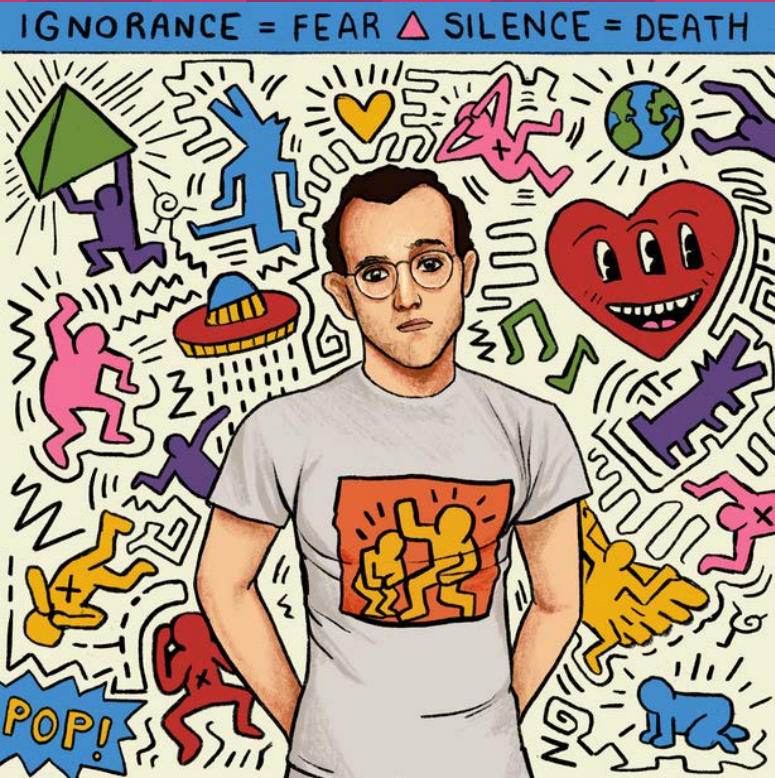
Second years after BGDB is over



Reading the DSM V and realising the symptoms sound kinda familiar



By Anupama Pangen, who wanted to spotlight three queer artists whose remarkable lives inspired iconic and striking creations.



Keith Haring, Frida Kahlo, and Felix Gonzalez-Torres worked in different mediums, and were inspired by their unique life experiences in disenfranchised communities. However, their artistic legacy has been cemented by shared ideas of identity, love, and death, exploring emotions which anyone can relate to.



1000 TALENTS

By Jack Vorgias

Transcript by Saleha Sehgol

A brief discussion with some of the most talented meddies reveals their hidden secrets to time management

Jemma Lowinger (II) - Art

Jack: Hey Jemma, thank you so much for having the time to chat with me today. I'm going to start by asking what is the talent that you will be telling us about today?

Jemma: I'll be talking about my love of art, creativity and everything like that

Jack: Mm okay, can you describe what you do with art?

Jemma: Yeah! I really enjoy any medium of art whether it be oil painting, drawing, crochet, knitting, embroidery - all sorts of different art mediums. I really enjoy creating and I do it both in a sort of serious sense but also just to relax and for fun.

Jack: So what got you into art?

Jemma: So I've always had a very artistic family. When I was very little I would be with my grandmothers a lot - they would always pick me up from school. One grandmother is an amazing painter and drawer and the other one is an amazing knitter and embroiderer. So that resulted in me having exposure to all different mediums - both textiles and visual arts. I would always do art with them from when I was very little. As I got older, I continuously enjoyed it (I ended up doing it for the HSC) and I really loved that. I find exploring different mediums to be really exciting so it's been a sustained passion of mine until now and into the future!

Jack: Wow! Coming back all the way from your grandmas that's a really cool connection. How do you tend to manage having time to work on your art while also managing keeping up with Medicine?

Jemma: It's been a challenge because obviously Medicine is pretty intense. But I think finding little pockets of time helps - for example in the mornings I typically wake up very early and do a little bit of crochet before going to uni. Finding these small little pockets of time can help me get in some relaxation time in between work. At the same time I will typically multitask during my breaks - so if there's a show I want to watch, I'll watch it while drawing or painting. If there's a lecture that is not requiring full focus, I might do some crochet during that lecture. It's a bit of multitasking! Also prioritising rest and relaxation through scheduling time, not rigidly, but making sure I leave myself enough time to do art and have fun is also really important.

Jack: I've never thought of that personally - I'm more of a one-track mind. But the idea of using those little pockets of time to spend a little bit of time on your hobbies and all that as well as multitasking seems like a really good way to do it. That's really interesting! Within all of that - amongst your crocheting and drawing - do you still have time to do other things like go out with friends or do some other hobbies?

Jemma: Yeah! I definitely still find that with meeting up with friends, exercising and even working in Medshow, which are all of my various hobbies aside from art, I can still really enjoy. Also, combining the two is a really good idea - for example I've got a few friends who like crocheting and art as well. So we might meet up and do that together which is really fun because it's social but we're also embracing those passions. It also makes it more fun when you can share your passion with others. So combining various activities is really good because it's double the enjoyment.

Jack: That's great because finding the ability to combine things is a really great way of managing your time. I hope that people who listen can learn some things from the way that you do it - the way you manage your time by combining things and make your hobbies and talents a sociable activity so you can go out with your friends at the same time. I really liked hearing that. Thanks so much for talking and agreeing to have this chat with me! It was really helpful and I hope people enjoyed what they heard today!

Jemma: Thanks so much! :)

Isabella Natale (III) - Running

Jack: Hey Isabella, I've brought you here to describe a particular talent. What is the talent that you're here to tell us about?

Isabella: I quite enjoy long distance running! It's one of my hobbies.

Jack: What do you typically do in terms of how you spend your time throughout the week if you want to practise or get in some casual runs?

Isabella: I tend to run about 5-ish times per week. I vary the distances up - anywhere from 5 to 25km. But what I really enjoy the most is running with different groups of people throughout the week to keep it fresh. So typically I'll do 2 runs alone and 3 with clubs or people.

Jack: So you typically combine your runs with some socialisation?

Isabella: Yeah for sure. It definitely keeps me fresh and motivated. Especially in the cold weather - it gives me a reason to wake up!

Jack: Yeah I'm sure it does! So what got you into running in the first place?

Isabella: So I ran on and off throughout high school - I've always been into sport. But it was through uni and joining UNSW RunSoc (not a plug) that I found the community really helped build consistency and allowed me to see my friends and hang out. It was a pretty good reason to turn up to each run as well as the fact that the runs were already made for me and I didn't have to figure out a route. So I think it was definitely the social aspect that kept me more consistent and from there I could keep setting and pushing my goals while I had everyone around me to keep me going and encourage me.

Jack: So when you tend to set goals, do you try and set goals regarding the distance or time you can run?

Isabella: Yeah, I know a lot of people tend to work on time. But for me I enjoy pushing the distance first - for example saying I want to run an extra kilometre or two than last time or if I find a really cool route that can push my distance a bit. From there I'll work on speed. I think getting familiar with the distance is a lot more fun than trying to push the pace, especially when running with other people because you can keep up the chat rather than having to intensely focus on numbers the whole time.

Jack: That's pretty good! When you spend so much time on running, how do you find the time to manage your running with different groups, alongside alone, alongside studying Medicine.

Isabella: Good question! Anki has definitely been my best friend (unwillingly) this year. I think trying to achieve a study schedule that is more quality based than quantity is key. Having those short snippets of time where I can study has worked really well. Planning my runs around my hospital days as tragic as that might sound also works well. It also depends on my energy levels and how I'll be feeling. For example, if I have a hospital day, I might just dedicate that day to studying. If I'm running, I might focus on that. So designating days is very helpful.

Jack: So you find yourself to be a big planner throughout the week?

Isabella: Yes 100%. I have a purple planner that I carry around everywhere and I have a to-do list that I complete everyday and prioritise it. I don't know what I would do without it!

Jack: Yeah I think with all the commitments with hospital it would be kind of hard to go about the week without some sort of plan. Even with that, do you find you still have time to be involved in other things such as socialising?

Isabella: Yeah for sure. So for me Sundays are running days, Saturdays are work with tutoring all day. I think catching up with friends in the context of lunch breaks or dinners is really helpful. Also I have a few societies that I'm a part of and different events that I help run that keep things interesting. Luckily they peak at different times of the year so it's not too bad to manage.

Jack: That's really good - this is something that a few other people have been saying on the podcast too ie. that combining hobbies with socialisation is a good way to spend time. You also mentioned using little bits of time to the best of your ability works well.

Isabella: Yeah 100%. It's also great when you can catch up with friends in the context of your activities but it also gives you a reason to keep showing up. Like looking forward to having that conversation or coffee after a run.

Jack: Yeah so it would give you some extra motivation beside the activity?

Isabella: For sure, there's definitely a big benefit there - it keeps you accountable! :)

Jack: Thanks so much for answering these questions. I'm sure people who listen will take a leaf out of your book and implement it for themselves. Thank you again!

Sajid Rashed (III) - Music

Jack: Alright Sajid, to start off our conversation, can you describe what your talent is?

Sajid: The main talent or hobby of mine would be my interest in music - whether it's covers of songs that I really vibe with or mixing music that I set up through the digital-audio interface such as Bandlabs.

Jack: So what got you into this?

Sajid: Basically a long while back I had a long of spare time following an ACL injury through high school. I had a surgery and it made me incapacitated for quite a while. And during this time, one of Ed Sheeran's best songs of all time, 'Perfect', came out and I really wanted to get into an instrument, especially the guitar. I really wanted to play the finger style version of the song. So why not get into that? Afterwards, I waned off my interest in my music but at the end of the first year of Medicine I got more into the chord style of guitar and singing at the same time. This felt really cathartic to me and I think a lot of people can relate to that - it feels like a stress-relief. Earlier this year, I got into mixing music with a mate who showed me how to use the software Bandlabs. From there on it was a deep dive into a rabbit hole of using the digital-audio interface - you can do so much with it (you can do vocal effects). We kind of made a mini boy band and from there it's been so much fun.

Jack: Wow it sounds like a lot of involvement but it sounds like you enjoy it a lot! How do you manage keeping up with this talent while studying Medicine and keeping up with content?

Sajid: Keeping up with content? I really don't know how necessary that is! With these kinds of hobbies it's really good to set goals aside. I thought that with music, I definitely want to make goals if I want to go somewhere with this. So I had a goal of working towards something every 1 or 2 weeks, whether this was something completely ass that I might record or something that I might spend 4-6 hours on a Friday night, I always have a goal. Another way I make time for music is by making an Instagram account - it made me feel more accountable where I would aim to release music every 2 weeks for my thousands and millions of fans.

Jack: Do you want to plug your Instagram right now?

Sajid: Sure thing it's 'sajidr_music'

Jack: Since you're managing music and Med, do you still have time to hang out with friends or anything like that?

Sajid: I think it's a lifelong balance - juggling uni or high school with your social life and hobbies. I try to follow a mantra that it's not just finding time but making time for things you want to get involved in. This year I'm quite interested in MedShow, especially dancing. It seems pretty cool and I've heard plenty of great things about it so I am planning to make time for that!

Jack: Medshow plug. Come to MedShow or join dance, tech or costumes. Find it on Facebook. Thanks so much for talking about your hobbies today and I hope some people find inspiration in what you've told us.

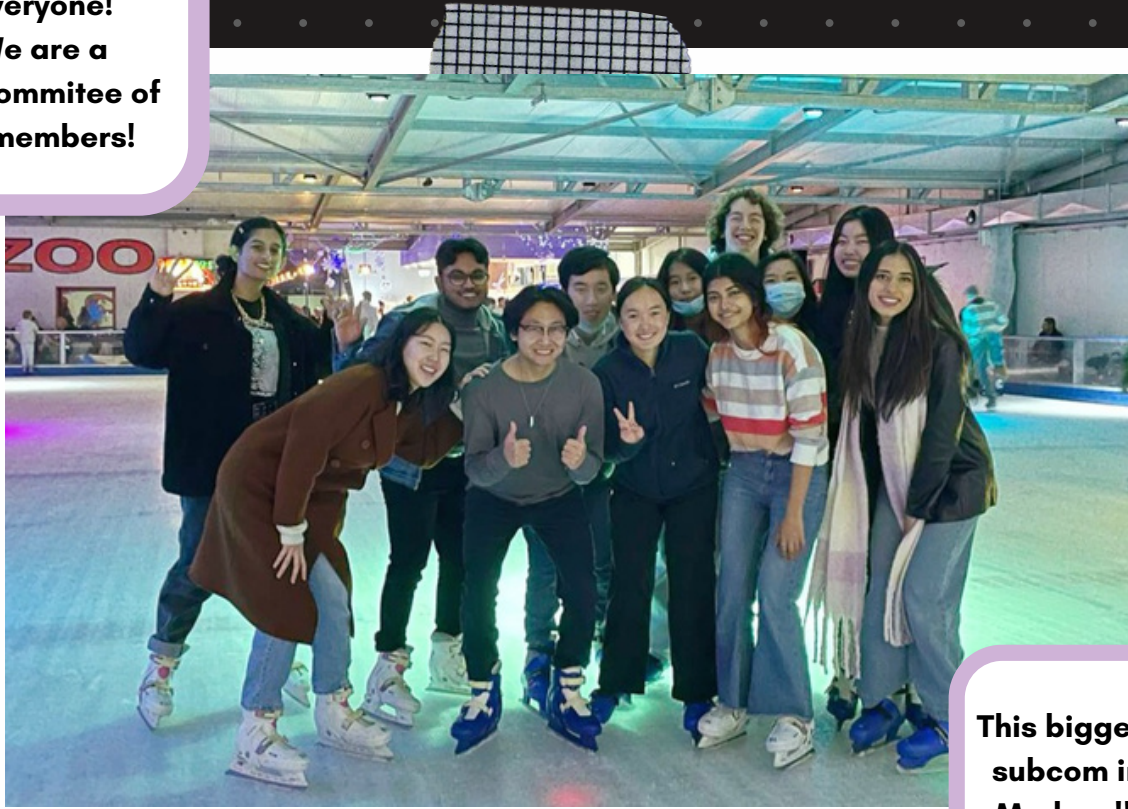
Sajid: No worries! Cheers Jack. Thanks for having me :)

meet your

Jugular Fam!

This pic isn't
everyone!

We are a
subcommittee of
22 members!



This biggest
subcom in
Medsoc!!!

Publications Officers and Editors-In-Chief

Mikayla Li (III)

Favourite book: The Beach by Alex Garland

Plant milk or regular milk

Rice or Noodles

Wordle or Words with Friends

Sajid Rashed (III)

Favourite book: The Emotional Female by Yumiko Kadota

In the night garden or Play school

Hugh Jackman or Ryan Reynolds

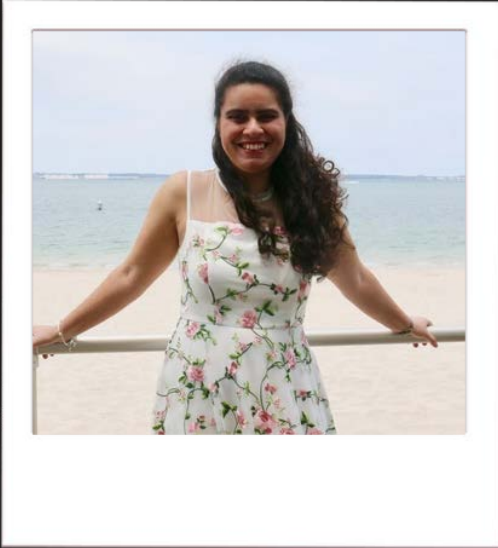
Imao or bruh



publications@medsoc.org.au

meet Jugular's Editors

Katerina Theocharous (VI)



Favourite book:

To Kill A Mockingbird by Harper Lee

Tea or coffee

Reading books you already own or constantly buying new books, despite having no time or space for them, like some crazed book-hoarding dragon

:) or : -)

Saleha Sehgal (II)

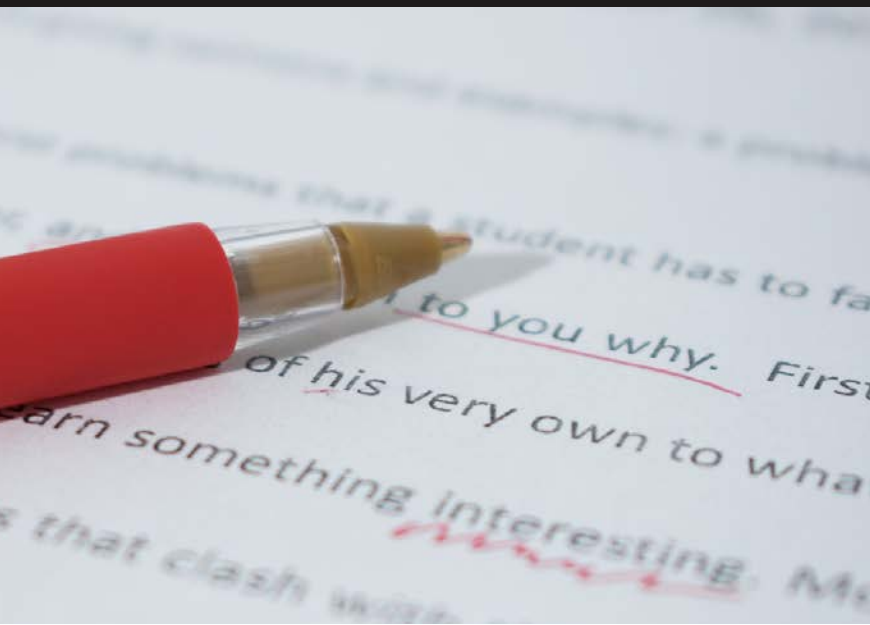
Favourite book:

Pride and Prejudice by Jane Austen

Summer or Winter

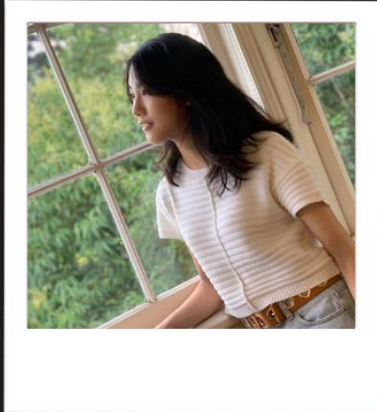
Paperback or ebook

Assistant regional manager or assistant (to the regional manager)



meet Jugular's Writers

Geraldine Yang (II)



Favourite book:

My Year of Rest and Relaxation by Ottessa Moshfegh

Staying up until 6am or waking up at 6am

Anki or Quizlet

Sweet or sour

Grace Smith (III)

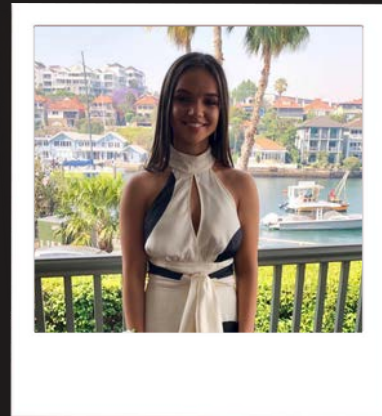
Favourite book:

The Dry by Jane Harper

Winter or Summer

Beach or Pool

Toast or Cereal



Jason Lin (II)

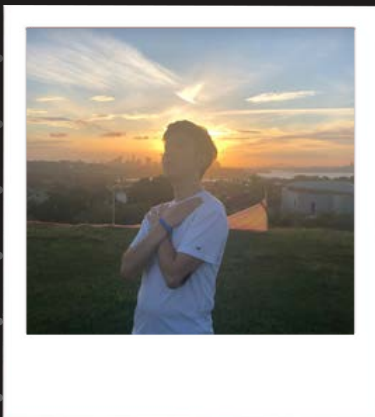
Favourite book:

Paper Towns by John Green

Singing or Dancing

Hands on your feet or that feet on your hands

Beef or Chicken



Allyson Tai (II)

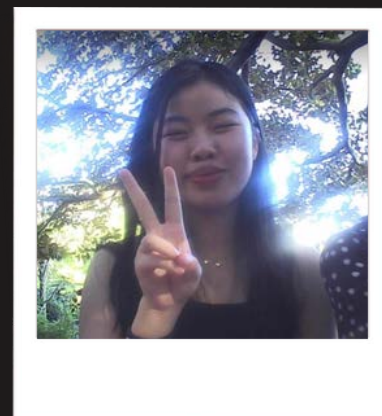
Favourite book:

A Little Life by Hanya Yanagihara

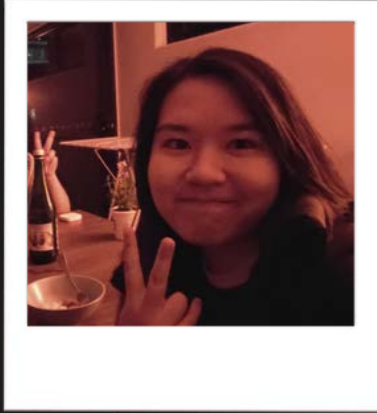
Rick or Morty

IKEA or Costco

Sunrise or Sunset



meet Jugular's Writers



Cindy Lac (II)

Favourite book:

The Wind-Up Bird Chronicle By Haruki Murakami

Coffee or tea

Sleep or study

Netflix or YouTube

Jack Vorgias (III)

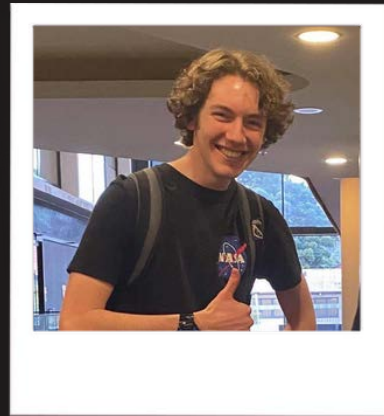
Favourite book:

Gone by Michael Grant

Cats or dogs

Cartoon Network or Nickelodeon

PC or Console



Caleb Tan (I)

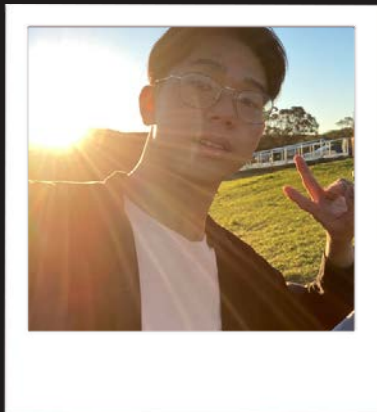
Favourite book:

The Great Gatsby by F. Scott Fitzgerald

Gym or run

Noodles or rice

Text or In Person Conversations



Emily Seeto (I)

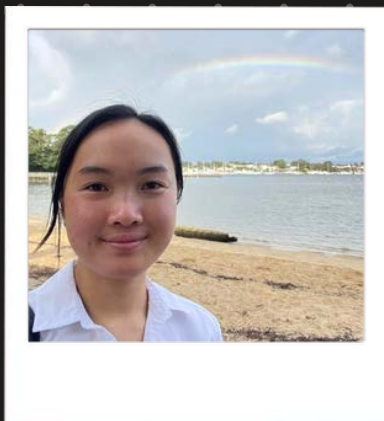
Favourite book:

Deadhouse Gates by Steven Erikson. Alternatively, Where is the Green Sheep? by Mem Fox

Salt or sugar

Sword-and-shield or dual-wielding

Dog-eared pages or the bookmark my sister made me years ago



meet Jugular's Artists

Anupama Pangeni (III)



Favourite book:
Frankenstein by Mary Shelley

Vampires or werewolves

Hi-5 or the Wiggles

Early bird or night owl

Claire Shi (III)

Favourite book:
A New Earth by Eckhart Tolle

Call or text

Ice cream cone or ice cream cup

Flower patch or succulent collection



Aurelia Leung (II)

Favourite book:
Kafka on the Shore by Haruki Murakami

≥ or :)

Doctor Strange or Spider-Man

Waffles or Pancakes



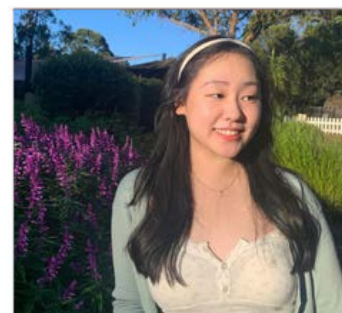
Soyeon Kim (I)

Favourite book:
Mistborn: The Final Empire by Brandon Sanderson

Lemon starburst or strawberry starburst

Savory or sweet

Hot or Cold



meet Jugular's Artists



Shilpa Sanil Parammal (II)

Favourite book:
A Sparkle of Light by Jodi Picoult

Using emojis excessively or not using any at all

Goats or horses

Pineapple on pizza or no pizza

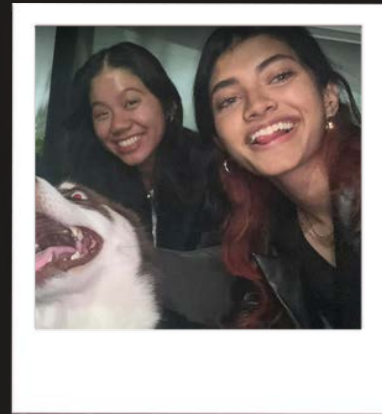
Fathima Sameeha S (I)

Favourite book:
The Giver by Lois Lowry

British or American

Bruv or Bruh

Staying in or Going out



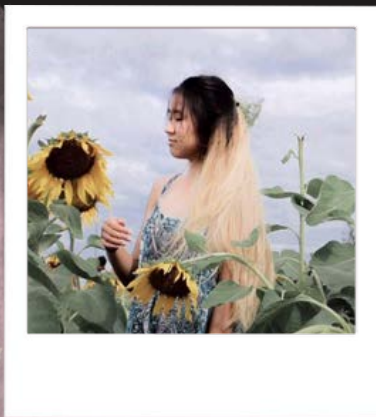
Sophia Dang (I)

Favourite book:
The Light Between Oceans by M.L. Stedman

Coffee or Milk Tea

Bunnies or Dogs

HAHAHA or aHAHAH



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Kevin Zou (II)



Favourite book:
Of Mice and Men by John Steinbeck

Necklace or Rings

Potatoes or Carrots

Breakfast or Brunch



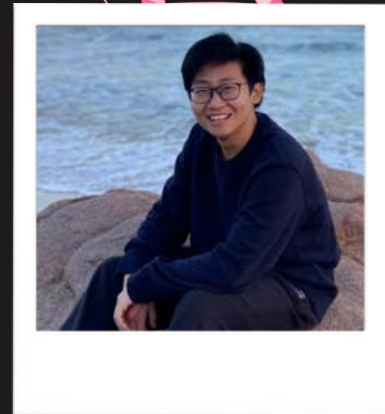
Terry Zhai (II)

Favourite book:
The Perks of Being a Wallflower by Stephen Chbosky

Apple or Samsung

Morning person or Night person

Mountains or Beaches



Cedric Siu (I)

Favourite book:
The Book Thief by Markus Zusak

Asleep or awake

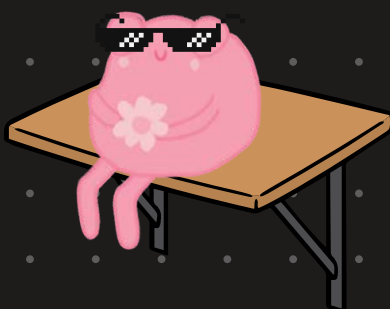
Sports or study

Podcast or Music



Jack Vorgias (III) and Geraldine Yang (II)

Refer to their info in writers section!





Designed and Compiled by
Sajid Rashed and Mikayla Li



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By Anupama Pangeni



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