

UMBILICAL

CLASS OF 2029



STOCK MARKET KITCHEN

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WELCOME!

CLASS OF 2029!

Congrats Legends! Welcome to the wild, wacky, and occasionally sleep deprived world of medicine!

Meet your new BFF, the Umbilical. It is the holy book that contains the secrets to success and spicy details about our UNSW medicine culture. So please, give this a good read.

First year Fever:

First year can be a little intimidating but it will also be a year to remember with all the jam - packed learning, excitement and memories. Some side effects, however, include:

- A sudden appreciation of caffeine in all its forms
- A tendency to nod off during the most riveting lectures (happens to all of us)
- Locking yourself up in a room and living like a hermit a week before exams

Give it all a go:

What makes this course stand out from the others is how tight-knit, talented and supportive we all are. Come see students celebrate at ScrubCrawls, grab some mates and hit the stage at our annual MedShow, tackle the triple day MedCamp, put those music skills you were forced to do at a young age to good use by joining the orchestra and set sail on the MedSoc Cruise. Trust us, there is a thing for everyone.

While you're at it make sure to talk to and find friendships with the people around you. The people you meet here will be the ones that carry you through the six years of this course and well into your clinician years.

So push that comfort zone out of the way and come join the welcoming community of UNSW Medicine.



Remember the Real MVPs Wear Scrubs and Collared Shirts:

In this medical land of white coats and stethoscopes, remember that real MVPs wear scrubs (like pyjamas but socially acceptable in public). If you find someone wearing these in the wild, you're in luck, you have stumbled upon a senior student or just a rando doctor lurking on campus. These people will be the friendliest (usually) and most helpful (definitely) people to approach when you are stuck with anything and are more than happy to give you a hand when needed.

Final Reminders:

If you feel like you need help or support, we are your first point of contact until you all elect your very own Mum and Dad (yes you heard us right) in a couple of weeks! Email us at any time at year1@medsoc.org.au or message us on FB.

We can't wait to meet you all.

Lots of love,

Laurence Lancaster (11) and Natalie Ong (11)

MEET YOUR PRESIDENT!

Hello Future Doctors,

That's right...a huge, warm welcome to UNSW Medicine! You've made it over the first hurdle in your medical school journey. I'm incredibly excited to welcome you to MedSoc, your family of over 1600 medical students. I'm proud to say that UNSW has one of the best medical society communities in all of Australia, but I guess you'll have to find out for yourselves 😊

Itching to get involved? Have a quick read of our three pillars, which encompass what our medical society is all about:

1. ADVOCACY

MedSoc has a strong and trusting relationship with the UNSW Medicine Faculty and we always strive to ensure the students' voice is heard. We advocate to improve the Medicine Program through your feedback and concerns.

Key ways to be involved:

- Apply to be a First Year Representative
- Apply to be Presidential or Secretarial Assistant
- Join a MedSoc Committee

2. COMMUNITY

As a tight-knit and supportive community, there are countless ways to form friendships and life-long bonds.

Key ways to be involved:

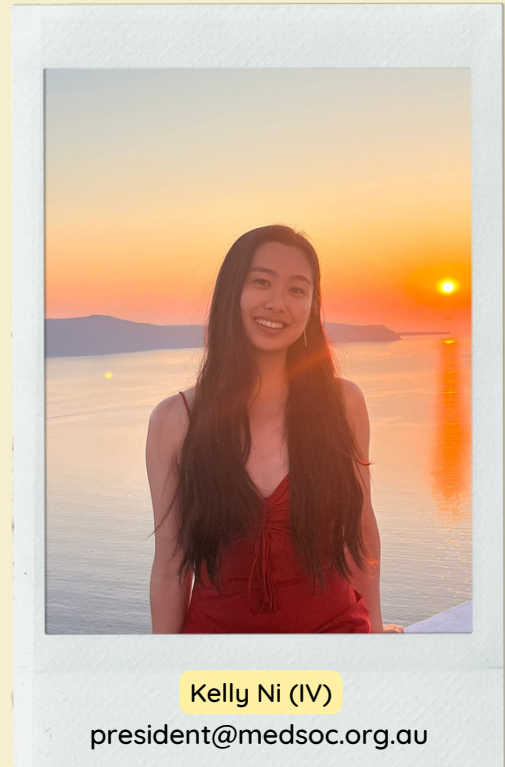
- Join MedSoc!
- 8 Special Interest Groups (e.g. Surgical Society, Internal Medicine Society, and more)
- 2 Performing Arts Groups (e.g. MedShow, Medical Music Society)
- Global health organisations (e.g. Medical Outreachers Australia, Rural Allied Health & Medical Society)

3. EXPERIENCES

There is a MedSoc event for almost every calendar day of the year, which means plenty of fun, and memories to last a lifetime. Our vast array of events aim to improve your lives academically, socially, and creatively.

Key exciting social events:

- Scrubcrawl
- Medball
- Lots of parties
- Wellbeing initiatives
- College Cup sports events every term



Last, but not least, a big bear hug from all of us on the MedSoc Executive team, who will always just be one call/message/chat away. The 6 years ahead will be some of the most exciting, heart-warming, and challenging times of your life, but the family you meet along the way will be here to support you through medical school and beyond.

Can't wait to meet you all! 💜

Lots of Love,

Kelly

Nickname

Kellanova (ask Minnie)

If I was a prescription medication, my side effects would be...

Constipation because as your MedSoc Pres, I'll always be there for you even if you try to push me away 😊👍

What's your worst med pick-up line?

I think I've got the flu. Wanna give me a shot?

Advice to incoming first years...

The Med community is incredibly supportive and your seniors are always willing to help you, so don't hesitate to reach out to us!

MEET YOUR MEDSOC

EXEC!



**WELCOME TO UNSW
MEDSOC!**

Make sure to join the **Class of 2029**
Facebook Group & UNSW
Medicine Noticeboard!

Follow **@unswmedsoc** on insta!

VERSION 2024!

www.medsoc.org.au

Vice President - Advocacy

Nickname: Pipsapopolopolous (no idea why, ask Aidan)

Embarrassing story from first year!: Some random Facebook friend asked me for notes from an anatomy prac in BGDA... I assumed I had just forgotten the person's name (which happened to me a lot in first year!) but turns out they didn't even do med and were just pranking me

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



Priya Bahra (IV)

vpinternal@medsoc.org.au

Vice President - Inclusivity

Nickname: Aidussy

Fav med memory: Scrubcrawl!!! Getting to see friends from 1st all the way to 6th year was amazing. Plus getting dressed up in scrubs is an added bonus :) If you want to hear about stories that can't be put in the Umbilical, come find me throughout the year!

If you could perform surgery with any kitchen utensil, what would it be and why?: A frying pan - to put the patient under with a quick tap on the head :)



Aidan Tharmarajah (IV)

vpexternal@medsoc.org.au

Secretary

Advice to first year self: Take it easy! sometimes it is not that deep and it will all work out :)

Embarrassing story from first year!: I was very tired during the scenario plenary for AEA and i fell asleep during the osteoarthritis lecture, i was also sitting in the middle almost in front of the lecturer as well, which wasn't great...

Fave Spot On Campus: Morven brown study space @ 1am



Minnie (Minqing Ning) (II)

secretary@medsoc.org.au



Sarah Chong (IV)

treasurer@medsoc.org.au

Treasurer

Fun fact about yourself: I used to be a semi-professional musician before moving to Australia

Fav Med Memory: Being a medcamp leader in 2nd year where I met some of my closest friends in med and also being a small part of the fresher experience as a mentor and seeing them grow since made it worth losing sleep, voice and interaction with the outside world :')

If you could perform surgery with any kitchen utensil, what would it be and why: chopsticks - they're like forceps but better and also my ancestors will be proud

Academics Director

Advice to First Year Self: You've made it! Uni will be THE time of your life, if you let it! Venture out, delve into your curiosities, sign up to societies, meet new peeps at events, hang out with mates spontaneously, live in the moment and make some of the best memories!!!

Fav spot on campus: UNSW's human museum is a hidden gem!! Grab some mates and head to their study booths ^-^ What better place to get in med-study flow state than to be surrounded by cadaver specimens? :P

Whats your worst med pickup line?: Are you ticklish Babe-inski ? (100% success guaranteed)



Mondira Paul (III)

academics@medsoc.org.au

Public Relations Director

Advice to first year self: Find a way to do as little Med in Med as possible whilst still passing.

Embarrassing story from first year!: HAHAAH No... Just ask anyone why I did not make Medshow dance in first year X-X

What's your worst med pickup line?: Are you dementia? Are you dementia? Are you dementia? Are you dementia? Are you dementia? Are you dementia?



Shawn Yang (III)

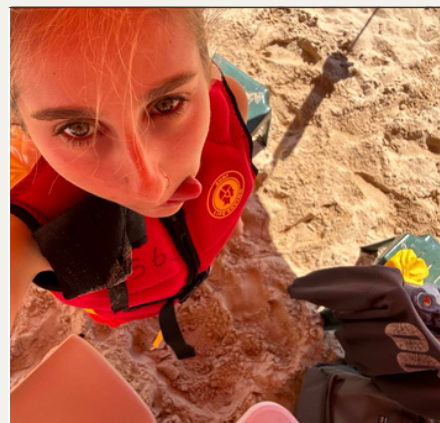
prd@medsoc.org.au

Events Director

Fun fact about yourself: I make an effort to convince fringe family friends that I have 6 toes on one foot.

Advice to First Year Self: Don't freak out too much about marks, they help track academic progress but are by no means a concrete indication of your potential and intelligence!

If you could perform surgery with any kitchen utensil, what would it be and why: Blender, I like a challenge :)



Natalie Silberberg (III)
events@medsoc.org.au

Sponsorship Director



Catherine Le (III)
sponsorship@medsoc.org.au

Fav Med Memory: Going on the Dubbo Earbus Trip and dancing in MedShow :D

Advice to first year self: Chill out and make the most of Uni life! Go to lots of events, get involved with different societies, put yourself out there and try anything that interests you. Support your friends, learn from each other and don't be afraid to ask for help :))

What's your worst med pickup line?: Are you an irregular ECG? Because you make my heart skip a beat

Human Resources Director

Advice to first year self: Take the time to find what works for you. Nobody knows how to study medicine, balance work responsibilities and just life from the get-go, but you got in for a reason, so feel encouraged that you'll get there! And don't be afraid to reach out to older students or mentors who will always be more than happy to support you in your learning, and give you some golden life advice to hang on to :)

Fun Fact About Yourself: My hair is pretty much waterproof in chlorine pools :)

Fav Spot on Campus?: Lower ground in Wallace Wurth - it's an amazing place to wind down, eat, chat with friends and bond over the number of lectures you're behind in 😊



Angie Rofail (III)
humanresources@medsoc.org.au

AMSA Representative

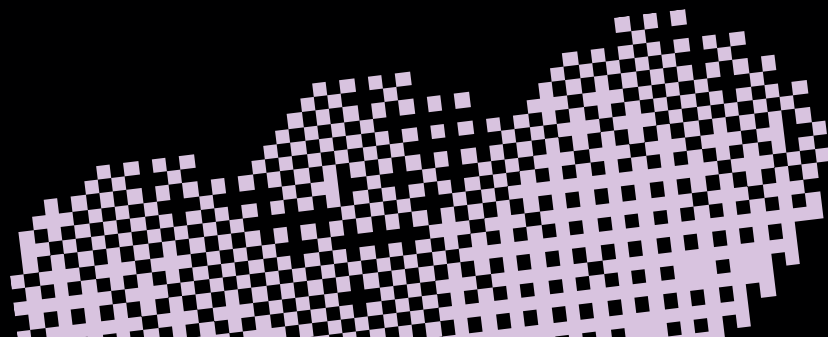
Fav Med Memory: Too many amazing memories to include all of them, but some of the best have to be: getting egged in lectures, diving into the UNSW pool in full hospital attire, absolutely roasting Medicine Faculty in the annual MedSoc Great Debate, getting a massage from our pathology professor Nicodemus Tedla using only his feet, running riot around the city in our lab-coats at ScrubCrawl, having insane experiences during final year med electives, pulling five all-nighters at uni in a row for MedShow, breaking into and rampaging USYD during Poster Run, and having the best time ever at AMSA NATIONAL CONVENTION - GET KEEN!.

What's your worst med pickup line?: Are you a tumour? Cos I wanna take you out ;))

Quote To Live By: "Smiles are contagious... be a carrier." - Anonymous



Josh Lowinger (VI)
amsa@medsoc.org.au



MEMBERSHIP DEALS

Hey guys, we are so excited to see you on our Medicine Open Day (O-Day) spanning the whole week from 5th to 9th Feb! There will be MedSoc signups held by our Membership Team! Come and collect your sticker to put on your ID card and receive all of the benefits below, if you present your sticker at these places! More deals to come throughout the year so make sure to keep an eye on our Facebook posts.

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,
Cleo Nguyen (II) and Cameron Khoo (II)

Business	Address	Deal
	150 Belmore Rd, Randwick NSW 2031	10% discount, 20% off for orders over \$120
	4/393 George St, Sydney NSW 2000	15% off with code UNSW15
	5/393 George St, Sydney NSW 2000	15% off with code UNSW15
	6/393 George St, Sydney NSW 2000	15% off with code UNSW15
	689 Gardeners Rd, Alexandria NSW 2015	\$15 for Entry and Skate Hire for all General Public Sessions \$10 for Entry and Skate Hire for Thursday Night Cheap Skate Night
	1/484 Kent St, Sydney NSW 2000	10% online escape rooms (standing missions) with code UNSW10

MEDCAMP 2024 PRESENTS



SATURDAY NIGHT FEMUR

OUTDOOR ADVENTURE CAMPS WISEMEN'S FERRY



First Year Opportunities!

By Laurence Lancaster
(II) and Natalie Ong (II)

If you haven't got the memo and our very subtle shoulder nudges... We can't recommend you enough to **JOIN MEDSOC!** It's an amazing hub to chill around, try out new things, and meet new people from all years. Add a dash of alcohol to all that and what do we get? Parties!!! Very soon all of you will sign up to MedSoc as members, giving you first-class access to all our academic and social events. However, if you are more on the spicier side like us, there are a bunch of other positions you guys can run for within the Soc. Also don't worry if you don't make it in your first year, there are 6 years in the course anyway, there will be plenty of chances for you to become part of the MedSoc family!

First Year Reps

Become the Mum and Dad of the year! First Year Reps play a major role in being a mouth-piece for student concerns to MedFac and keeping the cohort (your kids) calm. They organise events like welcome back morning teas, integration cruise, and drum-roll please 🥁🥁🥁 MedCamp! The best things you will ever see and do, better than your birthday, christmas and medicine offer combined. You can also make any events you want on the fly. We both found this role very enjoyable, being able to get close with those in the older years and getting to know our cohort better. We both had the 🎵"time of our lives"🎵 so PLEASE APPLY, SEND IT because this truly is one of the best positions MedSoc has to offer.



Assistant Secretary

Maybe you prefer getting behind the scenes and being all administrative or you just have a fetish for spreadsheets... Whatever the case, assistant secretary places you in charge of helping to run MedSoc councils, coordinate event records, organise food for council and take minutes in Exec and council meetings. Don't forget about the spreadsheets of MedSoc events either that you will be assisting our lovely secretary Miss Minnie with and helping to send out fortnightly MedSoc Mail-out. This is a lovely way to get close with the older years in the society and experience how MedSoc runs, if none of this interests you there is always the cheeky feed at council as well 😊.





Presidential Assistant

Do you feel a higher calling 🦇? The presidential assistant will be the Robin to our wonderful President Kelly's Batman. From corresponding on behalf of the President, setting up Council agendas, and fulfilling any important duties to assist the MedSoc executive team, it is an unforgettable experience, placing you at the centre of operations trying to make the med student experience the best it can be!

Committees

Subcommittees allow you to work with older students, and immerse yourself in MedSoc life. There are heaps of subcommittees, everything from socials, to international, photography and academics. Help out to the med community and get involved with your life as a med student! Look out for subcommittee applications soon!



Info about these roles will be made available to you guys on our social media during **Week 1 Term 1**, so make sure you've got notifications on for that. Chookas, we can't wait to see you guys join the Med Fam and see you around uni!



Development Portfolio Certificates!

BY AIDAN THARMARAJAH (IV)

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 2024, 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.

Advocacy



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

- Any Diversity in Medicine (Intersectionality) Month event
- Indigenous
 - Indigenouness and Medicine Workshop
 - Indigenous x Environment Gardening
- Disability
 - Disability Awareness Movie Night
 - Disability Symposium
 - AUSLAN Workshop
- Queer
 - Mardi Gras Meetup
 - Queer Health Symposium
 - Birdcage night
- Womxn's
 - Diversity in Medicine Workshop & SADSV Talk
 - WIMWAM Launch Night
 - Care Package /Donation Drive
- International
 - Cultural Fair
 - Cultural Party
 - Cultural Food Festival
 - USMLE Night/Internship Night
- Environment
 - Plant and Pot Painting Night

Experiences



- At least one academic event
 - Sign up for mOSCE or mICE as a patient or assessor
 - Meet The Medics
 - At least 6 PASS sessions
- At least one social event
 - College Cup
 - Great Debate
 - Origami Night
- At least one mentoring program:
 - Faculty Mentoring Program
 - WIMWAM
 - International Mentoring Program
 - Indigenous Mentoring Program

Community



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



HOW TO THRIVE!

In Medicine!

By Aidan Tharmarajah (IV) & Priya Bahra (IV)



**Class of 2029.... CONGRATULATIONS
AND WELCOME to medicine at UNSW!**

Let us congratulate you again on such a wonderful achievement and your UNSW medicine peers are all very excited to meet you! We have always considered getting in to be the hard part, so you have 6 unbelievable years to look forward to!

We hope our advice helps shed some light on what we wished we knew in first year about how to maximise your uni experience in medicine!

Take advantage of opportunities!

Uni is really an opportunity to define who you are as a person and what your passions and interests really are without fearing failure. No matter what piques your fancy, there is something for everyone! Some of our best memories are from joining subcommittees, special interest groups, performing arts groups or affiliate groups like MSAP and MOA.

No matter what you have wanted to try, there's a safe space for you to explore it in (or even outside) medicine. Even though you may have one or two experiences that you don't enjoy, I can guarantee that they'll be five more that you end up loving! We know at times it can be a bit nerve-racking to try something new, so we loved getting some friends to join us, making the experience twice as fun!

New Friends!

Bonding through mutual trauma is a quintessential part of the medicine experience. Whether that be cramming before an exam, starting to write an assignment the night it's due or sculling your first beer on ScrubCrawl, you have so many opportunities to meet incredible new people. The friends you make in medicine are an absolute lifeline throughout the degree and help make the experience so much more enjoyable.

The best way to make all these new friendships is to put yourself in positions where you are going to meet more people, increasing the chances of finding the friends you really click with. Take the initiative and experience all the different events on offer including MedCamp, ScrubCrawl, MedShow, subcommittees and more! Some people you meet through these experiences will become like your second family.



Make time for yourself and keep up the things you love doing

Taking a break from medicine

After a grueling process to get into medicine, it's important to remember that it is not the be-all and end-all. Whilst studying and getting involved at uni is important, it is equally important to make time for yourself and keep up the things you love doing. Medicine shouldn't become your entire life, it's just one piece of the puzzle.

We love going out with our friends, playing social sports and traveling. You don't have to sacrifice what you enjoy doing for medicine, balance is incredibly important and can even make studying more manageable. We've all been in your shoes, being the small fish in the big pond but I want to emphasize how quickly it all goes by. Try and take in every experience because before you know it you'll be in our position and welcoming the younger years for their beginning in medicine.

We hope to see all of you at O-Week, MedCamp and on campus throughout the year. Please feel free to come say hi to any of us or even shoot us a text. We are here to help make your experience more enjoyable and we hope you have an amazing first year!!

Social Events

By Raymond Song (II) and Natalie Ong (II)

First Year Party 🎉🎊

Welcome to med freshers! Get excited to meet new people and make new friends 🧑🏻🧑🏻! Dive into your first social event 🎉 of the year and get to know your cohort!

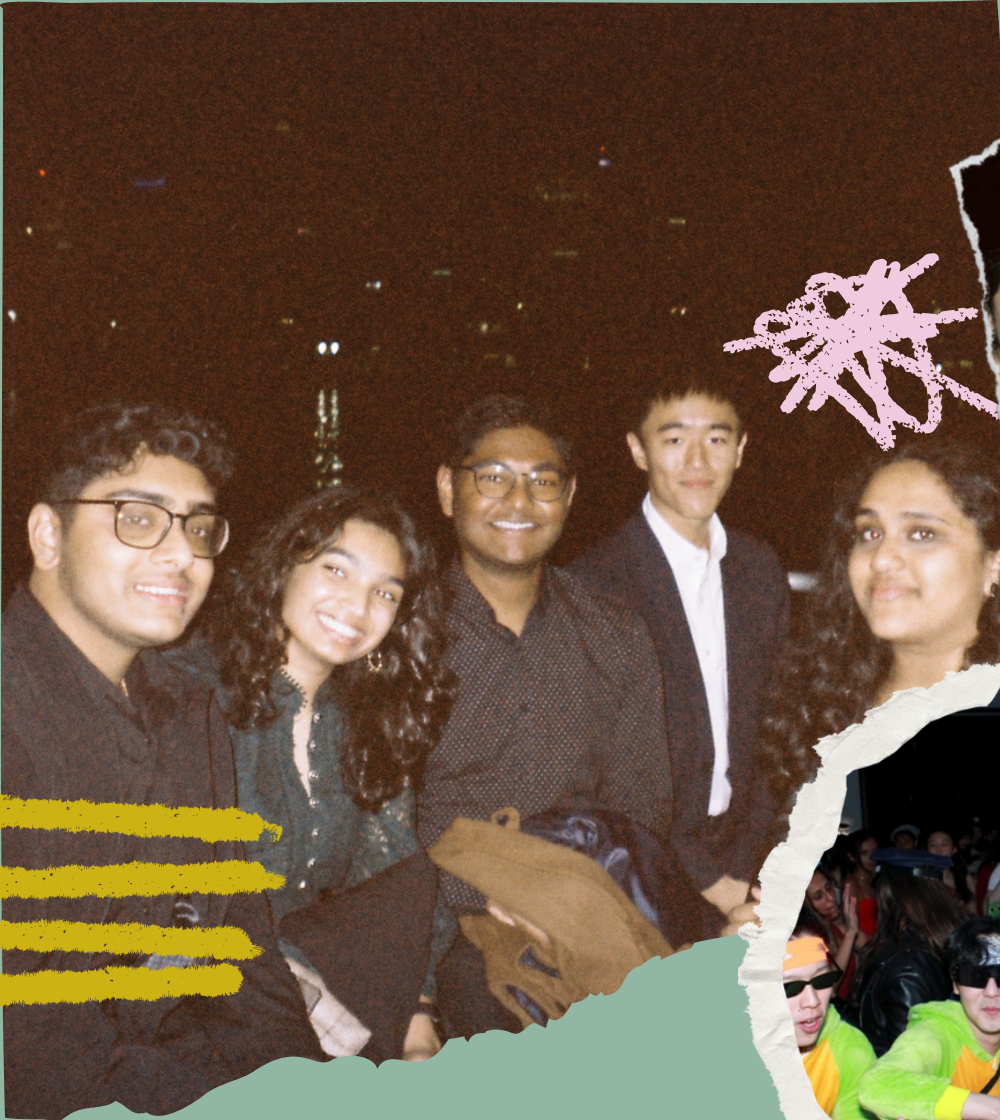
Scrubcrawl 🍻👉

MedSoc's flagship event! Join us on our pubcrawl journey in scrubs (or in your case, lab coats 🧥) ! Don't forget your lab coat and sharpies for the biggest 🎉 social 🎉 event of the year 100%! Definitely gonna be a night to remember 🍻 (or not)!! 😊😊

Mid-Year Party 🌐🎉

Halfway there! We put in the hard yards in this semester, send it out the right way 🍻🎉!! come to our mid year party and celebrate the half way mark of your first year 💋!





See you at a social event soon! xoxo



WELLBEING GUIDE!

Hi guys! We're Maya (III) and Thilini (II) and we're your Wellbeing Officers for 2024! We're so excited for you to join our amazing medicine community here at UNSW. We are here to help make your mental, physical, and emotional health the best it can be during your transition into and journey through medicine. We'll be hosting a bunch of events throughout the year for you to take a break from studying and relax, all whilst meeting some amazing new people from all different year levels!



Our events:

Term 1

- Origami Night
- Friendship Bracelets Night
- World's Greatest Shave
- Coogee to Bondi beach walk
- Peer mentoring!

Term 2

- Pole Dancing
- Puzzles and Board Games Night!
- Learn to Surf
- Push for Better
- NAIDOC week
- Dry July

Term 3

- Meddies Go: Entertainment Quarter
- Volunteering Night
- Mental Health First Aid
- Gratitude Wall

Term 4

- Gratitude Day
- RUOK Day
- Movember

Self-Care Days:

Studying medicine can be stressful and busy sometimes. Self care days are an initiative provided by faculty that allows students to take up to eight days off per year (two per term), with no reason necessary. On your self-care day, you do not need to attend your scheduled classes. The aim of self-care days is to allow students to schedule time aside to prioritise your mental health, so they should ideally be planned in advance.

Key things to note!

- 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

UNSW Psychology and Wellness
Location: Quadrangle building from 9am to 5pm to book appointments, or through their website
Contact: <https://www.student.unsw.edu.au/mhc>

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://doctorshealth.org.au/>
Contact: 02 9437 6552

Us! As your Wellbeing Officers we are here to help you, so please reach out anytime! You can find us on Facebook, or, if you feel more comfortable, you can email us at wellbeing@medsoc.org.au.



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 Overseas Student Health Cover (OSHC) cardholders can receive benefits if they have OSHC Worldcare or Medibank OSHC insurance.
5. Ask for help if you need it! We've all been in your shoes and we know just how tough it can be. Older students are always going to be willing to help you, and we as your wellbeing officers can direct you to the right resources as well.



SPECIAL INTEREST GROUPS



AND



PERFORMING ART GROUPS

SPECIAL INTEREST GROUPS

- 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 2024, 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 for UNSW Surgical Society is to provide students with experiences and insights into the world of surgery. We teach a variety of surgical skills across 9 different specialities. Our events include our suturing workshops, careers nights, speciality conferences, subspeciality workshops taught by surgeons and anatomy tutorials! Spots run out fast and keep an eye out for our 2024 events by following our Facebook page and UNSW Medicine Notice board!

- CritCareSoc -



CritCare Soc welcomes anyone who has a passion for emergency medicine, intensive care and anaesthetics. From life support skills and injection workshops to lectorials on emergency scenarios, we bridge Phase 1 theory to practice! Not for the faint of heart, it is absolutely critical you stay tuned and get keen! Follow us on Facebook for updates, the CritCare Soc team can't wait to meet you!

- PyschiSoc -



Psychisoc welcomes you to learn more about the field of Psychiatry! We host events such as Psychiatry pathways night, mental health conferences, advocacy workshops, 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 -



OculusSoc welcomes everyone interested in the fascinating field of ophthalmology, the specialty that deals with everything related to eyes. Our society organizes a variety of events, from viewing ophthalmic surgeries to academic tutorial sessions, designed to help you ace your End of Course exams! Like our OculusSoc Facebook page to stay up-to-date with our 'eye-opening' events!

- 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.

- CritCareSoc -

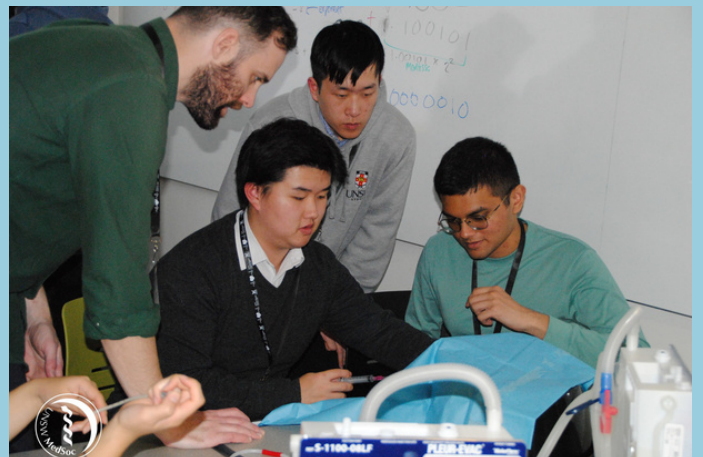


Do you have a passion for skincare? Are you interested in dermatology? DermSoc has you covered! We offer many exciting opportunities including hands-on workshops, tutorials and conferences to gain exposure to the world of dermatology. Don't miss out - make sure to find us on Facebook and check out our Instagram @unswdermsoc!

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



Who wouldn't trade a stethoscope for a spotlight? Grace the stage with your talent and await to see the audience enjoy a life-saving act! Medshow is a charity musical production written, produced and performed by med students from all years. We extend a warm and welcoming hand to those interested in showcasing their acting, dancing, vocal, band skills on stage and to those who love behind-the-stage work, lighting, sound and effects. Medshow is not just about the 3 awesome nights of performance, late-night rehearsals and afters. It's about the cast and crew becoming a tight knit family. We as new directors have learnt a lot and have much to admire from everyone we've met, so much so that every rehearsal felt like a reunion with old mates, and we hope you can find that here too!



MMS

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 embrace music in a social environment! We enjoy weekly orchestra and choir rehearsals as well as termly jam sessions. These sessions occur in preparation for volunteer performances in hospitals/nursing homes and our annual concert. In 2024, we're looking to increase performance opportunities, online presence, and our publicity efforts to bring more attention to MMS events. We welcome all musical personalities regardless of skill level. 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



General Practice Student Network

General Practice Students Network (GPSN) is a not-for-profit student-run national organisation under General Practice Registrars Australia (GPRA) aimed at promoting general practice and primary care medicine to medical students. With a club at each of the 21 medical schools across Australia and a National Executive Team, GPSN contains over 89,000 members nation-wide. Our goal is to promote and develop lifelong skills for medical students in the general practice specialty by organising events that allow you to engage with other students, medical professionals and the local community. Such events include clinical skills night, where seniors will revise your history-taking and clinical examination skills in preparation for your OSCEs. We also organise GPSN First Steps in collaboration with other medical schools, a conference for students to hear about experiences from general practitioners in various settings first-hand and practice clinical skills in workshops. 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 general practice, 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 2024 events!



The Rural Allied Health and Medical Society

The Rural Allied Health and Medical Society is UNSW's one and only rural health club, involving students from 9 different health degrees. 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 2024 we are running:

- Rural high school visits – roadtrips to educate and inspire those from rural backgrounds to study at uni, especially in healthcare by hosting clinical and UCAT/subject selection workshops
- 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!
- Clinical skills nights - learn essential medical and allied health skills such as cannulation and surgery for your practice
- Guest speakers – educational workshops on rural health and what we can do to help

Medical Students' Aid Project

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 bandaid 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).



Medical Outreachers Australia

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 executive team will reach out to different communities through a number of volunteering trips, both locally, rurally and internationally. The locals team will offer volunteering opportunities at schools around Sydney with Teddy Bear Hospital. While 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. They all 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 and keep your eyes peeled for subcommittee opportunities soon!



Follow us at facebook.com/medicaloutreachersaustralia and Instagram (@medicaloutreachersaustralia).



PEER MENTORING *Timetable*

By Chloe Oh (II) and Ashwini Sivakumar (II)

Medicine is like a little family! You don't have to complete this journey on your own, as there are many senior students who are always keen to help you out. Peer mentoring is a great way to meet older students who have been in your place before and have lots of wisdom to share.

Meet the Mentors (12th February, 5:15pm) is the first peer mentoring event where you'll meet your very own peer mentoring group! This group includes fellow first year students (from your SG) and our lovely mentors (from years 2-6). Your mentors will be able to answer any questions you have throughout the term and year and try to make the transition into medical school a little bit easier.

Below is a suggested timetable for topics that could be discussed in your group. However, it is only a guide and your peer mentors may have other exciting ideas!

<u>TPI</u>	<u>Session</u>	<u>Topics</u>	<u>Location</u>
Week 1	Meet the Mentors Night	Welcome, Icebreakers Introduction to classes, timetables and exciting events coming up (Medcamp!!)	Wallace Wurth Foyer
Week 2	Campus Tour	Explore the UNSW campus and discover the best places to buy mouth watering food, secret study spots and shortcuts to classes!	UNSW Campus
Week 3	Academics (1)	Review assessments in phase 1 (and seniors' secret recipe to perform well!). Learn how to write an IA (structure, referencing, plagiarism).	UNSW Campus
Week 4	Academics (2)	Review how to study for exams, what to expect on hospital sessions, how to excel in clinical skills (+ any other burning questions!).	UNSW Campus
Week 5	Wellbeing	Learn how to balance study and self-care, explore extra-curricular activities, societies, and other opportunities in and out of med:)	UNSW Campus
Term 2 Week 1	End of Peer Mentoring Picnic	Join us for a fun BBQ to celebrate finishing your first term of Medicine!	UNSW Campus

CLASS PREPARATION & Materials

<u>Class</u>	<u>Date & Time</u>	<u>Attendance</u>	<u>Description & Preparation</u>
Lectures	~2 per day, Mon-Thurs, 9-11 am, 50 mins each	Not compulsory	Lectures are recorded and uploaded online. You can watch them all live online but some lectures are in-person and can be great to go with friends!
Scenario Groups (SG) Sessions	2 per week, Either Mon & Wed or Tues & Thurs, 1-3pm or 3-5pm, 2 hrs each	Compulsory	Sessions outlined in the student guide and there can be prework (on moodle). SG content can be examinable in EOCs and facilitators can provide feedback eMed for SG participation.
Practicals	2-4 per week, 2 hours each Monday-Friday (changes weekly)	Compulsory	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 are available on MedConnex.
Tutorials	1-2 per week, 1 hour long, usually in 11-1 time slot	Compulsory	Some tutorials require pre-readings or pre-works (check Moodle or eMed). Some are useful for EOC revision.
Campus Clinical Sessions	1 per fortnight, 2 hour sessions, date and time varies based on college	Compulsory, in-person	Watch 'Clinical Skills Videos' by Silas on CS Moodle. Silas goes through each and every physical exam you will cover in Phase 1. Phase 1 Clinical skills Guide is also handy.
Hospital Clinical Sessions	1 per fortnight, 2 hour sessions, date and time varies on college and allocated hospital	Compulsory, in-person	Hospital sessions are led by a doctor from your allocated hospital. Familiarize yourself with the relevant history/examination before attending. You will often be asked to take histories. Review Phase 1 CS Videos (by Silas), Geeky Medics, and Talley & O'Connor.

Medicine Course Structure

BY ASHWINI SIVAKUMAR (III) AND CHLOE OH (III)

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 (Year 3-4): more emphasis on clinical aspects of medicine (Year 3) + research (Year 4)
- Phase 3 (Year 5-6): 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 students whom you’ll meet twice a 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.

There are 8 terms in phase 1 (4 terms each year), with each term being 8 weeks long (7 weeks of classes + an exam in the final week) and covering a different aspect of the body.

	Year 1 (2024)	Year 2 (2025)
Term 1	Foundations: Introduction to the body	Society and Health (SH):Immunology Respiratory
Term 2	Beginnings, Growth and Development A (BGDA):Reproduction Childbirth	Beginnings, Growth and Development B (BGDB):Pediatrics Mental Health Gastro
Term 3	Health Maintenance A (HMA): Cardiovascular	Health Maintenance B (HMB):Gastro Renal
Term 4	Ageings and Endings B (AEB): Neurology	Ageings and Endings A (AEA):Musculoskeletal Cancer

Each year, HM and AE courses are 'vertically-integrated', meaning their first and second years are combined. So, you will get to meet and work with some second years!

Assessment Overview

The assessment in each term includes:

- 1 individual assignment
- 1 group assignment
- 1 OSPIA (clinical history taking) - some exceptions
- 1 End of Course exam (EOC)

Throughout Phase 1 there are some additional assessments including:

- 3 progressive practical examinations

At the end of Phase 1 there are 3 major exams:

- 1 MCQ End of Phase exam (EOP)
- 1 OSCE (clinical exam with 6 stations of taking a history and performing an exam on simulated patients)
- 1 portfolio examination (3500 word reflection essay)

Although it sounds overwhelming at first, we know you can get through it! Take each term as it comes and don't be afraid to reach out!

Assessment Weightings

BMed (with GenEds)

Assessment	Weighting
End of Course Exams	20%
End of Phase Exam	10%
OSCE	10%
Phase 1 Portfolio	20%
Phase 2 Coursework	10%
Phase 2 ICE Exam	20%
General Education	10%

MD

Assessment	Weighting
ILP/Honours	15%
Course Results	20%
Biomedical Sciences Viva	15%
Phase 3 Integrated Clinical	35%
Portfolio Exam	15%

Phase 1

In each course there are key themes and body systems that are explored through 'scenarios'. There are usually 2-3 scenarios each term.

Year 1

Foundations

This is your first term and an introduction to medicine! You will briefly cover several different body systems. The key focus is on 'Inflammation' which is explored through a scenario called 'Ryan's Knee'. This course is pass/fail and does not count towards your WAM. It is a great time for you to adjust comfortably to university life and test out different study methods to see what suits you best.

BGDA

This is your first 'real' course! It focuses on childbirth and sexual health ('Obstetrics and Gynaecology'). You will be learning about the development of an unborn child (embryology!!) as well as male and female reproduction! Embryology can be quite confusing so we suggest trying to find videos on YouTube (such as Ninja Nerd) to visualise the different stages of development, and create a timeline of events to help with study and revision!

HMA

This term focuses on the cardiovascular system. You'll learn about your heart <3 Some things you will learn about are ischaemic heart disease, heart failure, peripheral vascular disease and recreational drugs. We suggest staying on top of cardiac physiology lectures as they build on each other. It can also be helpful to create flow charts to map out how each cardiac event affects the next!

AEB

This term is about neurology. You will learn all about the brain!! Key themes covered include space-occupying lesions, stroke syndromes and neurodegenerative diseases like Alzheimer's and Parkinsons. A useful resource is 'Brainstorm' accessed through Slice (the website where you can access histology slides) which can help with neuroanatomy. It can help you visualise slices of the brain and the complex neural pathways.

Year 2

SH

This is the first course of Year 2. You will learn all about the respiratory system, immunology and infectious diseases such as HIV/AIDS, influenza and tuberculosis. This term is often a good chance to complete your negotiated assignment (but there are also plenty of other opportunities!).

BGDB

This term focuses on pediatrics, especially childhood developmental milestones and mental health. There is a lot of embryology (similar to BGDA), gastrointestinal anatomy and physiology, as well as some psychiatry. Your hospital sessions will involve visits to the Royal Women's and Children's Hospital where you will see models of childbirth. Obstetric and gynecological OSCEs can be quite challenging so it's a good idea to practice with your friends!

HMB

This term focuses on the gastrointestinal and renal systems. You will learn about your kidneys and liver. This term can be challenging as there are a few biochemistry lectures on energy metabolism. In addition to this, you will also be exploring hepatitis, alcohol-related disease and diabetes. HMB includes quite a few renal physiology lectures which can be difficult. It may be a good idea to sign up for PASS+ sessions (tutorials with older students) and ask your tutor lots of questions!

AEA

This will be your final course of Phase 1! You will learn about the musculoskeletal system, oncology and palliative care. Topics covered will be bone and joint diseases such as arthritis and osteoporosis, as well as breast and colorectal cancer. This term is very anatomy-heavy with lots of muscles to learn. It could be a good idea to make anatomy flash cards throughout the term!

For more information, visit the UNSW Medicine website:
<https://medprogram.med.unsw.edu.au/phase-one>

Phase 2-3

Year 3

You will spend 3 days at the hospital and 2 days on campus. You will be allocated a hospital for clinical teaching but mix with students from all hospitals during campus classes (anatomy labs, pathology pracs, etc.). You will be rotating through 6 different areas of medicine throughout the year. There are 2 major exams at the end of the year (a clinical exam and an MCQ exam).

Year 3 is really enjoyable and helps contextualize a lot of the basic sciences learnt across Phase 1. It is a good opportunity to develop clinical skills learnt in the last 2 years without the pressure of ongoing assessments and exams throughout the year.

Year 4

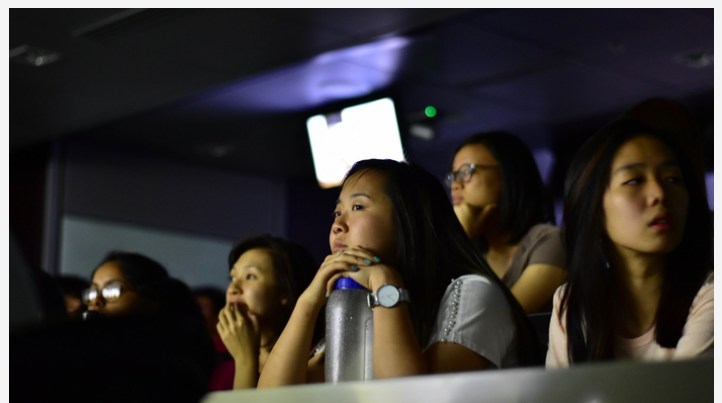
You will undertake a research project, either the independent learning project (ILP) or Honours project. There is a WAM cut-off to do Honours (as of 2019, it was a WAM of 65). Additionally, you will also be required to take general education courses (GenEds), which are not related to medicine. If you're doing ILP, GenEds can be completed during Year 4. However, Honours students are required to complete them prior to Year 4 (a good opportunity is during Phase 1 summer holidays).

Phase 3 is completely clinical, with a few campus days. Most of your time is spent at your allocated hospital doing ward rounds and attending clinics.

After this is graduation!!

We hope you have an amazing first year and please feel free to reach out if you have any questions!

Ashwini Sivakumar (III) and Chloe Oh (III)



How to Study in Medicine

Figuring out the best way to study is a bit like finding your soulmate! Sometimes you'll try writing those super detailed, colorful notes from high school, or you might get frustrated tackling a mountain of Anki cards every day. There are tears, laughs, and a whole mix of emotions along the way - it's a journey! Quite frankly, there's no one-size-fits-all answer to "how should I study?" because everyone has their own way of learning. So, don't stress if it doesn't click immediately; just keep putting the effort, reflecting on what works for you, and you'll definitely make progress. Nevertheless, here are some study tips and techniques that many meddies have used to boost study efficiency!

Prioritising "High-Yield" Topics

In medicine, lectures overflow with soooooo much detail - think 2000+ PowerPoint slides per term! Emphasising repetition and consistency over immediate perfection will take you far. To classify "high-yield" topics, 1) prioritise learning objectives professors outline at the start of each lecture, 2) check out past memorandums (available on MedConnex) to spot recurring themes and key examinable points, and 3) study with friends - compare notes on main topics!



Active Recall

If you've ever watched Ali Abdaal's videos, you will have heard the term 'active recall' a million times over. Active recall is a study method that flips the original way of learning by retrieving pieces of information from your memory. By practicing with flashcards, question banks, past memorandums, and quizzes with friends, your brain actively recalls and links previously learned information, steering clear of passive learning methods.

Reach Out

Teaching others is one of the best ways to consolidate your knowledge and identify areas that aren't fully clear. Additionally, learning from others' strengths is wonderful, as someone else might be masterful at a topic you are really struggling with! Forming study groups is a lovely way to help each other improve. Last but not least, don't be afraid to reach out to older years for any advice or questions! They were all once first-years, and we assure you that everyone will be more than happy to help.)

Ashwini Sivakumar (III) and Chloe Oh (III)



Assessments in Phase 1

BY ANUSH GOEL (II) & SABRINE WANG (II)

End of Course Exam (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 sections
- Each long response section is divided into smaller questions ranging from 1 mark to 10 marks
- Time allocated = 2 hours and 15 minutes (15 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 (describing anatomical relations and functions are common), physiology, pharmacology, pathology and embryology (in BGDA/B)
- Content covered in scenario groups (SG) CAN and will most likely be tested!
 - ⚠ Don't give in to the temptation to neglect SG, both attendance and content-wise.
 - 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 the past papers available on MedConnex as questions are often repeated
- Attempt the formative exam created by MedFac (usually available on Moodle a week or so before the exam) to get familiar with the online format - they often use similarly structured questions to those on the real exam too :)

- For in-person exams, get to the exam early. Exam venues are often situated all over campus and there are many, meaning that following your friend is probably not a safe bet. Allocate time to 1. Locate the building, 2. Find the exam room, 3. Pre-exam nervous bathroom ritual. Getting there early also means snagging the seats with a powerpoint if you need it.
- Follow the rough time allocations given on the paper to make sure you have time to attempt each question. We suggest 45 minutes on MCQ, 1.5 hours on SA.
- For the SAQs, save time by using abbreviations, point form 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, exams are a lot harder, and it takes a while to get used to.
- Foundations EOC is pass/fail (you are given a mark, but it has no meaning for anything afterwards). Use this as your practice run!
- Every subsequent EOC is given a mark out of 100:
 - 49.5-64 = pass
 - 65-74 = credit
 - 75-84 = distinction
 - 85+ = high distinction
- The 7 EOC marks following Foundations will contribute to eligibility for Honours Qualification in your research year (Year IV). 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, support groups and lots of chances to pass - 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! Feel free to reach out if you have any questions or concerns throughout the year :)

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% (up to 2200 on IAs, and 2750 on GPs)
- 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. You will find out more about this later!

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 individual 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.
- The grades you get on focus graduate capabilities form the basis of grades for each of the graduate capabilities in your portfolio exam at the end of phase 1.

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
 - Cochrane Library

Practical Exam

- There are four sections, with a total of 2 hours + 15 minutes reading time (which can also be used for writing answers).
- The practical exam is in person and closed book (like EOCs and other phase 1 exams).
- The content of exams are derived from courses prior to it, except Foundations
 - PPE1 (end of first year) - BGDA, HMA, AEB
 - PPE2 (middle of second year) - SH, BGDB
 - PPE3 (end of second year) - HMB, AEA
- There is a 'cumulative total' system – i.e. that you need a 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
 - For PPE1, having a look at the 2021 PPE1 and PPE3 exams is probably most similar to what you can expect.

Disciplines

Physiology / Pharmacology

- 5 questions (~30 mins) [3 physio, 2 pharm]
- 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)
- 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 from the virtual slides collection/embryology wikipedia. Oftentimes, 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 Practical Exam Disciplines 31

Anatomy

- 10 questions (~45 mins)
- Will usually involve looking at images of different specimens with different pins.
- 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)
 - Some useful resources we highly suggest: Logan's Anatomy (for quizzing yourself on specimens), Complete Anatomy (for spatial awareness for your more complicated structures with many layers), Moodle (quizzes), Anki (remembering things for functions, nerve supply, insertions/attachments)



OSPIAs and SOCAs

⚙️ How it works:

- Students must perform at least 4 interviews/histories from HMA in year 1 → AEB 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.
- Most of your documentation can be done via the app: UNSW Medicine CWA. Your CSS tutor will guide you to download and set this up when time comes!
- 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 (SOCAs and OSPIAs will also not count unless feedback is submitted, so don't forget !!!)
- 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)
- You can complete extra practice OSPIAs which are not assessed - you can book these via the OSPIA website. However, as there are many students who share the platform, please confirm with your CSS tutor before doing so.
- From MedFac themselves, the specific grades on clinical assessments (besides the OSCE) don't contribute to anything. The feedback and reflections are what matter, and contribute to your portfolio exam.

End of Phase Assessments (end of year 2)

OSCE - (Objective Structured Clinical Examination)

- A circuit of history taking + practical examination stations, used as the formal examination for clinical skills in year 1 🧑🏻💡
 - Can include all clinical skills knowledge from BGDA until AEB, including:
 - Skin Lesions
 - Obstetrics and Gynecology
 - Cardiovascular
 - Blood pressure
 - Praecordium
 - Peripheral Vascular
 - Abdominal
 - + Urinalysis

- Neurological
 - Upper Limb
 - Lower Limb
 - Cranial Nerve
- Respiratory
 - + Lymph nodes
 - + Peak Flow
- Musculoskeletal
 - Hand and Wrist
 - Knee
- Timing - 15 minutes per station
 - 8 minutes for the history
 - 5 minutes for the physical exam
 - 2 minutes to summarise

Our best tips

- Get practicing early!
 - Especially as you approach year 2, you'll have a lot of histories and physical exams to remember, so it's never too early to revise learned systems. Take advantage of any clinical practice opportunities you get whether that is in your hospo sessions, or volunteering in CSS.
- Look over senior notes, especially for ways to summarize and report exam findings
- All physical exams should present normal (i.e. no pathology)
- As with anything clinical skills in phase 1, the biggest component of your history taking is being empathetic, and putting emotion into the history taking

Portfolio Exam

✏️ What is it?

- An 'exam' (read: essay) you write discussing your 8 graduate capabilities in your phase 1 journey.
- In the writeup, you mainly talk about 3 different components:
 - Grades you got for each grad cap as focus graduate capabilities in individual assignments / group projects
 - Grades for generic graduate capabilities
 - Other events/roles (both inside and outside of medicine) during the two years relating to specific graduate capabilities - these help to boost grades for individual graduate capabilities

💡 Do I need to worry about it in first year?

- No, but we do recommend having an understanding of what goes into a Portfolio (see you at Portfolio Night :))
- For our keen beans, here's what to consider:
 - Individual assignments and Group projects - right from foundations, we really recommend pushing for good grades across your IAs and GPs, makes life a bunch easier coming into second year and eventually your portfolio.
 - To supplement assessment grades, you need to show active getting involved in developing each grad cap outside of just your academic submissions. That means joining a few SIGs & PAGs, MedSoc or other incredible opportunities to improve your portfolio (not to mention, out of the 6 years, year 1 will be one of the years you are most free to explore). Not to mention the incredible memories you'll make, and meeting the best people ever, so please get involved!

End of Phase Exam

- Your last proper exam of phase 1! 🎉
 - Long story short, it's a summation of everything phase 1, a big MCQ exam with questions from every term (besides foundations)
- 2 hour long exam - 80 questions, all multichoice
- 50% of content for the exam will come directly from EOC exams you've completed.

A Word From Us



In total across phase one, you'll complete roughly 6 formal individual assignments, 7 marked group projects, 8 end of phase exams, 3 practical exams, and 3 end of phase exams. While that sounds like a whole lot, it's important to see medicine (at least in phase 1) as a marathon rather than a sprint. With time, you'll slowly get through all your assignments and exams, and before you know it, you'll be at phase 2, ready for the next exciting chapter of medicine. So enjoy it while it lasts, we can't wait to help you and see you all flourish.

With that being said, feel free to reach out to either of us with any questions! We are always ALWAYS more than happy to help out and have a chat. Congratulations again and welcome to the UNSW Med Family - see you soon 💜

Love, Anush Goel (II) & Sabrine Wang (II) <3



RESOURCES & TEXTBOOKS



Purpose	Resources	Description
All Disciplines	Anki/Quizlet	Flashcards. Pros: Effective use of spaced repetition and active recall (do not try to cram with this method) Recommended to be used on an ongoing basis (try to do a set number of flashcards per day)Cons: Time-consuming Tools: Anki Decks: https://tinyurl.com/AnkusMedDecks available on MedConnex
	MedConnex 2.0 Google Drive	Comprehensive sets of collated notes, memorandums, anki decks, and other useful resources. Tools: Google Drive: http://tinyurl.com/megameddrives
Websites	AMBOSS	Comprehensive online notes and question banks with explanations. Pros: Well organized, nicer version of a textbook with diagrams and images. Information is relevant for medical degrees and you can easily use the search function to directly find the information you are looking for. Cons: Subscription-based. Content can be more advanced than you need to know for Phase 1Tools: https://www.amboss.com/int
	Osmosis	Online medicine videos. Pros: Succinct and easy to understand. Videos are organized by discipline and body system. Great for people who have long commutes and want to use it for study time. Cons: Paid subscription - although you can get 1 week free trials and many videos are available on YouTube. Tools: https://www.osmosis.org/
	EMedici	Online question bank and quizzes. Pros: Tailored to the Australian medical curriculum.Cons: Subscription-based. Tools: https://emedici.com/
	Medschool Bootcamp	Online medicine videos with quizzes. Pros: Can be useful to consolidate information from different disciplines. Helps you in hospitals on wards to piece together clinical symptoms. Cons: Subscription based - can get a code from existing users for free trial. May be more relevant in Phase 2. Tools: https://bootcamp.com/med-school



RESOURCES & TEXTBOOKS



Textbook	USMLE Step 1	Textbook for US exam called USMLE Step 1. Pros: Great summaries of content (better for revising). Very well structured with amazing diagrams.
YouTube	Armando Hadsugan	Online medicine videos with hand drawn diagrams. Pros: Clear and succinct explanations. Great diagrams and flowcharts. Free. Cons: Sometimes too complex for Phase 1. Can be difficult to find videos for specific concepts. Tools: https://www.youtube.com/user/armandohasadungan https://armandoh.org/
	Osmosis	Online medicine videos. Pros: Succinct and easy to understand. Videos are organized by discipline and body system. Great for people who have long commutes and want to use it for study time. Cons: Paid subscription - although you can get 1 week free trials and many videos are available on YouTube. Tools: https://www.osmosis.org/
	Ninja Nerd	Online medicine videos. Pros: Thorough explanations with great diagrams and flowcharts - especially for tricky subjects like embryology. Cons: Free! (through YouTube). Sometimes too complex for Phase 1. Can be quite long. Tools: https://www.ninjanerd.org/
	Khan Academy	Online medicine videos. Pros: Useful for basic chemistry/biology/physiology content throughout Phase 1. Tools: https://www.khanacademy.org/science/health-and-medicine
Pharmacology	Australian Medicines Handbook	Handbook of commonly utilized medicines. Pros: Has all relevant information on many medications you need to know for Phase 1. Tools: https://primoa.library.unsw.edu.au/primoexplore/fulldisplay/UNSW_ALMA51164130320001731/UNSW (access via UNSW library online website)
	MIMS	Similar to the Australian Medicines Handbook. Tools: https://searchfirst.library.unsw.edu.au/primoexplore/fulldisplay/UNSW_ALMA61160895520001731/UNSW



RESOURCES & TEXTBOOKS



Anatomy	Complete Anatomy	Digital 3D Anatomy Atlas/Textbook.Pros:Useful for visualising aspects of human bodyIncludes quizzes that are helpful for revisionCons: Expensive subscription - was purchased by MedFac and might be repurchased for 2024.Tools: https://3d4medical.com/
	TeachMe Anatomy	Website covering useful anatomy content from different body systems. Pros:Covers many body systems thoroughly and provides useful summaries, diagrams and simplified explanations.Cons: Some features might have a paywall
	The Calgary Guide to Understanding Disease	Flowcharts/summaries of disease processes. Pros:Highly detailed summary flowcharts on different body systemsCons: Can sometimes have unnecessary details. Tools: https://calgaryguide.ucalgary.ca/
Assignments and Projects	UpToDate	The legitimate 'Wikipedia' used in practice by many doctors and nurses. Has information about conditions, diagnosis and management. Generally avoid citing in assignments. Accounts can be made via CIAP at your clinical school (ask older students for assistance).Tools: https://www.uptodate.com/login
	BMJ Best Practice	Nice summary of presentation, diagnosis and management of conditions. Avoid referencing but usually helps in establishing understanding and finding initial references.Tools: https://bestpractice.bmj.com/info/
	Cochrane Library	Database of high-quality papers. Useful for finding primary source articles and well summarized papers
	PubMed/EMBASE	Useful databases for sourcing relevant journals and journal articles for research topics
Clinical Skills	Geeky Medics	Fantastic website & clinical videos. Watch relevant examination videos prior to your clinical skills sessions. Often has info that is helpful in preparation for OSCEs. Tools: https://geekymedics.com/
	MedSchool (iPhone or Android app)	Particularly useful in hospital and OSCE preparation (more helpful for Phase II). Quick reference pocket guide. Explains signs and symptoms for each aspect of examination. Definitely download on your phone!



TEXTBOOKS RECOMMENDATIONS



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

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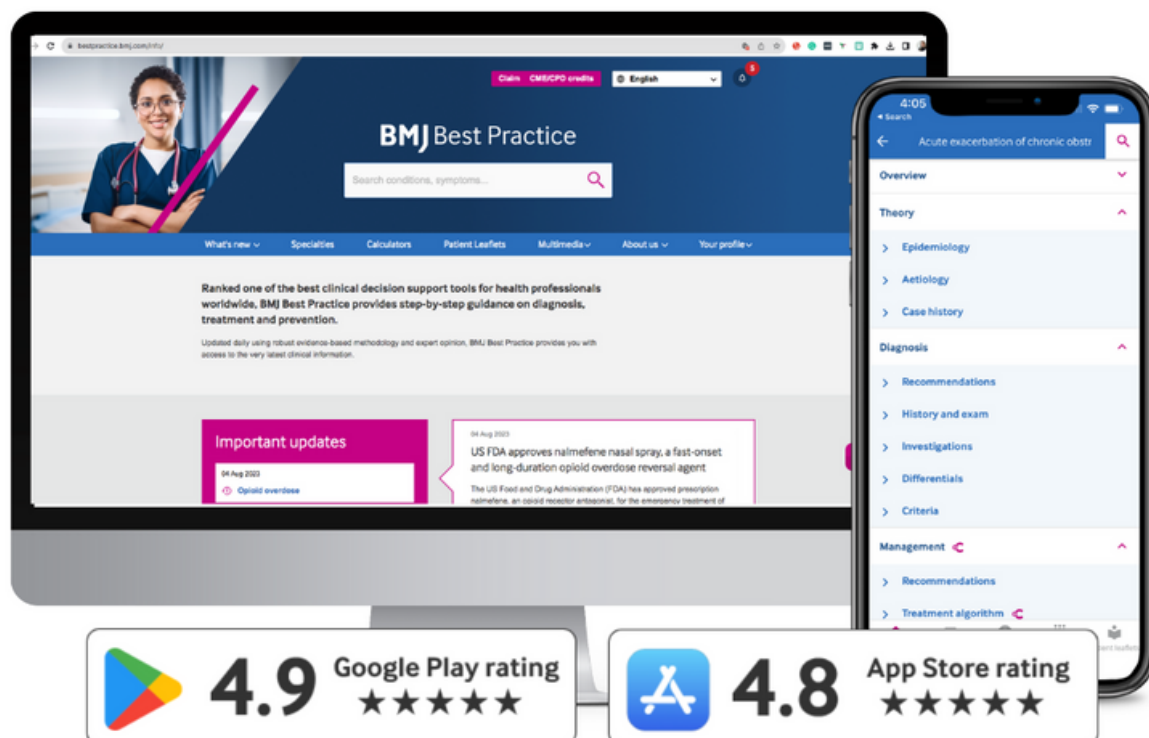
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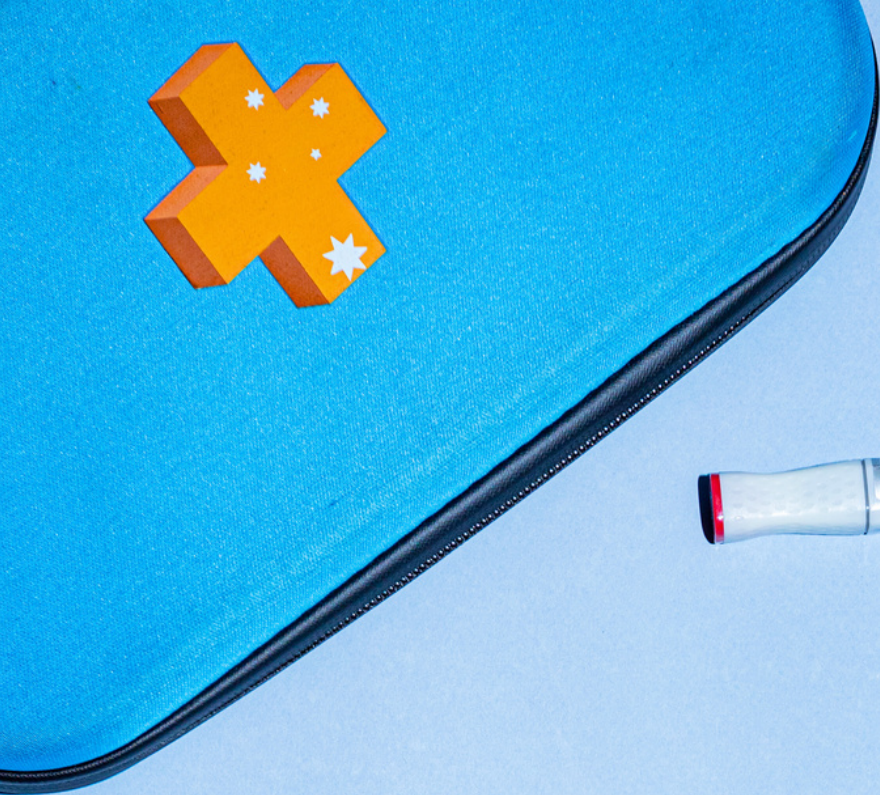
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