

# Umbilical



## Class of 2028

*Your guide to med school*



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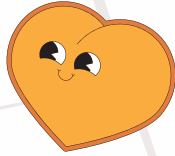
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# Welcome, class of 2028!



What's popping gangsterssssss! Welcome to your very own Umbilical! Or as we like to call it... the Umbili-

This is your personal treasure trove containing all the know-how and juicy deets surrounding our UNSW medicine culture. So please, indulge us, have a read!


First year can be intimidating, there's no doubt about it. But this year will be one jam-packed with learning, excitement, and pizzazz!

Our advice? Get amongst it all!

Smile and converse with the newbies next to you, make plans to head out for lunch together, kindle or pursue passions through clubs and societies in and out of uni, go to MedSoc events! MedCamp (shameless promo cause it's tots gonna be lit)... ScrubCrawl... MedSoc Cruise... MedShow... the list is almost endless!

Relish the company of the many others joining the same ride. The friendships and opportunities you pursue now could be the ones that carry you through the six years of this course and beyond!

What makes the medicine cohort extra special is how tight-knit, diverse, and talented we are! Coming out of COVID strong, there is world of amazing opportunities coming your way and we cannot encourage you enough to maximise it all!

Push your comfort zone, kick off that self-discovery journey, and come join the all-welcoming fambam of UNSW medicine 

Sooooooo...



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 sky's the limit ladies and gentlemen! Don't let anything stop you, you've got ageeessss to study medicine: so sign up for that subcomm, attend that SIG event, and get revved up for MedCamp!

If you haven't already, join the UNSW Medicine Class of 2028 Facebook group (and also the UNSW Medicine Noticeboard and UNSW Medical Society FB groups!). This is where you'll gain access to a myriad of resources and awesomesauce MedSoc 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, you should definitely get it even if it's just to add those pages. Otherwise, email us and we'll add you to a mailing list!

If you ever need help or guidance, we're your first point of call until you all elect your very own in a couple of weeks! Email us anytime at [year1@medsoc.org.au](mailto:year1@medsoc.org.au) or message us.

We are buzzing to meet you all! Come swing by if you're around campus and get wild at MedCamp! . Stay doozy legends

Much love,

James Joseph (II) and Natalie Silberberg (II)





# Meet your President

Hey everyone, I'm super excited to welcome you to MedSoc, an amazing community of over 1600 medical students. This community will stick with you for all six years of your medical degree and I can guarantee that you'll make lifelong memories and friends.

To share a bit more about MedSoc, here's a little bit about our three focus areas and how we'd love you to be involved!

## 1. Advocacy

Here at UNSW we're grateful to have a close and direct line of communication with our Medicine Faculty, who take on student feedback when making course improvements. If you're passionate about improving the student experience, apply to be a **First Year Representative** or keep an eye out to join **Feedback Focus Groups**. Also, stay tuned for **MedSoc Committee Applications**, where you can get involved with roles such as our Womxn's Officers, Queer Officers, Environment Officers and much more!

## 2. Experiences

Where to start! The MedSoc calendar is known for being stuffed full of unmissable events for your first year. You've probably heard heaps about **MedCamp** (a must go), but make sure to look out for our big social events like **ScrubCrawl**, **MedBall**, **Integration Cruise** and **End of Term parties**! We've also got more chill events such as **bouldering**, **sports comps**, **origami**, **eSports** and more.



You can also boost your medical-student-kudos with crash course academic tutorials, clinical skills training nights and events to extend your learning beyond the classroom.

## 3. Community

One of my favourite things about MedSoc is the variety of what we have to offer! For your creative side, join our Publications, Photography or Video Committees. There's also Medical Music Society and MedShow for those who love music and performing arts. In addition, we have 7 Special Interest Groups who run spectacular events for those who want to explore certain specialties, including Surgery, Dermatology and Critical Care. We're also affiliated with International Medical Societies and organisations including GPSN, MOA and RAHMS, which offer lots of amazing rural and international volunteering opportunities. 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 2028 Facebook pages for important updates :) and always feel free to reach out if you have any questions.

Best of luck for your first year and I can't wait to meet you all <33

Love,



Sophie Mok (IV)

[president@medsoc.org.au](mailto:president@medsoc.org.au)



# Meet your 2023 Medsoc exec!



## President

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

**Fav Med Teacher & why:** Pascal Carrive tried to spook us on Halloween by throwing sweets at us in the dark, while dressed as the Grim Reaper.

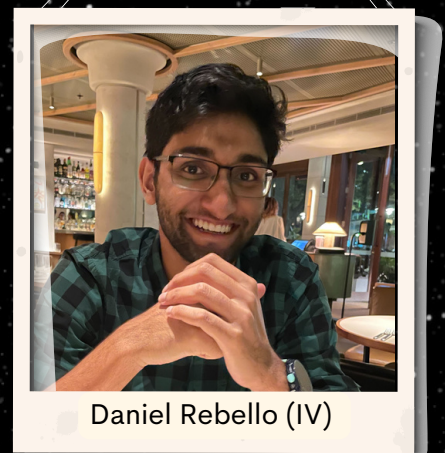
**If I was an organ, I would be:** an appendix...because it's small, lacks purpose and is a little unpredictable

## Vice President Advocacy

**Favourite med moment:** Ditching a QMP class one time to buy Pizza Hut for the SG that came after it. Epitome of when life gives you lemons make lemonade. Also come up and ask either Jack Nethery or I about medcamp 2022 4:30am for another classic story

**Embarrassing Story from First Year:** Twerking on a zoom call.

**Fun fact about yourself:** Jack and I are related



Daniel Rebello (IV)

[vpadvocacy@medsoc.org.au](mailto:vpadvocacy@medsoc.org.au)



## Vice President Inclusivity

**Favourite med moment:** Honestly, I loved being a MedCamp leader! Getting to know the freshers was a lot of fun. I'm so keen to do it again this year

**Embarrassing Story from First Year:** I once cried over a game of Articulate

**What animal would you be:** I would be a cow! They're so CUTE!!!



Alexandria Cung (IV)

[vpinclusivity@medsoc.org.au](mailto:vpinclusivity@medsoc.org.au)



Angie Rofaill (II)

[secretary@medsoc.org.au](mailto:secretary@medsoc.org.au)

## Secretary

**Fav Med Teacher & why:** Joyce El-Haddad <3, her anatomy drawings and memes are \*chef's kiss\*

**Fav spot on campus:** My favourite spot on campus would have to be Med Lawn (when it isn't raining). It is a super lovely place to relax, get some work done and say hello to friends on their way to wally :)

**Fun fact about yourself:** My hair is completely waterproof in chlorine pools hehe

## Treasurer

**Favourite med moment:** The first SG back in 2021 after a full year online was nice. Unfortunately this memory was partially soured by Dan being in my class. 7/10.

Also medshow was fun last year - u shld join aha x ✨

**Fav Med Teacher & why:** Martin Weber is a gem. No further questioning.

**If I was an organ, I would be:** The pinky toe, because the exec doesn't really NEED me but they'd look really unaesthetic if I left.



Jack Nethery (IV)

[treasurer@medsoc.org.au](mailto:treasurer@medsoc.org.au)



## Academics Director

**Favourite med moment:** the mud run at medcamp, getting in trouble for talking way too loudly in the library, pizza parties in the last SG of term, finessing our way to extra dessert at medball, making costumes for medshow, and getting banh mis after City 2 Surf.

**Advice to First Year Self:** Uni is a lot of fun, so try to make the most of it! Get involved – especially in first year, it's a fantastic way to meet people and experience things that you might not have otherwise. Work together and help and learn from your peers!

**Fun fact about yourself:** I have a black belt in karate!



Priya Bahra (III)

academics@medsoc.org.au

## Public Relations Director

**Fav Med Teacher & why:** The senior students who are tutors in anatomy practicals, latch onto a good one and you will learn very well

**Embarrassing Story from First Year:** I was caught cheating on my online closed book foundies exam ;-;

**Fun fact about yourself:** I love to paint and am obsessed with Studio Ghibli films



Mikayla Li (IV)

prd@medsoc.org.au

## Events Director

**Favourite med moment:** Pulling an all-nighter then watching a beautiful sunrise with the MedShow cast <333

**Quote to live by:** "When something goes wrong in your life, just say 'PLOT TWIST' and move on."

**Fav Med Pick-up Line:** Are you my appendix? Because I have a gut feeling I should take you out 😊



Kelly Ni (III)

events@medsoc.org.au



## Sponsorship Director

**Favourite med moment:** Going on ScrubCrawl in 2nd year and being able to wear actual scrubs that were borrowed from hospital ;) Close second would have to be meeting my closest med friends through our Foundations Group Project!

**Fav Med Subject & Why:** Anatomy because I like cadaver juices.

**Fav spot on campus:** Roundhouse (I feel like this should be everyone's answer).



Aidan Tharmarajah (III)

sponsorship@medsoc.org.au

## Human Resources Director



Josh Lowinger (V)

humanresources@medsoc.org.au

**Advice to First Year Self:** Sit back, relax and enjoy the ride. 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.

**Quotes to live by:** "Smiles are contagious... be a carrier." - Anonymous

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

## AMSA/NSWMSA Representative

**Fav spot on campus:** Yallah Eats :))

**Favourite book:** If you're into medical biographies try "When Breath Becomes Air"

**Med event to look forward to in 2023:** Come to AMSA Convention 2023 (its on the Gold Coast and will be a great time)



Mason Ginters (III)

amsa@medsoc.org.au

# First Year Opportunities

If you haven't got the memo... 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 PARTY! Soon you will all sign up to MedSoc as members, giving you prime access to all our academic and social events. However, if you're looking for a bit more, there are a bunch of positions you guys can run for within the society. Keep in mind 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 Reps

You'll get your chance to run for FYR very shortly! FYRs play a major role in communicating student concerns to MedFac and making sure the grade is A-O-K. They organise events like termly welcome back morning teas, integration cruise, 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. We have both had an ABSOLUTE BLAST doing this with NO REGRETS so definitely apply!

## Assistant Secretary

As an assistant secretary you'll get to help run the cogs and wheels behind MedSoc! ⚙️ You will help run MedSoc councils, coordinate event records for MedSoc events, organise food for council and take minutes in Exec and council meetings. ➡️ They'll also assist our amazing operator Angie 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, and you'll always get a cheeky feed council as well! 😊

## Subcomms/ Committees

There are a total of 13 different subcomms that are available to you! Subcomms allow you to get amongst something more tailored to what really tickles your fancy! You'll work in a team including some older meddies, from academic resources, social events to wellbeing. Timewise this is a smaller commitment, but with all the benefits of meeting new people that MedSoc offers, so we could recommend joining a subcomm enough! 😊 More details will come your way!

## Presidential Assistant

The presidential assistant will solely involve being Sophie's swag sidekick. 😊 From corresponding on behalf of the president, setting up Council meetings, and fulfilling any important duties to assist the MedSoc executive team. It is an incredible experience and you will be surrounded by a group of fun-loving peeps. You will be at the heart of MedSoc to help make the medical student experience the best it can possibly be.

Info about all these roles will be made available on the UNSW Medicine 2027 page around **Week 5 Term 1** so make sure you've got notifications turned on there! All the best, we can't wait to see you guys in MedSoc and around uni soon!



# JUCS & FOLLOWS

UNSW MEDSOCIETY PRESENTS



2023 Medcamp

**FEBRUARY 24 - 26, 2023**

**DANGER**

**DAN**

Outdoor Adventure Camps Wiseman's Ferry



# Development Portfolio Certificate

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, MedSoc President and Vice Presidents for their UNSW Medicine Portfolio Examination. To be awarded the DPC at the end of 2023, 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.

## 1. Advocacy

One event from at least 3 of the Equity, Diversity and Inclusivity portfolios:

- Any Diversity in Medicine (Intersectionality) Month event
- Indigenous
  - Indigenousness and Medicine Workshop
  - Indigenous x Environment Gardening
- Disability
  - Disability & Health Symposium
  - Disability Awareness Movie Night
- Queer
  - LGBTQIA+ Speaker Night
  - Queer Trivia Night
- Womxn's
  - Diversity in Medicine Workshop & SADFV Talk
  - Care Package /Donation Drive
- International
  - Foreign Movie Night
  - USMLE Night/Internship Night
- Environment
  - 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

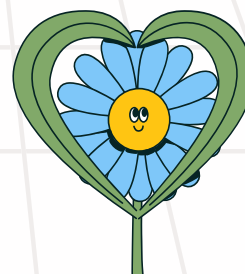
## 3. Community

- One event from each of the 3 parts of our broader Med community:
  - Any SIG event (CritCareSoc, 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,

Alexandria Cung (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 benefits below, if you present your sticker at these places! (The exact amount of discounts may be subject to change).

Business	Address	Deal
	150 Belmore Rd, Randwick NSW 2031	10% discount off total bill
	4/393 George St, Sydney NSW 2000	<ul style="list-style-type: none"> <li>• 15 % discount off escape hunt</li> <li>• 20% discount off virtual rooms</li> </ul>
	689 Gardeners Rd, Alexandria NSW 2015	Entry and Skate Hire for: <ul style="list-style-type: none"> <li>• All General Public Sessions \$15.00</li> <li>• Thursday Night Cheap Skate Night \$10.00</li> </ul>
	Level 3/164 Belmore Rd, Randwick	Student rate of \$45 per week <ul style="list-style-type: none"> <li>• Unlimited sessions</li> <li>• No lock in contract</li> </ul>
	5/393 George St, Sydney NSW 2000	<ul style="list-style-type: none"> <li>• 20% discount with code MEDSOC20 VR time travel escape room- assoc. w/ escape hunt</li> </ul>
	393 George St, Sydney NSW 2000	<ul style="list-style-type: none"> <li>• 15% discount</li> </ul>

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 :)

Love, Catherine Le (II) and Joanna Zhou (III)





# How to make the most of your time in Med!

Dear Class of 2028... congratulations and welcome to Medicine!! I'm sure you've heard this a hundred times over, but well done! It's truly an achievement to have made it into this program and your future peers are all very excited to meet you.

Today, I'm hoping to give to you the advice I wish I heard in first year, via a comprehensive guide on how to make the most of your time in medicine!

## Step 1: Make new friends

Friends are key to a successful first year. Whether you're sharing notes, drinks, or secrets, your friends will be an absolute lifeline to you throughout your degree, so I'd recommend making them early.

But how do you do this? Perhaps many of you haven't had to make new friends in years. That's okay! My advice is that the more people you meet, the more likely you are to find people you really click with. So be outgoing, go to MedCamp, Scrubcrawl and all the other classic med events and try to introduce yourself to as many people as possible. Some of those people will become your closest confidants and best friends by the end of this year, I promise.

## Step 2: Get involved!!

Uni life is like a whirlwind in the best of ways. I love to think about it as a 'period of reinvention'. It's a time to explore your passions and learn more about yourself without fearing failure! Some of the best memories I have of my time in med are from putting myself out there and getting involved in MedShow acting and dancing, making great friends in SIGs and PAGs and learning about different communities on the MOA Dubbo Trip.

Whether you've always wanted to try music, sports, volunteering, leadership, partying or



Alexandria Cung (IV)

gardening - whatever it is, there's a space for you to explore it in (or outside of!) med. If I can leave you with one message today, I'd like it to be this - be fearless, and go after what you want! You never know when you could be creating lasting memories.

## Step 3: Remember - there is life outside of medicine

Medicine is amazing and it'll be a big part of your life going forwards, but it's not all of you. I'd encourage you to make sure that you keep up the things that you love, whether it be sport, hobbies, community groups, playing instruments or gaming. Medicine is only another addition to the collage that is you, and shouldn't take away from the things that already make you special.

Personally, I really like playing social sports, hanging out with high school friends and travelling. If there's something you really enjoy, don't let med get in the way of that. Remember, 'Ps get degrees!'. The academic pressures and expectations of high school or your last uni degree are long gone.

We've all been where you are now, and someday you'll be in my shoes, welcoming the younger years and helping them adjust to university life. I don't expect you to do it perfectly but I know you'll all make the best of it!

I hope to see many of your faces at O-Week, MedCamp and on campus as the year goes by. It's going to be a HUGE year, so have an amazing first year of medicine and don't be a stranger!

# Social Events



Linda Liu (III) and Ashley Suh (III)

## Medcruise

All of UNSW meddies come together on one cruise! Don't forget to take pictures of the iconic Sydney Harbour with free flowing drinks in your hands!



## Scrubcrawl

We all love pub crawls, but what's even better? That with scrubs (or in your case, lab coats) Bring your lab coat and permanent markers to the biggest social event of the year! Make sure to come along for all the stops or else...



## Mid Year party

Yay it's the middle of 2023, only half a year left. Let's prevent your brain from exploding with some quick bevies. You will definitely need it, just make sure it doesn't become a habit !



# Wellbeing & Mental Health Resources

## Who Are We?

Hey everyone, we are excited to introduce you to Wellbeing! We are here to help everyone have a great time at uni, make great friends, and prioritize your physical & mental health throughout the process. During the year, we will be holding many fun events to help you meet people not only in first year but in other years, as well as events that can help you relax and take a break from studying med!

## Our Events

### Term 1

- Cupid Sends Meddies Messages
- Origami Night
- Meddies Fruit and Veggies Patch
- Memory Wall



### Term 2

- Gratitude Wall
- Wings for Life
- Meddies Go Pole Dancing
- Resilience Workshop



### Term 3

- Angels and Mortals Week



### Term 4

- Worlds Greatest Shave
- Meddies Meet EOC Support Dogs

## Self care days

Medicine can be a stressful degree to study and it can become overwhelming, especially with so many new opportunities and changes from high school. Self care days are a great option for students to take a break and recover. Up to 8 times each year (2 per term) you are able to take a self care day without providing a reason and not attend classes you have.

### Key information:

- There is an option to take up to 2 self-care days per term
- They should be planned 24 hours in advance
- Send your Course Convenor and tutor/supervisor an email about taking the day off
- Log the day on eMed > Portfolio > click SUBMIT self-care days
- You can attach a self-care plan on eMed
- Make sure you catch up on what you missed!



## Resources

There are many places you can go if things are starting to feel too overwhelming, stressful, or when things just don't feel right. Here are some of the places you can go:

- **Faculty Wellbeing Officer: Catherine Marley**  
Contact: [c.marley@unsw.edu.au](mailto:c.marley@unsw.edu.au)
- **Counseling and Psychological Services (CAPS):**  
Location: Quadrangle building from 9am to 5pm to book appointments  
Contact: <https://student.unsw.edu.au/counselling>
- **Headspace:**  
Information: <https://headspace.org.au/>  
Contact: Bondi Jnc: 9366 8000
- **Beyond Blue:**  
Information: <https://www.beyondblue.org.au>  
Contact: 1300 22 4636
- **Black dog Institute:**  
Information: <https://www.blackdoginstitute.org.au/>  
Contact: 02 9382 2991
- **Lifeline:**  
Information: <https://www.lifeline.org.au/>  
Contact: 13 11 14
- **Doctors' Health Advisory Service (DHAS):**  
Information: <https://www.dhas.org.au/>  
Contact: 02 9437 6552



## Other Important Tips

1. Balance study, sleep, and social life! Take a self care day if you need, or some time to recuperate.
2. Romanticize studying! Visit local libraries & cafés, create your favorite study playlist, and study with friends - it makes the learning process fun & enjoyable when it seems like it is hard to look at it that way:)
3. Take care of your physical health as well as mental health. Spend time outside going for walks or doing some physical exercise.
4. UNSW Health Service bulk bills students with a Medicare card for most appointments
5. Overseas Student Health Cover (OSHC) cardholders can receive benefits if they have OSHC Worldcare or Medibank OSHC insurance.



Love,  
Ashwini Sivakumar (II) and Chloe Oh (II)

# 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 events planned for 2023, 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.

## SurgSoc



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 2023.



### - 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!

### - 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!

### - 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!

### - 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.

### - 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!

## Connect with us!

Interested? Head on over to Facebook to follow our socials!

- unsw surgical society
- unsw internal medicine society
- unsw psychiatry society
- unsw critical care society
- oculus society
- unsw women & children society
- unsw dermatology society



# 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!



## Medical Music Society

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 termly jam sessions, welcoming both newbies who are new to music and experienced diploma instrument players or singers alike. These sessions occur in preparation for volunteer performances in hospitals or nursing homes, as well as our annual concert. In 2023, we're also looking to include a midyear talent show and create fun youtube song parody videos so we'd love to see you at the auditions! As the saying goes: "Music is the medicine of the mind!" Join us to continue your passions and share the love for music.





# Medsoc Affiliates

GPSN

General Practice  
Students Network

**General Practice Students Network (GPSN)** is a not-for-profit student-run 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. Such events 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 2023 events!



The **Rural Allied Health and Medical Society** 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.

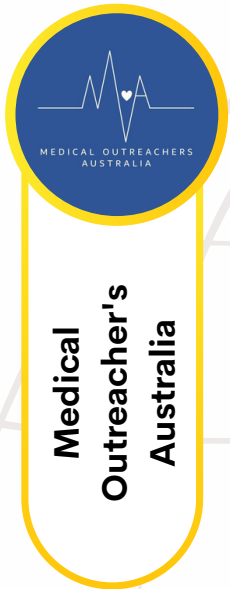
So, if EWE would like to be part of big changes to the health of people across Australia, come along to some of our events and get inspired! In 2023 we are running:

- 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!

RAHMS

Rural Allied Health  
and Medical Society



Medical Outreachers Australia was founded in 2015, and since then has been an avenue for UNSW medical and health students to actively engage in outreach towards improving health equity through local, rural and international projects. This year our vision is to continue cultivating the passion of medical students in not only practicing medicine but also reaching out to care for others through humanitarian actions.

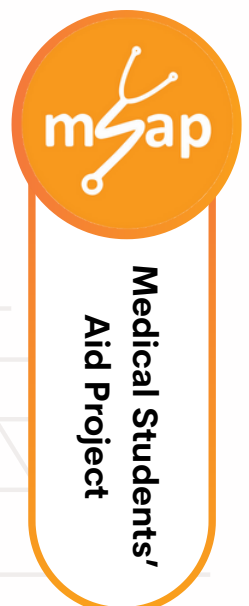
Our Local, Rural, and International Projects Directors will focus on a range of existing and new events this year. With an overarching Local theme of mental health and wellbeing, our executive will also be outreaching to different communities through a number of volunteering trips, both rural and international. Our Rurals team will continue our flagship Dubbo Hear our Heart collaboration and will introduce a new outreach event in conjunction with UNSW MedSoc Indigenous to support Indigenous health through a mindful and co-designed manner. Finally, our Internationals team will run the inaugural Volunteering in Medicine Symposium, and an international outreach trip. Both look to be unique opportunities for you to engage in varying healthcare contexts and support health equity.

We look forward to seeing you at our events in 2023.

Follow us at [facebook.com/medicaloutreachersaustralia](https://facebook.com/medicaloutreachersaustralia) and Instagram (@medicaloutreachersaustralia).



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



Come along to MSAP's Launch Night to learn more! Keep in touch by liking our facebook page ([facebook.com/msapfb](https://facebook.com/msapfb)) and instagram ([msap\\_unsw](https://instagram.com/msap_unsw)). Join us and we'll show you that you can make a difference :)



# *Connect with us*



UNSW Medicine Class of  
2028 Facebook Group



UNSW Medicine  
Noticeboard



UNSW MedSoc Instagram



UNSW MedSoc Facebook Page

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



**SUBSCRIBE**

# Peer Mentoring

## Timetable

TP1	Session	Topics	Day & Time	Location
Week 1	I: Meet the Mentors Night	Welcome, Icebreakers, Introduction to Classes and Timetables	Feb 13th 5:30pm	Wallace Wurth Lobby
Week 2	II: Campus Tour	Discover all the best foods, study areas, and how to get to your classes!	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	Referencing, plagiarism and how to study in medicine	Self-organised	UNSW Campus
Week 5	V: Socials and Extra-curriculars	Learn about different societies, volunteering and what you can get involved in! Information on SIGs and PAGs.	Self-organised	UNSW Campus
Week 5	Life as a Medical Student	TBA	TBA	Wallace Wurth
Week 6	VI: End of Peer Mentoring Picnic	Join us for a fun BBQ to celebrate finishing your first term of Medicine!	TBA	UNSW Campus

Note: This schedule only serves as a guide. The specific dates and content covered will be tailored by your peer mentors.

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 & Materials

Class	Date & Time	Attendance	Description & Preparation
<b>Lectures</b>	~8 per week, 50 minutes each, 9-11am on Monday - Thursday (varied)	Generally not compulsory, but a good opportunity to meet people F2F. Recordings are uploaded online.	Avoid falling behind as it may be difficult to catch up. Content is examinable in EOCs.
<b>Scenario Group (SG) Sessions</b>	2 per week, 2-hour sessions (1-3pm or 3-5pm slot depending on college)	Compulsory, in-person or online	Sessions are based on the student guide. Often pre-work (Moodle). Content may be assessed in EOCs. Try to be punctual! - facilitators can provide eMed feedback for SG performance
<b>Practicals</b>	2-4 per week, 2 hours each, Monday - Friday (changes weekly)	Compulsory, in-person or online	Practicals are based on the Practical guide for each course. Pre-work modules are required for some practicals (check Moodle). Content is examinable for the Progressive Practical Exams. Prac notes available on MedConnex.
<b>Tutorials</b>	<1 per week, 1 hour long, Usually in the 11-1 time slot	Often compulsory, in-person or online	Pre-work can be found on eMed or Moodle. Worksheets. Some can be useful for EOC revision.
<b>Campus Clinical Sessions</b>	1 per fortnight, 2 hour sessions, Date and time varies on college	Compulsory, in-person	Watch 'Clinical Skills Videos' by Silas on CS Moodle - they go through each physical exam + refer to Phase 1 Clinical Skills Guide
<b>Hospital Clinical Sessions</b>	1 per fortnight, 2 hour sessions, Date and time varies on college and allocated hospital	Compulsory, in-person	Session is led by a doctor from your allocated hospital. Familiarise yourself with the relevant history/examination before attending. You will often be asked to take histories. Review Geeky Medics, Talley & O'Connor



# Medicine Course Structure



The UNSW Medicine program is divided into three phases that allow you to build upon previous skills and knowledge.

- Phase 1 (Years 1-2) - mainly the 'science-component' of the course with some basic clinical skills
- Phase 2 (Years 3-4) - heavier emphasis on the clinical aspects of medicine + research (Y4)
- Phase 3 (Years 5-6) - very much clinical years (limited on-campus learning)

In Phase 1 you get split up into 4 colleges which are randomly allocated. The colleges are Hollows, Blackburn, Cooper and Stanley, and they determine your timetable and classes. Within a college you are split into Scenario Groups (SGs) which are like small tutorial groups of 10-14 student whom you'll meet every week.

## - Phase 1 -

Phase 1 is mostly based on campus and will cover most of the major organ systems – knowledge you will build upon in your clinical years. Phase 1 is split into 8 terms, each course being 8 weeks long, covering a different body system. The structure will be as follows:

	Year 1 (2023)	Year 2 (2024)
Term 1	Foundations (Overview)	Society & Health - Immunology, Respiratory
Term 2	Beginnings, Growth and Development A (BGDA) - Childbirth and Reproduction	Beginnings, Growth and Development B (BGDB) - Paediatrics, Mental Health
Term 3	Health Maintenance B (HMB) - Gastro/Renal	Health Maintenance A (HMA) - Cardiovascular
Term 4	Ageings and Endings A (AEA) - MSK/Cancer	Ageings and Endings B (AEB) - Neurology

Each year, HM and AE courses are 'vertically-integrated' courses, meaning they are completed together with second years.

So you will get the opportunity to meet and work alongside some second years!

## Assessment Overview

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 (EOC)

- 1 MCQ end-of-phase exam
- OSCE - this is a clinical exam where you perform a history/exam on a patient
- And a portfolio examination (3500 word reflection essay).

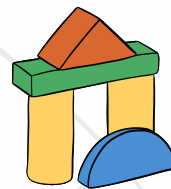
Additionally, there are 3 progressive practical examinations along the way. And at the completion of Phase 1, there will be 3 major exams:

It does sound like a lot, but we can say we got there in the end, and remember you're all doing it together!



## Year 1

**Foundations** (or Foundies) is your introduction to medicine, where you will briefly cover several different body systems. The key focus is on 'Inflammation' - explored through a scenario called 'Ryan's Knee'. Many key themes are explored through 'scenarios' throughout the Medicine course. This course is pass/fail and is not WAM-counting, meaning it is a great time for you to adjust comfortably to university life and test out different study methods to see what suits you.



**BGDA** is your first 'real' course and focuses on childbirth and sexual health ('Obstetrics/Gynaecology'). You will be learning about the development of an unborn child (embryology!) as well as male and female reproduction! Embryology can be quite tiresome - so 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!



**HMB** is your 'gastro/renal' term, mainly exploring your kidney and liver as well as some hefty biochemistry lectures on energy metabolism. You will be exploring hepatitis, alcohol-related disease and diabetes. Renal physiology has a main character role during this course and can seem exceedingly intricate so try your best to stay up-to-date with lectures, and don't feel shy to ask your PASS tutors for help!



**AEA** focuses on the musculoskeletal system with some aspects of oncology and palliative care added in too. The topics explored include bone and joint diseases such as arthritis and osteoporosis, as well as breast and colorectal cancer. AEA is VERY anatomy-heavy, so making anatomy flashcards (or however you best learn anat) throughout the term is a good op.



## Year 2



**SH** is your first course of Year 2! This course looks at the respiratory system with a focus on immunology and infectious diseases too, including HIV/AIDS, influenza and tuberculosis. It is a reasonably chill course, so students often find it's a good chance to complete their negotiated assignment!



**BGDB** extends on the topics explored in BGDA and is mainly focused on paediatrics, namely childhood developmental milestones and mental health. There is again lots of embryology, gastrointestinal anatomy and physiology and also some psychiatry. Your Hospital sessions will involve visits to the Royal Women's and Children's Hospital where you will see models of childbirth. Of note, obstetric and gynaecological OSCEs can be the hardest to perfect, so make sure to practice with your peers!



**HMA** is all about the cardiovascular system - aka your heart <3! Some things you'll cover include 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!



**AEB** is your neurology term - we look at the amazing human BRAIN! Themes covered will be space-occupying lesions, stroke syndromes and neurodegenerative diseases like Alzheimer's and Parkinsons. You will become increasingly familiar with the neuroanatomy resource called 'Brainstorm' which helps visualising slices of the brain and the complex neural pathways.

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. Students will be split up into the different hospitals for clinical teaching at their given hospital, but will mix with other hospitals for on-campus classes (anat labs, pathology pracs etc.) You will be rotating through 6 different areas of medicine, with 2 major exams at the end of the year (one clinical exam and another MCQ exam). Year 3 is a really enjoyable year and helps contextualize a lot of the basic sciences you learnt across Phase 1. It is the time to consolidate the clinical skills you learnt thus far, without the pressure of ongoing assessments and exams throughout the year.

In Year 4, students will undertake a research project: either the independent learning project (ILP) or Honours project. There is a WAM cut-off to do Honours (as of 2019, it was a WAM of 65 - see below). You will also be required to take general education courses ('GenEds'). If you are undergoing ILP, GenEds can be done during Year 4, whereas Honours students are advised to complete them during the Phase 1 summer holidays.

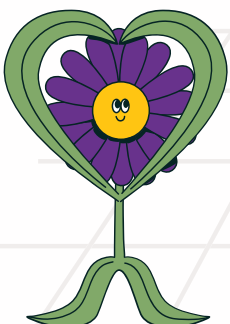
## - PHASE 3 -

Phase 3 is all clinical with few campus days. You spend most of your time at your given hospital doing ward rounds and attending clinics. And after that, graduation - yay!

Hope this was helpful, and feel free to shoot us a message if you have any questions.

From the ProfDev Crew,

Isaiah Tambyrajah (IV)  
& Jenny He (IV)



# Assessment Weightings

BMed	% Total
<b>Phase 1</b>	
Course examinations	20%
End of Phase Written Examinations (½ from MCQ and ½ from Practicals)	10%
End of Phase Clinical Skills Examination	10%
Portfolio Examination	20%
<b>Phase 2 Coursework</b>	
Projects/Assignments	10%
Phase 2 Integrated Clinical Examination	20%
General Education/Arts courses	10%
<b>Total BMed</b>	<b>100%</b>

MD	% Total
ILP/Honours*	15%
<b>Phase 3</b>	
Course Results	20%
Biomedical Sciences Viva Examination	15%
Phase 3 Integrated Clinical Examination	30%
Portfolio Examination	20%
<b>Total MD</b>	<b>100%</b>

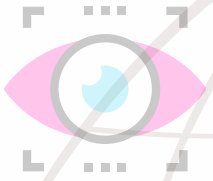
\*As of 2019, all students with >65 WAM across all EOC examinations will be eligible for Honours.





# Assessments in PHASE 1

## End of Course Exams (EOC)



- **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 thus → 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) ⚠️ in online exams you can use that reading time as 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 (SG) CAN and will most likely be tested!
    - ⚠️ Don't give in to the temptation to neglect SG
    - 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 they often use similarly structured questions
  - 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!
- **Results**
  - ⚠️ Please don't panic! Be kind to yourself, remember it isn't high school
  - Foundations EOC is pass/fail
  - Every subsequent EOC is given a mark out of 100:
    - 49.5-64 = pass
    - 65-74 = credit
    - 75-84 = distinction
    - 85+ = high distinction

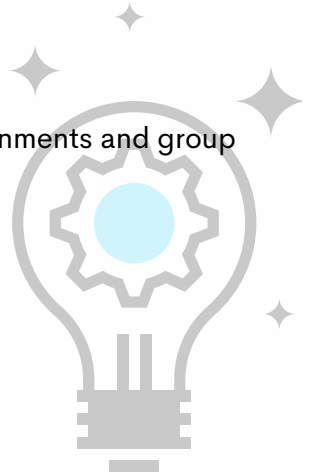


Academics Team!

- 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!**)
- ... **And neither do we want you to fail!** If you have any questions or need any support, we're always here to help as your Academic Officers! Let's grab some coffee or boba!! ☺ Feel free to reach out :)

## Assignments and 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 self-directed 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:
    - Basic and Clinical Sciences
    - Social and Cultural Determinants of Health
    - Patient Assessment and Management
    - Effective Communication
    - Teamwork
    - Self-Directed Learning
    - Ethics and Legal Responsibilities ☹
    - Reflective Practitioner
  - Each assignment/project has **2 'focus capabilities'**, 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 **3 generic capabilities**: effective communication, self-directed learning, reflective practitioner. You **CANNOT** rely on these marks to satisfy the graduate capabilities. You **MUST** also complete these as focus capabilities.
  - In Group Projects you do NOT need to cover every grad cap as a focus capability 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





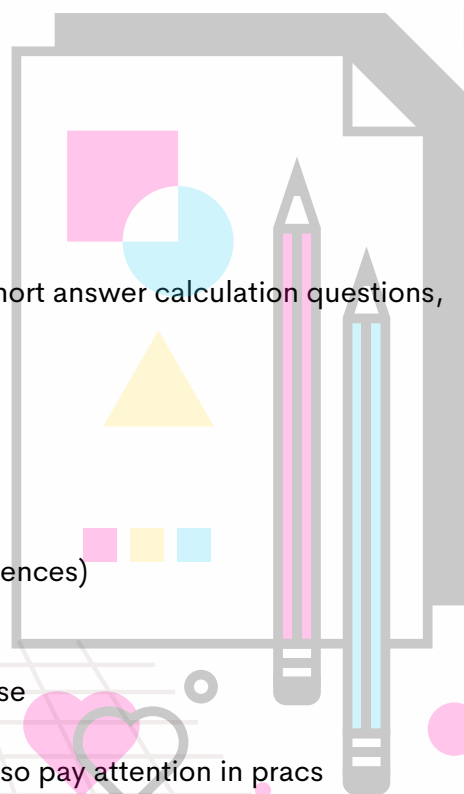
- Get familiar with different databases, which you can view from the UNSW Library Medicine Subject Guide:
  - MedLine
  - EMBASE
  - Best Practice
  - Scopus

## Practical Exam

- There are four 30 minute sections of the exam and you rotate between them with a 15 min break in between each.
- The content of exams are derived from courses prior to it, except Foundations
  - PPE1 (end of first year) - BGDA, HMB, AEA
  - PPE2 (middle of second year) - SH, BGDB
  - PPE3 (end of second year) - HMA, AEB
- There is a 'cumulative total' system – i.e. that you need a total mark over 50% **over the three exams** to pass and **50% in each discipline** 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 below)

## Disciplines

- **Physiology / Pharmacology**
  - 5 questions (30 mins) [3 physio, 2 pharm]
  - This is usually an online exam
  - Question types - MCQ, Drop down, Match statements, Brief short answer calculation questions, True/False, Drag and Drop
  - **TIPS**
    - Revise tutorial content for calculation practice
    - Familiarise yourself with the method of each prac
- **Microbiology/biochemistry/genetics (BABS)**
  - often referred to as BABS (Biotechnology and Biomolecular Sciences)
  - 5 questions (30 mins)
  - This is usually an online exam
  - Question types: MCQ, True/False, Matching, Multiple Response
  - **TIPS**
    - Exam questions often come straight from your prac manual so pay attention in pracs
    - Ensure you can answer the prac manual questions
    - Read over MedBible prac notes before exams.
- **Histology/ Pathology/ Embryology**
  - 6 questions (30 mins)
  - 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.
  - Question types: MCQ, Drop-down menu, Labelling, Tick the box, Multiple Responses
  - **TIPS**
    - Practise going through slides on your own/ or discussing with mates
    - Complete your post-practical adaptive tutorials





- **Anatomy**

- 10 questions (45 mins)
- 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.
- Question types - Type-in identification/labelling questions, Drop-down menu labelling questions, Questions about function and relations (e.g. The pancreas is responsible for \_\_\_\_), Fill in the blank, Short Response (one sentence)
- **TIPS**
  - Complete the questions in your prac manual
  - Refer to UNSW Anatomy Images (PDF Document)
  - Complete post-practical tutorials (often identical questions)

## OSCE 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 Teaching Period.

- **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
- Here is a sample SOCA form with marking criteria to show you how they are assessed 😊

By,  
James Joseph (II) and Mondira Paul (II)



## UNSW Medicine – Student-Patient Observed Communication Assessment (SOCA) form

Student: \_\_\_\_\_ Year: 1<sup>st</sup> 2<sup>nd</sup> GE (circle)

Assessor: Campus Tutor / CSD / Hospital tutor / Other hospital clinician / Simulated Patient (circle)

Date: \_\_\_\_\_ Course: \_\_\_\_\_ Patient MRN or SP name: \_\_\_\_\_

Observe student interviewing patient (real or simulated) and comment on the student's ability to:	Grade
<b>1. Provide structure</b> <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i> <ul style="list-style-type: none"> <li>A. Initiates the session appropriately with introductions, defining of the purpose and agenda</li> <li>B. Clarifies and summarises at key points during the interview</li> <li>C. Uses transitions and signposting</li> <li>D. Manages time effectively</li> <li>E. Closes the session appropriately</li> </ul>	F  P-  P  P+
<b>2. Gather information</b> <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i> <ul style="list-style-type: none"> <li>A. Encourages the patient to tell their story in their own words</li> <li>B. Explores the patient's problems and perspectives (beliefs, worries, feelings, goals)</li> <li>C. Uses open questions initially, listens attentively, and then synthesizes closed questions as appropriate</li> <li>D. Facilitates patient's responses using encouragement, pause/silence, repetition, paraphrasing, interpretation – with limited interruptions</li> <li>E. Avoids using jargon and requests clarification and further information where needed</li> </ul>	F  P-  P  P+
<b>3. Build relationships &amp; develop rapport</b> <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i> <ul style="list-style-type: none"> <li>A. Picks up and acknowledges patient's non-verbal behaviour (e.g. body language, speech, facial expressions, affect)</li> <li>B. Demonstrates respectful, encouraging and non-controlling non-verbal behavior (eye contact, facial expressions, posture, position, movement) and vocal rate, volume and tone</li> <li>C. Acknowledges patient's perspective and efforts to cope and is non-judgemental</li> <li>D. Handles uncomfortable topics sensitively</li> <li>E. Involves the patient, and shares own thinking as appropriate – ideas, thought processes, dilemmas</li> </ul>	F  P-  P  P+
<b>4. Ensure a shared understanding of patient's needs and perspective/impact of problem</b> <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i> <ul style="list-style-type: none"> <li>A. Explores impacts, concerns and expectations</li> <li>B. Relates subsequent questioning and explanations to previously elicited ideas, concerns or expectations</li> <li>C. Checks interpretation of information with the patient – clarifying and asking for any corrections or questions</li> <li>D. Recognises and prioritises patient's needs</li> </ul>	F  P-  P  P+

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

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

# *How to Study in Medicine*

As a medical student, you'll often hear others say 'Wow, you must study a lot!' As a first-year student, there are many different topics to learn – ranging from anatomy to microbiology to histology. Amidst the endless streams of new content, it can be a struggle to figure out what the most efficient and fun way of studying is. But do not fear! Below are some techniques and tips you can use (proudly certified by older meddies!).

## **Active Recall**

If any of you have watched Ali Abdaal's YouTube videos, you will have heard the term 'active recall' a million times over. Active recall simply means retrieving a piece of information from your memory. By consistently testing yourself through active recall, you can reinforce your existing knowledge and identify areas of weaknesses to work on. You can apply active recall through:

- Flashcards (Quizlet, Anki)
- Questionbanks
- Memoranda/past papers (see 'Resources')
- Quizzing friends



## **Spaced Repetition**

As with most things, the longer it's been since you first learned something, the easier it is to forget it – this exponential decline in retention is known as the 'forgetting curve'. Spaced repetition means reviewing material at certain intervals – for example, when you attend your first lecture in week 1, revise it the day after, then 3 days later, a week later, 2 weeks later and so on. By doing this, you can improve your memory retention and avoid last-minute cramming before exams.

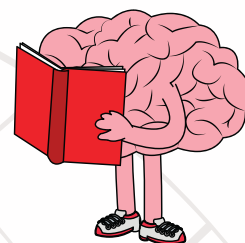
## **General Tips**

- Start early and stay organised! Keep track of the classes you've had and the content covered in them.
- Review material before classes so you can understand the content better on the day and ask questions.
- Prioritise your learning by topics you find the hardest/believe are the most important
- Form a study group! This can be with your SG or any other meddies – try to teach each other & learn from other people's strengths
- Ask for advice from older year students (including your peer mentors) – they have been through first year and would love to help you out!



Isaiah Tambyrajah (IV) & Jenny He (IV)

# Study Techniques



Technique	Comments
Note-making	<ul style="list-style-type: none"> <li>Useful to summarise lecture content and makes studying easier if they are your own notes</li> <li>However, this is a passive form of studying, neglecting active recall and spaced repetition (unless you can quiz yourself based on the notes)</li> </ul> <p><u>Verdict</u></p> <ul style="list-style-type: none"> <li>Low yield since there are already various sets of notes available (see MedConnex)</li> <li>Ultimately, you should decide on your reasons for making notes as it can differ for each individual: <ul style="list-style-type: none"> <li>Is it to have all the information from lectures in one place? → Use/edit notes from Medconnex</li> <li>Form of revision? Use other methods involving active recall</li> </ul> </li> </ul>
Flashcards	<ul style="list-style-type: none"> <li>A form of revision incorporating active recall and spaced repetition</li> </ul> <p><u>Verdict</u></p> <ul style="list-style-type: none"> <li>Highly efficient if you review your cards at intervals</li> <li>Best way to practise active recall</li> <li>A common mistake is to only revise cards during exam time - <b>flashcards are most powerful when used consistently</b></li> <li>Recommended flashcard software: Quizlet &amp; Anki (see 'Resources')</li> </ul>
Completing memoranda	<ul style="list-style-type: none"> <li>Completing past questions</li> </ul> <p><u>Verdict</u></p> <ul style="list-style-type: none"> <li>Highly effective as it develops your ability to consolidate concepts to answer questions</li> <li>Provides information on high-yield content that is often examined</li> <li>MedFac tends to repeat questions, so it can be an easy way to get marks</li> </ul>
Group study	<ul style="list-style-type: none"> <li>Studying with a group of people</li> </ul> <p><u>Verdict</u></p> <ul style="list-style-type: none"> <li>Works very well if group members are focused and help each other out</li> <li>Provides a good break from self-study and allows you to learn from other people's strengths</li> <li>Make sure you find techniques that work well for group study. E.g. the jigsaw technique.</li> </ul>
Watching videos	<ul style="list-style-type: none"> <li>Using online videos to better learn concepts</li> </ul> <p><u>Verdict</u></p> <ul style="list-style-type: none"> <li>Useful for clarifying concepts or gathering additional information/alternative explanations</li> <li>Note that textbooks are optional. Generally not as efficient to sit down and annotate/read a textbook chapter by chapter.</li> <li>Resources include: Osmosis (see 'Resources')</li> </ul>
Textbooks	<ul style="list-style-type: none"> <li>Using the prescribed textbook to create notes and learn concepts</li> </ul> <p><u>Verdict</u></p> <ul style="list-style-type: none"> <li>Useful for clarifying concepts or searching for additional information</li> <li>Generally quite time-consuming, but can be useful for diagrams/flow charts/visualisation of concepts</li> </ul>



# Resources and Textbooks

Disciplines	Resource	Description
Basic and Clinical Sciences		
All Disciplines	Anki/Quizlet	<ul style="list-style-type: none"> <li>Flashcard service</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>Useful for spaced repetition-based learning (do not try to cram with this)</li> <li>Recommended to be used on an ongoing basis (try to do a set number of flashcards per day)</li> </ul> <u>Cons</u> <ul style="list-style-type: none"> <li>Time-consuming: <ul style="list-style-type: none"> <li><a href="https://docs.ankiweb.net/getting-started.html">https://docs.ankiweb.net/getting-started.html</a> (how to use Anki)</li> <li><a href="https://tinyurl.com/AnkusMed">https://tinyurl.com/AnkusMed</a> (folder with Phase 1, 2, and 3 Decks)</li> </ul> </li> </ul>
	AMBOSS	<ul style="list-style-type: none"> <li>Comprehensive and well-organised set of online notes with ability to create quizzes</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>A nicer version of a textbook, with diagrams and images</li> <li>Information is relevant for medicine degrees and you can easily use the search function to directly find the information you are looking for</li> </ul> <u>Cons</u> <ul style="list-style-type: none"> <li>Subscription-based</li> <li>Content can be more advanced than you need to know for Phase 1</li> </ul> <a href="https://www.amboss.com/int">https://www.amboss.com/int</a>
	Osmosis	<ul style="list-style-type: none"> <li>Online medicine videos</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>Provide fantastic simplified explanations arranged by discipline and body system</li> <li>Incredible for those who have a long commute and want to utilise it for study time</li> </ul> <u>Cons</u> <ul style="list-style-type: none"> <li>Paid subscription (if you get a large enough group, you can use the 2-week free trials they offer). By attending some MedSoc events, you can win vouchers for longer trials: <a href="https://www.osmosis.org/">https://www.osmosis.org/</a></li> </ul>
	Armando Hadsugan	<ul style="list-style-type: none"> <li>Online medicine videos</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>Same benefits as Osmosis but free!</li> </ul> <u>Cons</u> <ul style="list-style-type: none"> <li>Sometimes too complex for Phase 1 level or difficult to find video for specifics: <a href="https://armandoh.org/">https://armandoh.org/</a></li> </ul>
	USMLE First Aid for Step 1	<ul style="list-style-type: none"> <li>Summary book for the STEP 1 Exam (American Medical Exam)</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>Very well structured with beautiful diagrams</li> <li>Use this as a summary after you have learned the content</li> </ul>
	YouTube videos	<p><b>Ninja Nerd Lectures</b></p> <u>Pros</u> <ul style="list-style-type: none"> <li>Detailed lectures on several topics - embryology, physiology, anatomy, biochemistry etc, with good flow charts</li> </ul> <u>Cons</u> <ul style="list-style-type: none"> <li>Lengthy duration (can put on 2x speed)</li> </ul> <p><b>Khan Academy</b></p> <ul style="list-style-type: none"> <li>Useful for basic chemistry/biology/physiology content throughout Phase 1</li> </ul>
	EMedici	<ul style="list-style-type: none"> <li>Website with question bank and quizzes which are useful for revision</li> </ul>
	MedSchool Bootcamp	<ul style="list-style-type: none"> <li>Online case-based quizzes</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>Can be useful to consolidate information from different disciplines</li> <li>Helps you in hospital on wards to piece together clinical symptoms</li> </ul> <u>Cons</u> <ul style="list-style-type: none"> <li>Subscription based (but can get a code from existing users to get a free trial period)</li> <li>May be more relevant for Phase 2 requirements</li> </ul>

## 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/>

Pharmacology	Australian Medicines Handbook	<ul style="list-style-type: none"> <li>Handbook of commonly utilised medicines</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>Has all relevant information on many medications you need to know for Phase 1: <a href="https://primoa.library.unsw.edu.au/primo-explore/fulldisplay/UNSW_ALMA51164130320001731/UNSW">https://primoa.library.unsw.edu.au/primo-explore/fulldisplay/UNSW_ALMA51164130320001731/UNSW</a> (access via UNSW library online website)</li> </ul>
	MIMS	<ul style="list-style-type: none"> <li>Similar to Australian Medicines Handbook</li> </ul> <a href="https://searchfirst.library.unsw.edu.au/primo-explore/fulldisplay/UNSW_ALMA61160895520001731/UNSW">https://searchfirst.library.unsw.edu.au/primo-explore/fulldisplay/UNSW_ALMA61160895520001731/UNSW</a>
Anatomy	Complete Anatomy	<ul style="list-style-type: none"> <li>Digital 3D Anatomy Atlas/Textbook</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>Useful for visualising aspects of human body</li> <li>Includes quizzes that are helpful for revision</li> </ul> <u>Cons</u> <ul style="list-style-type: none"> <li>Expensive subscription - was purchased for 2021 by MedFac and might repurchase for 2023: <a href="https://3d4medical.com/">https://3d4medical.com/</a></li> </ul>
	TeachMe Anatomy	<ul style="list-style-type: none"> <li>Website covering useful anatomy content from different body systems</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>Covers many body systems thoroughly and provides useful summaries, diagrams and simplified explanations</li> </ul> <u>Cons</u> <ul style="list-style-type: none"> <li>Some features might have a paywall</li> </ul>
	The Calgary Guide to Understanding Disease	<ul style="list-style-type: none"> <li>Flowcharts/summaries of disease processes</li> </ul> <u>Pros</u> <ul style="list-style-type: none"> <li>Highly detailed summary flowcharts on different body systems</li> </ul> <u>Cons</u> <ul style="list-style-type: none"> <li>Can sometimes have unnecessary details: <a href="https://calgaryguide.ucalgary.ca/">https://calgaryguide.ucalgary.ca/</a></li> </ul>
Assignments and Projects		
Journal Databases	UpToDate	<ul style="list-style-type: none"> <li>The legitimate "Wikipedia" used in practice by many doctors and nurses</li> <li>Has information about conditions, diagnosis and management</li> <li>Generally avoid citing in assignments</li> <li>Account can be made via CIAP at your clinical school (ask older students for assistance): <a href="https://www.uptodate.com/login">https://www.uptodate.com/login</a></li> </ul>
	BMJ Best Practice	<ul style="list-style-type: none"> <li>Nice summary of presentation, diagnosis and management of conditions</li> <li>Avoid referencing but usually helps in establishing understanding and finding initial references: <a href="https://bestpractice.bmj.com/info/">https://bestpractice.bmj.com/info/</a></li> </ul>
	Cochrane Library	<ul style="list-style-type: none"> <li>Database of high-quality papers</li> <li>Useful for finding primary source articles and well-summarised papers</li> </ul>
	PubMed/EMBASE	<ul style="list-style-type: none"> <li>Useful databases for sourcing relevant journals and journal articles for research topics</li> </ul>
Clinical		
	Geeky Medics	<ul style="list-style-type: none"> <li>Fantastic website &amp; clinical videos</li> <li>Watch relevant examination videos prior to your clinical skills sessions.</li> <li>Often has info that is helpful in preparation for OSCEs: <a href="https://geekymedics.com/">https://geekymedics.com/</a></li> </ul>
	MedSchool (iPhone or Android app)	<ul style="list-style-type: none"> <li>Particularly useful in hospital and OSCE preparation (more helpful for Phase II)</li> <li>Quick reference pocket guide</li> <li>Explains signs and symptoms for each aspect of examination</li> <li>Definitely download on your phone!</li> </ul>

Subject	MedFac Recommendations	Our Recommendations
<b>Anatomy (general)</b>	<ul style="list-style-type: none"> <li>Gray's anatomy for students (Drake) OR</li> <li>Clinical anatomy by systems (Snell)</li> </ul>	<ul style="list-style-type: none"> <li>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</li> <li>Can also recommend Clinically Oriented Anatomy (Moore) as it has good diagrams and clear explanations</li> </ul>
<b>Clinical</b>	<ul style="list-style-type: none"> <li>Skills for communicating with patients (Silverman); AND</li> <li>Clinical examination (Epstein); OR</li> <li>Clinical examination (Talleys')</li> </ul>	<ul style="list-style-type: none"> <li>You would most likely never use Silverman</li> <li>Epstein is used mostly by Phase 3 students, and Talleys' by Phase 2.</li> <li>Can be useful in Phase 1 OSCEs as a secondary resource.</li> <li>Online resources e.g. Geeky Medics, MedSchool App are very helpful for Phase 1</li> </ul>
<b>Embryology</b>	<ul style="list-style-type: none"> <li>The developing human: clinically oriented embryology (Moore); OR</li> <li>Larsons' Human Embryology (Schoenwolf)</li> </ul>	<ul style="list-style-type: none"> <li>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</li> <li>You can probably get a nice PDF off of your mentors</li> </ul>
<b>Histology</b>	<ul style="list-style-type: none"> <li>Wheater's functional histology (Young); OR</li> <li>Human histology (Stevens); OR</li> <li>Junqueira's basic histology (Mescher)</li> </ul>	<ul style="list-style-type: none"> <li>The images help with the practical exam.</li> <li>Junquiera is recommended by the lecturer, but Wheater's has great labelled images</li> <li>However adaptive tutorials and listening to the lecturers in class is the best</li> </ul>
<b>Physiology</b>	<ul style="list-style-type: none"> <li>Textbook of Medical Physiology (Guyton and Hall)</li> </ul>	<ul style="list-style-type: none"> <li>Can be somewhat useful to clarify concepts explained in lectures, but most uncertain concepts are clarified during tutorials etc</li> </ul>
<b>Immunology</b>	<ul style="list-style-type: none"> <li>Immunology for medical students (Nairn)</li> </ul>	<ul style="list-style-type: none"> <li>Immunology mostly taught in second year - wait until then to see whether you need it</li> </ul>
<b>Microbiology</b>	<ul style="list-style-type: none"> <li>Mims' medical microbiology (Goering); OR</li> <li>Microbiology and infection control for health professionals (Lee)</li> </ul>	<ul style="list-style-type: none"> <li>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</li> </ul>
<b>Neuroanatomy</b>	<ul style="list-style-type: none"> <li>An illustrated colour text (Crossman); OR</li> <li>Essentials of the human brain (Nolte); OR</li> <li>Colour atlas of anatomy (Rohen); OR</li> <li>Atlas of human anatomy (Netter)</li> </ul>	<ul style="list-style-type: none"> <li>Neuroanatomy is hard - Harder than 4-unit maths.</li> <li>BrainStorm is an online platform made available via Moodle and is recommended to use and it defeats the need for a textbook</li> <li>That being said, the lecturer recommends Crossman, and it has very good diagrams, which make things much clearer.</li> <li>An atlas is handy for practical exams (though keep in mind there are only 3 of them)</li> <li>Rohen uses cadaveric specimens and is arguably more useful than Netter's hand-drawn boss images.</li> </ul>





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