

UMBILICAL

TO THE CLASS OF 2030



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WELCOME

CLASS OF 2030

From your dad's cringe-worthy Facebook post to your grandma's phone call in a language you definitely need to brush up on, we know you've heard it a million times already, but here it is again: **Congratulations on making it into UNSW Medicine!**

Your hard work has paid off, and with admissions over, you can get excited that you have committed your life to a degree that lasts longer than most celebrity marriages.

Welcome to a life fueled by caffeine, accidental naps during lectures, and the occasional urge to aggressively shush noisy HSC students hogging your library before exams. But don't worry—we've got your back. Introducing **THE UMBILICAL**, your ultimate cheat sheet for surviving med school! From the best spots on campus and all the sweet discounts to the endless societies and roles you can get involved in, this little guide will be your go-to survival kit for navigating the chaos.

What truly sets UNSW Medicine apart is the tight-knit, supportive, and incredibly talented community you're now a part of. While you're well on your way to becoming amazing doctors, don't forget to stop and appreciate the incredible people around you. **Our #1 piece of advice?** Get involved in everything! **Push yourself out of your comfort zone**—whether it's scrubbing up for Scrub Crawl, showing off your childhood piano skills at MedShow, surviving the legendary MedCamp, or partying it up at Integration Night, these are the memories you'll cherish forever.

And hey, **PLEASE** be the person who says "Hi" to the person next to you in your first lecture. Who knows? They might be the one you call the night before the exam when you can't remember the **5 cardinal signs of inflammation** or the one cheering you on when you finally identify your first histological stain (**just you wait for your first lecture with Reza**).

If you haven't already, **join the UNSW Medicine Class of 2030 Facebook group**. Yes, we know Facebook is where your parents post blurry vacation photos, but hear us out—it's still the place for all your MedSoc event updates, resources, and, let's be real, a little pre-Day-1 stalking of your future classmates. **Don't have Facebook? Make an account.** If you survived abstract reasoning, you can master this too.

Finally, as your First-Year Representatives, we're here to help you settle in and make the most of this wild ride. **If you have questions, concerns, or just want to say hi, reach out to us at year1@medsoc.org.au or on Messenger.**

Don't be shy if you see us around campus—we can't wait to meet you all and hear your stories!



Lots of love, Izzy & Tom

MESSAGE FROM PRESIDENT

Hey Future Doctors!

It's crazy to hear that hey? A very warm welcome to the UNSW Medicine family and congratulations on making it into the best (in our opinion) course in Australia! I'm honoured to introduce you to MedSoc, the largest and most vibrant university medical society ever. But don't just take my word for it, as all the previous presidents have said... come find out for yourself ♥.

Let me give you the rundown of what we stand for and how YOU, my loves, can get involved.

ADVOCACY

MedSoc's main purpose is to serve the medical student community and ensure your voice is heard, we are lucky to have a strong and trusting relationship with the Medicine and Health Faculty. Advocacy means involving the student experience and program through your feedback!

Here's some ways for you to be involved:
Apply to be a First Year Representative
Apply to be the Presidential or Secretarial Assistant
Join a MedSoc subcommittee!

COMMUNITY

One of my favourite aspects of UNSW medicine is forming friendships and life-long bonds. Medicine is hard but it is SO much easier with help from seniors, when you join MedSoc you get to know people who have made it through your phase and are always super keen to help with whatever you need!

Key ways to get involved:

- Join MedSoc <3
- Join the 8 Special Interest Groups (e.g. Surgical Society, Internal Medicine Society and more!) or the 2 Performing Arts Groups (e.g. MedShow, Medical Music Society)
- Join one of our affiliates (e.g. Medical Outreachers Australia, Medical Students' Aid Project, Rural Allied Health & Medical Society and more)

EXPERIENCES

Remember to meet more people rather than be stuck on the grind, you never know when you'll meet a very important person! Also getting involved will help you develop skills a textbook/studying will not 😊.

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
- Academic tutorials
- Wellbeing initiatives
- College Cup sports events every term

Whew, that was a lot! Last, but not least, **remember you're never alone, the MedSoc Executive team will always be one call or message away.** These next six years of your life will be full of excitement, challenges but most importantly heart-warming core memories. **The medicine family you meet along the way will always be behind, supporting you through medical school and beyond.**

Excited to get to know all of you!



Love,
Minnie

MEET THE EXECS

PRESIDENT

Minnie (Minqing Ning) (III)



Nickname: Mindog, I got that dawg in me

Favourite Med Memory: Hosting subcomm induction or Dubbo '24!

Advice to First Year Self: Get involved! You're only ever at this point in time once in your life, you'll meet so many people in UNSW/ MedSoc, I never would've done so well both academically and mentally if i didn't meet senior students. Everyone is super happy to help you but... you gotta meet us first! <3

VICE PRESIDENT INTERNAL

Natalie Ong (III)

Nickname: Natbat

Embarassing Story from First Year: At MedCamp I pissed in a bush whilst blackout, and a spider crawled on my naked bum cheeks and I fell down the slope and had gashes all over my arms and legs

What's your worst med pickup line? Are you DNA helicase? Because I'd let you unzip my genes



VICE PRESIDENT EXTERNAL

Catherine Le (IV)



Nickname: Cath

Favourite Med Memory: Travelling to Nepal on the Medical Outreachers trip, it was such an incredible, eye-opening experience with amazing ppl and many core memories were made <33 I also loved dancing in Medshow and going to Dubbo to teach rural primary kids about ear health

Favourite Spot on Campus: The food court in lower campus (I rly like Stellinis heheh)

TREASURER

Anthony Yap (IV)



Nickname: Yappy

Fun Fact About Me: I can longboard!

If you could perform surgery with any kitchen utensil, what would it be and why?

A pot, so I can make instant noodles after I'm done

Bonus question: Why does a kebab taste so much better at night than it does during the day?

I don't have an answer, but they just taste so much better

SECRETARY

Stephanie Chong (II)

Nickname: Stiff (everyone making fun of my gorgeous NZ accent)

Favourite Med Memory: Watching season 6 of Too Hot to Handle with friends in our hotel room at AMSA

Fun Fact About Me: I won a televised national cooking competition when I was 12 and if you dig hard and deep enough its uploaded on youtube...



ACADEMICS EXECUTIVE

Anush Goel (III)



Nickname: Nushbush

Advice to First Year Self: Med school, and uni as a whole is such an incredible opportunity to go out, meet so many incredible people and have the time of your life. It can be really tough balancing everything, from academic pressures to all the fun first year has to offer, but if you take it one step at a time, there is no way you won't enjoy yourself :) There's always someone there for you if you ever need it too <33

If you could prescribe a daily dose of something for everyone, what would it be and why? I think everyone could benefit from a dose of Laurance's Happiness (or whatever he takes to be so joyous all the time)

PUBLIC RELATIONS EXECUTIVE

First Narupaves (III)



Nickname: #1

Fav Med Memory: AMSA 2024 in Melbourne 1000000%!!! I stayed in an airbnb with my friends and woke up to the smell of Nat making breakfast (would not have it any other way). I got to explore Melbourne with my closest friends, made so many new friends, partied every night, and met med students from all over Australia.

Fun Fact About Me: I have an extra bone in my left foot. No, it does not give me any special ability.

EVENTS EXECUTIVE

Sri Harini Parasuraman (III)

Nickname: Hairing

Advice to First Year Self: Take your time (even if its past 1st yr) to experiment with different study methods and find what works best for you. Remember, med school isn't just about grades; it's also about the friendships and memories you create along the way!!

Favourite Spot on Campus: Hammock in lower campus ;)



SPONSORSHIP EXECUTIVE

Ethan Chung (III)



Nickname: Mr. Nonchalant

Fun Fact About Myself: My sibling and I share the same birthday but we aren't twins

Advice to First Year Self: Take it easy! Enjoy these 6 years of Med and make the most out of it!

HUMAN RESOURCES EXECUTIVE

Laurence Lancaster (III)



Nickname: Borence

Embarrassing Story from First Year:

Tumbling backwards in front of a whole crowd of veteran skiers at the Medsoc Ski trip after thinking a T-bar worked exactly like a ski lift (it looked very sittable at the time). The embarrassing thing was that it happened twice...

If you could prescribe a daily dose of something for everyone, what would it be and why? A dose of happiness, it goes a long way

AMSA/NSWMC REPRESENTATIVE

Kashia McGrath (IV)

Nickname: kashmoney

Fun Fact About Me: i worked in a steakhouse whilst being vegetarian

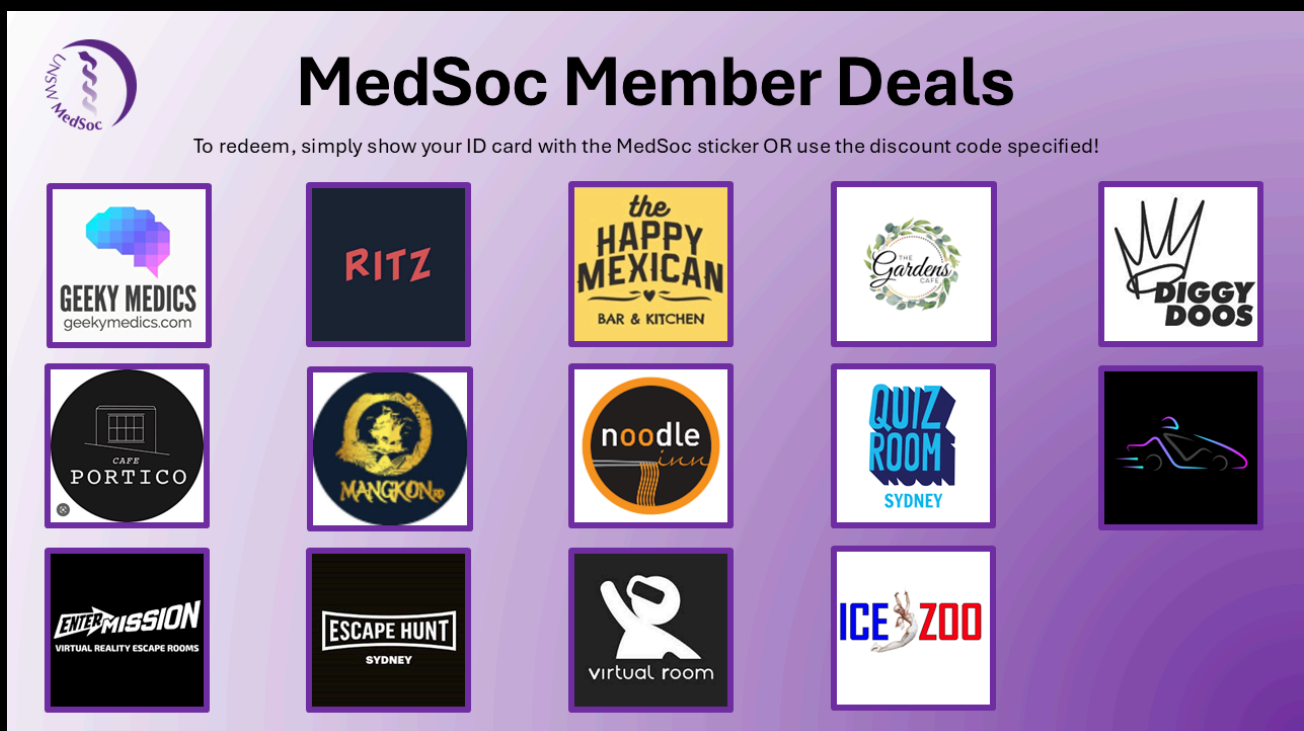
If you could perform surgery with any kitchen utensil, what would it be and why? hmmm a whisk (i don't know all the anatomy anyways so may as well mix it around!!)



MEMBERSHIP DEALS

By Ryan Lee (III) & Sriram Badrinarayanan (III)

- **Geeky Medics:** UNSWgeeky10 (10% discount on OSCE stations, flashcards and clinical skills bundle)
- **Ritz Cinema:** \$13 each on group bookings of 20 or more + \$12 corporate vouchers
- **The Happy Mexican:** \$15 for 3 tacos with a beer/wine/soft drink
- **The Gardens Cafe:** 10% discount
- **Cafe Portico:** 10% discount WITH a 5-star review
- **MangkonRd:** 10% discount
- **Noodle Inn Randwick:** 10% discount
- **Quiz Room:** 15% discount
- **Entermission & Sydney Escape Hunt:** UNSW10 (10% discount) + MEDSOC15 (15% discount)
- **Virtual Room Sydney:** MEDSOC20 (20% discount)
- **Ice Zoo:** 10% discount at cafe + \$15 entry and skate hire (general public session) + \$10 entry and skate hire (Thursday night cheap skate)
- **Hyperkarting:** MEDSOC15 (15% discount)
- **Diggy Doo's Coffee:** UNSWDIGGYS (40% discount)

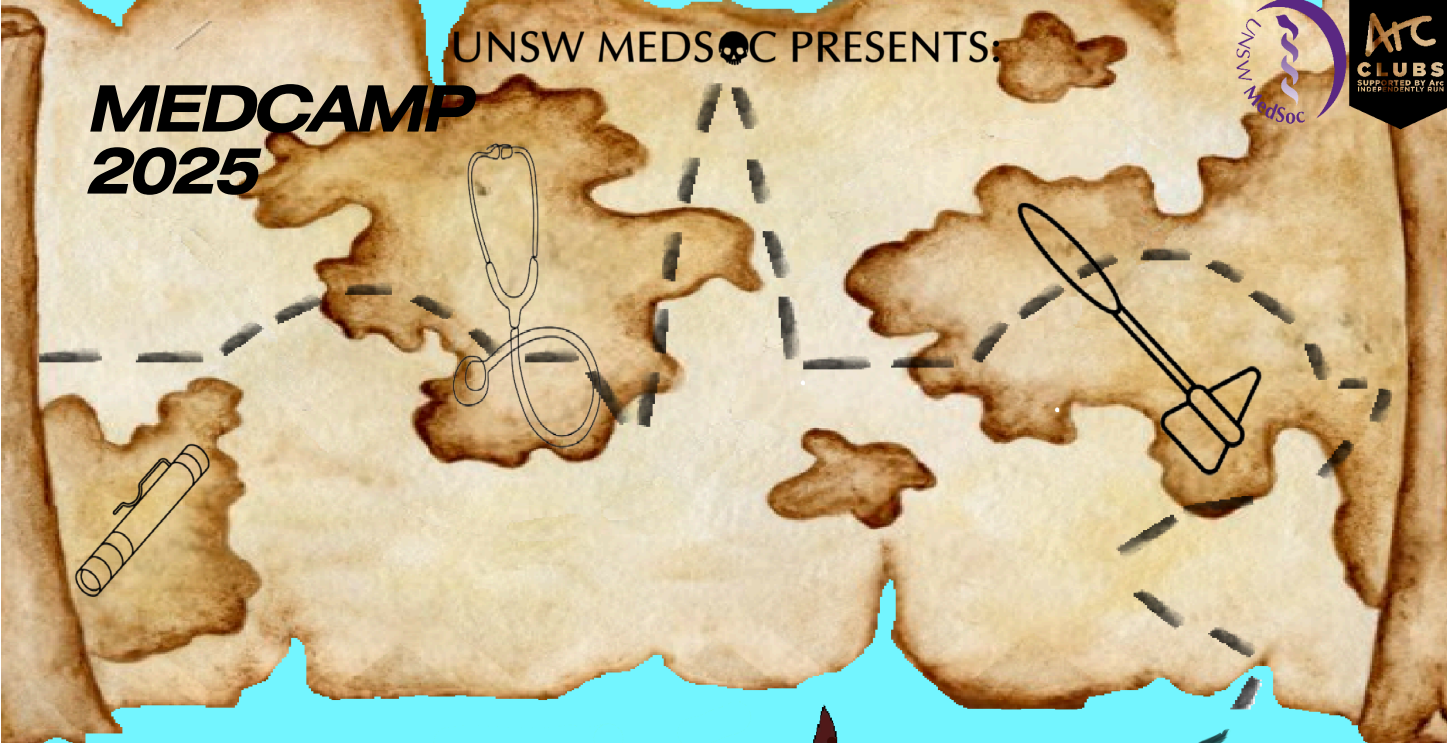


The graphic features the UNSW MedSoc logo in the top left corner. The main title is "MedSoc Member Deals" in a large, bold, black font. Below the title, a subtitle reads: "To redeem, simply show your ID card with the MedSoc sticker OR use the discount code specified!". The deals are presented in a grid of 15 square icons, each with a purple border. The icons are arranged in three rows and five columns. The first row contains: Geeky Medics (brain icon), RITZ (red text on black background), the Happy Mexican (yellow background with text), The Gardens Cafe (green wreath icon), and Diggy Doo's (crown icon). The second row contains: Cafe Portico (black circle with white text), MangkonRd (yellow circle with globe icon), noodle inn (orange circle with text), Quiz Room Sydney (blue text on white background), and Hyperkarting (black background with white kart icon). The third row contains: Entermission (black background with white text), Escape Hunt Sydney (black background with white text), Virtual Room (black background with white figure icon), and Ice Zoo (white background with blue and red text).

UNSW MEDSoc PRESENTS:



MEDCAMP 2025



UNDER THE ECG

OUTDOOR ADVENTURES CAMP WISEMEN'S FERRY

FIRST YEAR OPPORTUNITIES

BY TOM JOHNSTON (II) & ISABELLA VANCE (II)

Looking for a way to **spice up your med school journey**? Look no further—**JOIN MEDSOC!** It's the perfect place to meet incredible people from all years, discover new hobbies, and have a blast. And yes, we throw some of the best parties around (a little bit of liquid courage never hurts!). **Becoming a MedSoc member means you'll have access to all our exclusive academic and social events.** Feeling adventurous? There are plenty of leadership roles within the Society just waiting for you to take the plunge.



First Year Reps

Step up and become the Mum or Dad of the year! As a First Year Rep, you'll play a crucial role in voicing student concerns to MedFac and keeping your cohort (aka your kids) calm and connected. You'll also get to organise amazing events like **welcome-back morning teas, the integration cruise, and MedCamp**—some of the **most unforgettable experiences** you'll ever have.

The best part? You'll have the freedom to dream up and **create your own events too.** We both loved every moment of this role—it's a fantastic way to bond with older students and really get to know your cohort. **We had the time of our lives, and we think you will too.** So if this sounds like your kind of thing, **PLEASE APPLY!** Seriously, this is one of the most rewarding roles MedSoc has to offer.

Assistant Secretary

Are you someone who loves staying behind the scenes, handling the details, or maybe you just have an **inexplicable love for spreadsheets**? Either way, the **role of Assistant Secretary is calling your name!** In this position, you'll be helping to **keep MedSoc running smoothly** by assisting with council meetings, coordinating event records, organizing food for meetings, and taking minutes during Exec and council discussions.

Oh, and let's not forget—you'll also get to **work closely with our fabulous Secretary, Stephanie,** managing the MedSoc event spreadsheets and sending out the MedSoc Mail-out. This role is a fantastic way to connect with the older years and get an **insider's view of how MedSoc operates.**



Presidential Assistant



Ready to answer the call of leadership? As the Presidential Assistant, **you'll be the right-hand man (/woman) to our amazing President Minnie**, supporting her in keeping MedSoc running like a dream. Whether it's managing correspondence, setting up Council agendas, or taking on crucial tasks for the executive team, **you'll be at the center of it all**. This role offers a unique chance to be deeply involved in **making the med student experience unforgettable**, all while working alongside an incredible team

Committees

Subcommittees are your chance to collaborate with older students and dive headfirst into MedSoc life. With options ranging from socials, to photography and academics, **there's something for everyone**. It's a great way to give back to the med community and **make the most of your time as a med student**. Keep an eye out—subcommittee applications are coming 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. We can't wait to see you guys join the Med Fam and see you around uni!

HOW TO MAXIMISE YOUR MED JOURNEY

BY NATALIE ONG (III) & CATHERINE LE (IV)

Dear Class of 2030,

A huge congratulations again and welcome to UNSW Medicine!! It is **truly a remarkable achievement** to have gotten into this program and you should be incredibly proud of yourself :) We are so excited to meet you all and **we hope that you have the most amazing journey** filled with lots of new experiences and fun over the next 6 years!

Today we're hoping to give the advice we wish we had known in first year and some tips on how to really **maximise your med journey!!** :D

Tip #1 Take all the opportunities

University will honestly be the **best years of your life** - you meet lifelong friends, work towards your career goals, and have the most free time you'll ever have before you start full-time work. University holds **so many opportunities in and out of Medsoc**, **say yes to things**, step outside your shell and stay **open-minded**. It's okay not to be the best when you start something new,

Tip #2 Make new friends

Friends are essential to having an amazing first year. Whether you're cramming together before an exam, scrambling to finish an assignment or having an absolute blast at scrub crawl, these shared experiences will become **core memories** throughout your med journey. There are so many opportunities to **meet incredible people** and these friends will be your **lifeline in med** and can **make your experience so much better!**

Our advice would be to try to **put yourself out there**, go to all the med events and try lots of different activities. The more people you meet, the more likely you are to find people you really click with! **Some of these people will become your closest friends** :))



Tip #3 Make time for yourself

Having a **well balanced lifestyle that integrates both work and play** is crucial in preventing burnout. Academic success can only happen when you're **fueled and motivated**, so make sure to take time for **self care**. We would highly recommend undertaking a **regular hobby**; like a sports team, music ensemble or interest group - bonus points if it allows you to **foster friendships** outside of medicine too!

Please do reach out to those around you if the going gets tough, your med family will be one of your greatest assets going forward. All the best! **You're going to do so well.**

Lots of love,

*Catherine Le (VPE)
and Natalie Ong
(VPI)*

MUST ATTEND SOCIAL EVENTS

By Naavraj Choudhary (III) and Ethan Kooner (III)

O-Week Party

An introduction for all med freshers - get keen to make new friends and let your hair down 🎉! Dance away the excitement and nerves before your first week in the first social event of the year 🎉🎉!

Scrubcrawl 1

The biggest 🎉social 🎉event of the year ^{100/100}!! All six years of med students come together on a pubcrawl through the city in scrubs (or in your case, lab coats 🧥) ! Party the night away with your new friends - it will be a time to remember 🍷(or not)!! 😄😄 Don't forget your lab coat and sharpies!

Mid Year Cocktail Party 🍷🍷

Get ready for a night with sharp tuxedos, stunning dresses and most importantly – unlimited drinks! 🍷🍷 Slip into your finest cocktail attire and join us at a chic waterfront bar as we toast to the end of an incredible semester.

This is a night to remember– don't miss it! ✨🌟

UNSW X WSU ScrubCrawl

Loved the last one? Get ready for round two – bigger, better and packed with more opportunities to meet other medicine students! 🎉🎉

Reconnect with friends, pick up those leftover conversations from AMSA or SYDCON and make this the best combined event of the year. Don't miss out – let's end the year with a bang! 🎉🎵





WELLBEING GUIDE

Hi guys! We are Alyssa Chong (II) and Cona Xu (II) and we're your Wellbeing Officers for 2025! We are 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 will be hosting a bunch of events throughout the year for you to **take a break from studying and relax**, all whilst meeting some amazing people from all different year levels.

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**
- Log the day on eMed > Portfolio > click SUBMIT self-care days
- You can attach a self-care plan on eMed
- **Send your Course Convenor and tutor/supervisor an email about taking the day off**
- Make sure you catch up on what you missed!

Our events this year

Term 1

- Origami night
- Movie night
- Gratitude wall/love letters
- Phase 1 Bowling and Laser Tag
- Peer mentoring!

Term 2

- World's Greatest Shave
- Ice Skating Phase 1 Outing
- Trivia Night
- Hip Hop Dance Workshop

Term 3

- Board games night
- Run Club
- Picnic with bonding and games
- Mental Health First Aid

Term 4

- Therapy Dogs

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

Faculty Wellbeing Officer Webpage:

<https://www.unsw.edu.au/medicine-health/study-with-us/student-life-resources>

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.

If you are looking for an extra support to help you transition into your studies and make the most out of university life socially or academically, the following Student Mentoring and Support Services may be useful:

UNSW Peer Mentor Information:

<https://www.student.unsw.edu.au/peersupport>

UNSW Medicine Society (MEDSOC) First Years Peer Mentoring Program Information:

<https://www.student.unsw.edu.au/medsoc>

Equitable Learning Services (ELS) Information:

<https://www.student.unsw.edu.au/equitable-learning>

UNSW Student Support Services Information:

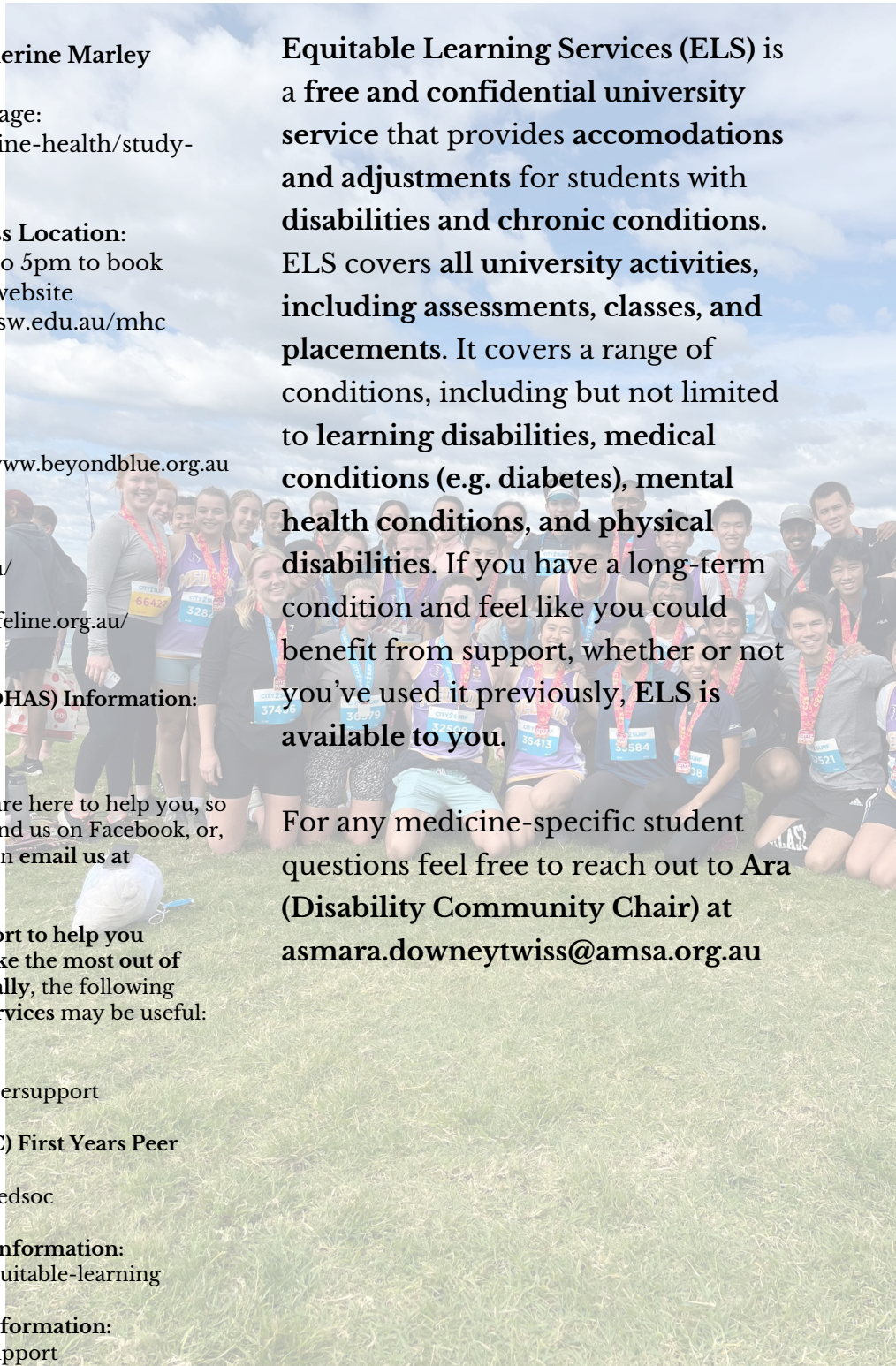
<https://www.unsw.edu.au/student/support>

Form your own study group with other people in your cohort! It will strengthen relationships and assist in revision and consolidation of content throughout the term to help you stay on top of the workload.

Equitable Learning Services (ELS)

Equitable Learning Services (ELS) is a free and confidential university service that provides accommodations and adjustments for students with disabilities and chronic conditions. ELS covers all university activities, including assessments, classes, and placements. It covers a range of conditions, including but not limited to learning disabilities, medical conditions (e.g. diabetes), mental health conditions, and physical disabilities. If you have a long-term condition and feel like you could benefit from support, whether or not you've used it previously, ELS is available to you.

For any medicine-specific student questions feel free to reach out to Ara (Disability Community Chair) at asmara.downeytwiss@amsa.org.au



IMPORTANT TIPS

Tip #1

Balance study, sleep, and social life! Take a self care day if you need, or some time to recuperate.

Tip #2

Romanticise 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 :)

Tip #3

Take care of your physical health as well as mental health. Spend time outside going for walks or doing some physical exercise.

Tip #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.

Tip #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.

We are extremely excited to be walking alongside you and wishing you all the best as you begin this incredible journey!



SPECIAL INTEREST GROUPS & PERFORMING ART GROUPS

UNSW Surgical Society

UNSW Surgical Society warmly welcomes all students to come learn more about the **world of surgery** and develop **practical skills** across various specialties. Our events include our **suturing workshops**, careers and pathway nights, subspecialty workshops taught by experienced surgeons and our **annual surgical conference**, which highlights a different specialty each year. Spots fill up quickly, so keep an eye out for our events by **following our Facebook page** and the **UNSW Medicine Noticeboard!**



UNSW Psychiatry Society

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!



Women's & Children's Health Society

UNSW Women's and Children's Society

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

UNSW Critical Care Society

Are you a **thrill seeker? Adrenaline junkie?** Critical Care Society is your gateway to the high-stakes world of **Emergency Medicine, Anaesthetics, and Intensive Care**. We're here for those who thrive in **fast-paced, heart-pounding situations** where every decision counts. With us, you'll experience medicine through **action-packed simulations and hands-on workshops**, and **real-world scenarios** that bring your textbook theory to life. Whether you're drawn to action-packed medicine or simply curious about the field, there's definitely **something for everyone**. Follow us on **Instagram and Facebook** for event updates, workshops, and more opportunities! We can't wait to see you in action!

UNSW Internal Medicine Society

IMSoc warmly welcomes all medical students **interested in internal medicine!** That's everything from **cardio and 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 2025, 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 socials for more details (**FB: UNSW Internal Medicine Society, IG: @unsw.imsoc**) or reach out to **Katherine Kim (President) and Sarah Chong (Vice President).** See you at our events! :D



UNSW Oculus Society

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!

UNSW Dermatological Society

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!**



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!

MEDICAL MUSIC SOCIETY



Hoping for a bit more Pitch Perfect in your uni experience? Medical Music Society exists to bring music to our community! Whether you've had your piano diploma since before you could walk or you just enjoy singing in the shower, we have something for you :) MMS has an orchestra and a choir which practice and perform regularly; we also facilitate small musical groups and organise open jam sessions, karaoke, and social events.

As part of our commitment to community, we do musical outreach performances for local groups including nursing homes and hospitals, as well as fundraising for medical charities. Whatever your experience with music is, we would love to welcome you to our society! If you want joy, connection, and creativity, MMS is the place for you.

MEDSOC AFFILIATES



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 26 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 2025 we are running:

Rural High School Visits – cheap and fun road trips to educate, inspire, and mentor those from rural backgrounds to study at uni, especially in healthcare by hosting clinical and UCAT/subject selection workshops 🇺🇸.

Rural Appreciation Weekend – another road trip with hands-on medicine activities, bush dancing, shearing sheep and generally experiencing rural life 🌿.

Clinical Skills Nights – learn essential medical and allied health skills such as cannulation, suturing, plastering and so much more 🩺.

Guest speakers – hear from inspiring professionals about rural health and network 💡.



MEDICAL STUDENTS' AID PROJECT

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 make a difference to healthcare inequality. Thus, in 2001, MSAP was born.

MSAP is a global health group at UNSW, which operates as a student-run, nonprofit charity organization. Today, we maintain the same core mission of promoting global healthcare equality through our flagship Elective Aid Program, which raises funds for students to deliver equipment like

ECG machines, stethoscopes and sutures to hospitals in disadvantaged countries like Malawi and Cambodia. Our expanded activities now also include:

Education; 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.

Advocacy in areas of refugee health and climate change both as an individual organization and in collaboration with Australian Medical Students' Association (AMSA). Direct student action, through local and international projects including Birthing Kit Night (BKN - pictured!).



MEDSOC AFFILIATES

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 Locals team will offer **volunteering opportunities at schools** around Sydney with our Teddy Bear Hospital program and visits to **elderly care homes**. Our Rurals team organises the **annual Dubbo Trip** where we raise funds for and travel to Dubbo to **raise awareness for ear health in children**. Finally, our Internationals team will run the **annual international outreach trip** where we gain insight and knowledge from a variety of places around the world. We offer **unique opportunities** for you to engage in varying healthcare contexts and **support health equity**. We look forward to seeing you at our events in 2025 and keep your eyes peeled for subcommittee opportunities soon!

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

GENERAL PRACTICE STUDENTS 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 medical schools across New South Wales, 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!**



PEER MENTORING

By Natalie Hui (IV) & Hannah Ku (IV)

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 (18th February, 5:30pm) 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!

TIMETABLE

TPI	Session	Topics	Location
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
Week 6	End of Peer Mentoring Picnic	Join us for a fun BBQ to celebrate finishing your first term of Medicine!	UNSW Campus

CLASS PREPARATION & MATERIALS

Class	Date & Time	Attendance	Description & Preparation
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

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!

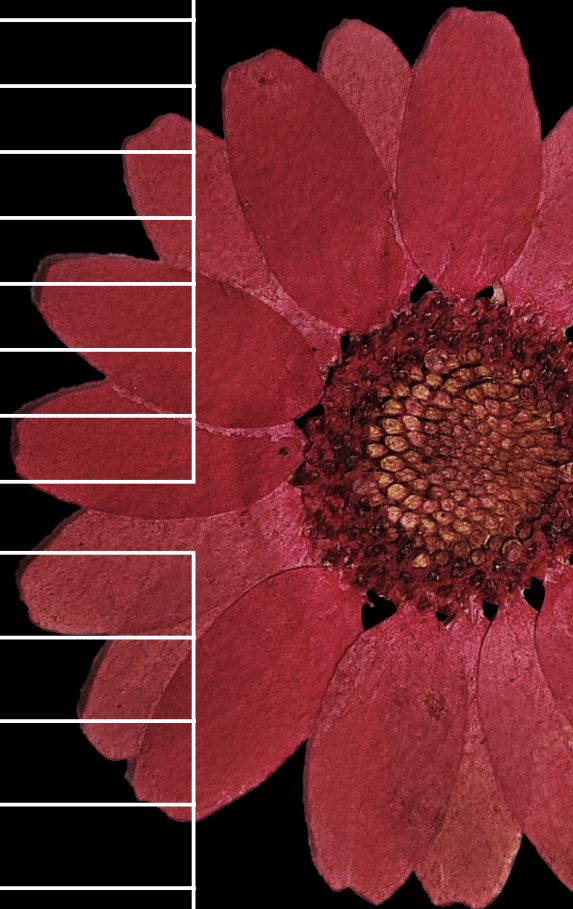
ASSESSMENT WEIGHTINGS

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

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!

Natalie Hui (IV)
and Hannah Ku (IV)

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!

Prioritizing 'High-Yield' Topics

In medicine, lectures overflow with soooooo much detail - think **2000+ PowerPoint slides per term!** Emphasizing **repetition and consistency over immediate perfection** will take you far. To classify "high-yield" topics,

- 1) **prioritize** 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!**

*Natalie Hui (IV)
and Hannah Ku (IV)*

RESOURCES & TEXTBOOKS

Purpose	Resources	Description
All Disciplines	Anki/Quizlet	Flashcards. <u>Pros:</u> <ul style="list-style-type: none"> • 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) <u>Cons:</u> <ul style="list-style-type: none"> • Time-consuming <u>Tools:</u> <ul style="list-style-type: none"> • Ankus Decks: https://tinyurl.com/AnkusMed • Decks available on MedConnex
	MedConnex 2.0 Google Drive	Comprehensive sets of collated notes, memorandums, anki decks, and other useful resources. <u>Tools:</u> <ul style="list-style-type: none"> • Google Drive: http://tinyurl.com/megameddrives
Websites	AMBOSS	Comprehensive online notes and question banks with explanations. <u>Pros:</u> <ul style="list-style-type: none"> • 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. <u>Cons:</u> <ul style="list-style-type: none"> • Subscription-based. • Content can be more advanced than you need to know for Phase 1 <u>Tools:</u> <ul style="list-style-type: none"> • https://www.amboss.com/int
	Osmosis	Online medicine videos. <u>Pros:</u> <ul style="list-style-type: none"> • 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. <u>Cons:</u> <ul style="list-style-type: none"> • Paid subscription - although you can get 1 week free trials and many videos are available on YouTube. <u>Tools:</u> <ul style="list-style-type: none"> • https://www.osmosis.org/

RESOURCES & TEXTBOOKS

	EMedici	<p>Online question bank and quizzes.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> • Tailored to the Australian medical curriculum. <p><u>Cons:</u></p> <ul style="list-style-type: none"> • Subscription-based. <p><u>Tools:</u></p> <ul style="list-style-type: none"> • https://emedici.com/
	Medschool Bootcamp	<p>Online medicine videos with quizzes.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> • Can be useful to consolidate information from different disciplines. • Helps you in hospitals on wards to piece together clinical symptoms. <p><u>Cons:</u></p> <ul style="list-style-type: none"> • Subscription based - can get a code from existing users for free trial. May be more relevant in Phase 2. <p><u>Tools:</u></p> <ul style="list-style-type: none"> • https://bootcamp.com/med-school
Textbook	USMLE Step 1	<p>Textbook for US exam called USMLE Step 1.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> • Great summaries of content (better for revising). • Very well structured with amazing diagrams.
YouTube	Armando Hadsugan	<p>Online medicine videos with hand drawn diagrams.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> • Clear and succinct explanations. • Great diagrams and flowcharts. • Free. <p><u>Cons:</u></p> <ul style="list-style-type: none"> • Sometimes too complex for Phase 1. • Can be difficult to find videos for specific concepts. <p><u>Tools:</u></p> <ul style="list-style-type: none"> • https://www.youtube.com/user/armandohasudungan • https://armandoh.org/
	Osmosis	<p>Online medicine videos.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> • 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. <p><u>Cons:</u></p> <ul style="list-style-type: none"> • Paid subscription - although you can get 1 week free trials and many

RESOURCES & TEXTBOOKS

		<p>videos are available on YouTube.</p> <p><u>Tools:</u></p> <ul style="list-style-type: none"> • https://www.osmosis.org/
	Ninja Nerd	<p>Online medicine videos.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> • Thorough explanations with great diagrams and flowcharts - especially for tricky subjects like embryology. <p><u>Cons:</u></p> <ul style="list-style-type: none"> • Free! (through YouTube). • Sometimes too complex for Phase 1. • Can be quite long. <p><u>Tools:</u></p> <ul style="list-style-type: none"> • https://www.ninjanerd.org/
	Khan Academy	<p>Online medicine videos.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> • Useful for basic chemistry/biology/physiology content throughout Phase 1. <p><u>Tools:</u></p> <ul style="list-style-type: none"> • https://www.khanacademy.org/science/health-and-medicine
Pharmacology	Australian Medicines Handbook	<p>Handbook of commonly utilized medicines.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> • Has all relevant information on many medications you need to know for Phase 1. <p><u>Tools:</u></p> <ul style="list-style-type: none"> • https://primoa.library.unsw.edu.au/primoexplore/fulldisplay/UNSW_ALMA51164130320001731/UNSW (access via UNSW library online website)
	MIMS	<p>Similar to the Australian Medicines Handbook.</p> <p><u>Tools:</u></p> <ul style="list-style-type: none"> • https://searchfirst.library.unsw.edu.au/primoexplore/fulldisplay/UNSW_ALMA61160895520001731/UNSW
Anatomy	Complete Anatomy	<p>Digital 3D Anatomy Atlas/Textbook.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> • Useful for visualising aspects of human body • Includes quizzes that are helpful for revision <p><u>Cons:</u></p> <p>Expensive subscription - was purchased by MedFac and might be repurchased for 2024.</p> <p><u>Tools:</u></p> <ul style="list-style-type: none"> • https://3d4medical.com/

RESOURCES & TEXTBOOKS

	TeachMe Anatomy	<p>Website covering useful anatomy content from different body systems.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> Covers many body systems thoroughly and provides useful summaries, diagrams and simplified explanations. <p><u>Cons:</u></p> <ul style="list-style-type: none"> Some features might have a paywall
	The Calgary Guide to Understanding Disease	<p>Flowcharts/summaries of disease processes.</p> <p><u>Pros:</u></p> <ul style="list-style-type: none"> Highly detailed summary flowcharts on different body systems <p><u>Cons:</u></p> <ul style="list-style-type: none"> Can sometimes have unnecessary details. <p><u>Tools:</u></p> <ul style="list-style-type: none"> https://calgaryguide.ucalgary.ca/
Assignments and Projects	UpToDate	<ul style="list-style-type: none"> 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). <p><u>Tools:</u></p> <ul style="list-style-type: none"> https://www.uptodate.com/login
	BMJ Best Practice	<ul style="list-style-type: none"> Nice summary of presentation, diagnosis and management of conditions. Avoid referencing but usually helps in establishing understanding and finding initial references. <p><u>Tools:</u></p> <ul style="list-style-type: none"> https://bestpractice.bmj.com/info/
	Cochrane Library	<ul style="list-style-type: none"> Database of high-quality papers. Useful for finding primary source articles and well summarized papers
	PubMed/ EMBASE	<ul style="list-style-type: none"> Useful databases for sourcing relevant journals and journal articles for research topics
Clinical Skills	Geeky Medics	<ul style="list-style-type: none"> Fantastic website & clinical videos. Watch relevant examination videos prior to your clinical skills sessions. Often has info that is helpful in preparation for OSCEs. <p><u>Tools:</u></p> <ul style="list-style-type: none"> https://geekymedics.com/
	MedSchool	<ul style="list-style-type: none"> Particularly useful in hospital and OSCE preparation (more helpful for Phase II).
	(iPhone or Android app)	<ul style="list-style-type: none"> Quick reference pocket guide. Explains signs and symptoms for each aspect of examination. Definitely download on your phone!

RESOURCES & TEXTBOOKS

Subject	MedFac Recommendations	Our Recommendations
Anatomy	<ul style="list-style-type: none"> Gray's anatomy for students (Drake) OR Clinical anatomy by systems (Snell) 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Skills for communicating with patients (Silverman); AND Clinical examination (Epstein); OR Clinical examination ('Talleys') 	<ul style="list-style-type: none"> You would most likely never use Silverman Epstein is used mostly by Phase 3 students, and Talleys' by Phase 2. Can be useful in Phase 1 OSCEs as a secondary resource. Online resources e.g. Geeky Medics, MedSchool App are very helpful for Phase 1
Embryology	<ul style="list-style-type: none"> The developing human: clinically oriented embryology (Moore); OR Larsons' Human Embryology (Schoenwolf) 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Wheater's functional histology (Young); OR Human histology (Stevens); OR Junqueira's basic histology (Mescher) 	<ul style="list-style-type: none"> The images help with the practical exam. Junquiera 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	<ul style="list-style-type: none"> Textbook of Medical Physiology (Guyton and Hall) 	<ul style="list-style-type: none"> Can be somewhat useful to clarify concepts explained in lectures, but most uncertain concepts are clarified during tutorials etc
Immunology	<ul style="list-style-type: none"> Immunology for medical students (Nairn) 	<ul style="list-style-type: none"> Immunology mostly taught in second year - wait until then to see whether you need it
Microbiology	<ul style="list-style-type: none"> Mims' medical microbiology 	<ul style="list-style-type: none"> Lecturer recommends Mims'. It's good for

ASSESSMENTS IN PHASE 1

End of Course Exam (EOC)

Structure and Timing

- One EOC at the end of each teaching period/term
- 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 power point 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 :)

Individual Assignments and Group Projects

- You complete one individual assignment (IA) and one group project (GP) per teaching period/term
- 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.

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 except for teamwork. NOTE: You cover the "Teamwork" grad cap in a group project ONLY, not in individual assignments. ✅

- Think of grad caps as required objectives to complete throughout the course, and you yourself will need to choose which combination of IAs enable you to complete all of those objectives to your best ability!

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

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

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

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)

Clinical Formative Assessments (OSPIAs and SOCAs)

- **How it works:** Students must perform at least 4 interviews/histories from HMB 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.

- Note that **despite the SOCA and OSPIA being formative, you still need to reflect on these grades in your portfolio exam**, so do your best! More info on the Portfolio Exam below!

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!**

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

- **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. Genuinely try to imagine how they would feel talking and being vulnerable with their personal lives to a stranger!

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**
- **2 hour long exam - 80 questions**, all multichoice 50% of content for the exam will come directly from EOC exams you've complete.

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!

For more information and an opportunity to mingle with your fellow first years, make sure to come to the 'How to Excel in Phase 1' Event that we're running!

*Andersen Lau (II) &
Zhonghao Zheng (II)*

ADVICE FROM OLDER YEARS!

“Rest up, eat well and don't stress!! First year is only the first of six, so enjoy uni and get involved :DD”

“Try and expose yourself to as many branches of medicine as possible. Even if you have a preference going into uni, it's incredibly likely to change and you will kick yourself if you haven't properly explored all your options. The best way to do that in Phase 1 when you aren't in hospital as much is to attend SIG events especially their pathways nights!”

“Be patient! Everything will seem like one big unknown initially, but once you learn more and progress throughout the term, different concepts will start to piece together to form a bigger picture and it will eventually click! There is also some overlap across terms, so concepts will come up again and serve as revision/repetition!”

“Med school is a marathon with your peers, not a race against one another. Make friends, support one another and embrace both the challenges and fun of med!! Everyone across all 6 years is more than happy to help so don't be afraid to ask for help (except Kelly Ni, I heard she bites ;)”

“You don't have to learn every detail of the course once you hear it! Focus on getting a broad understanding of each topic, then focus on remembering the details later!”

“Work hard, play harder! Actually study especially for foundies, join societies and clubs, go to every event, and make friends outside your usual circles and types - everybody is as nervous as you! And come to MedCamp!!!”

“The content may seem daunting at first, but staying consistent and allocating a small bit of time a day to studying will help you a lot more than cramming it in the last two weeks! Use flashcards!!”

“Don't compare yourself to others! Whether you're doing better or worse than them, it isn't a competition. Enjoy the journey with your classmates together to make the most of what short times you guys will have together at uni. Grades are but one small facet of your busy life, so don't get hung up on them.”

“Where possible, internalise and understand concepts rather than memorising them. At the end of the day it is your responsibility to know these things and you don't want to build bad habits for learning content especially in older years/career wise when it matters more/the most.”

“Keep physically active! Your workload fills to occupy available time! As long as you have a reasonable amount of time to get your work done, participating in extracurricular activities like regular sports, gym, societies or video games won't hurt at all! Keep your mental and physical health a priority!”

“Try have an open mind. Whether you're coming from high school or another uni course or from another country, be open to new experiences and meeting new people! You never know what might happen and it's important to be able to enjoy the company of others that aren't exactly like you.”

“Med school will seem busy but it's also the most freedom and social opportunities you'll have in your life and it'll be over in the blink of an eye - I'm a doctor now and it feels just yesterday I was sitting in your position about to embark on my med school journey. The reality is that within your cohort is 250 lifelong best friends, but it's up to you to make those friendships, to get to know everyone, make

everyone feel welcome and included and shape an amazing community. So my biggest advice is go to EVERY medsoc event, get amongst EVERY opportunity, get to know EVERYONE, in your year, the years above and below. Older students are the most valuable mentors and guides - sit down with them before each term to talk through what's high yield, what to focus on and key tips and tricks. And then make sure you always pay it forward and help the meddies below you! Most importantly, have fun, take care of your mental health and reach out to your facilitator, Catherine Marley, Year Reps or MedSoc Exec if you ever need any help or support ♥"

"Make sure you have hobbies and interests that are maintained outside of studying for uni! You're 100% able to keep involved with sports, societies, going out with friends and other personal goals while still getting stellar results."

"The cheapest energy drinks can be found at the UNSW pharmacy, don't buy from anywhere else!"

"Actually read the words on your screen/page instead of just skimming through. You'd be surprised how much you learn from actually going word by word rather than trying to grasp the whole concept in a single swoop."

"No matter how tempting, please try to go to all your classes!!! Not only do you keep up with content and make it easier for yourself, but you also put yourself out there to make new friends and opportunities! All enjoyment that comes out of your uni experience is completely up to you and your efforts to make connections with others :))"

"You'll encounter a lot of new and exciting, yet potentially daunting experiences when entering med. Treat every moment as a learning experience, no matter positive or negative! This is your time to grow and flourish. Try get out of your comfort zone."

"You don't have to be an extrovert to do well in clinical exams! What's important is doing your best to show the other person that you are listening, that you care and that you are trying to understand what they are going through."

"No matter what groups may form in the first term of med, just know that nothing is set in stone and there's always opportunities to make friends! It's okay to not really know what you want out of your friendships in medicine immediately. Just take it step by step."

"Just enjoy it. Everything will work itself out."

Please don't hesitate to ask an older year any questions related to uni! Everyone is supportive and willing to help. As you can see, there are a lot of things we wished we knew earlier so try to take these to heart going into 1st year.



AMSA PRESENTS:



SYDNEY | 2-6 JULY 2025

What is National Convention?

AMSA National Convention is the largest student-run conference in the world and brings together over 800+ medical students from across Australia and New Zealand. In its 66th year, Convention will be held in Sydney from July 2 to July 6 2025 for a week of inspiring academic sessions, networking opportunities, and a spirited social program.

5 DAYS? 5 DAYS OF WHAT?

Here's a quick overview of what to expect:

- **Academics:** engage with world-class speakers, colleagues and professionals in inspiring plenaries and thought-provoking breakout sessions!
- **Field trips:** enjoy exclusive opportunities to explore the very best that Sydney has to offer, all included in your registration!
- **Workshops:** practical, immersive sessions that provide valuable upskilling opportunities covering essential skills such as suturing, plastering and more!
- **Emergency Medical Challenge:** represent your university and compete in the largest emergency medical simulation in Australia!
- **Convention Cup:** battle it out in intervarsity competitions using both brains and brawn to claim the ultimate honour of winning the Convention Cup!
- **Socials:** experience an exhilarating socials program in iconic and unique Sydney venues, followed by a Gala Ball to end the week!

stay updated!

instagram: @amsaconvention

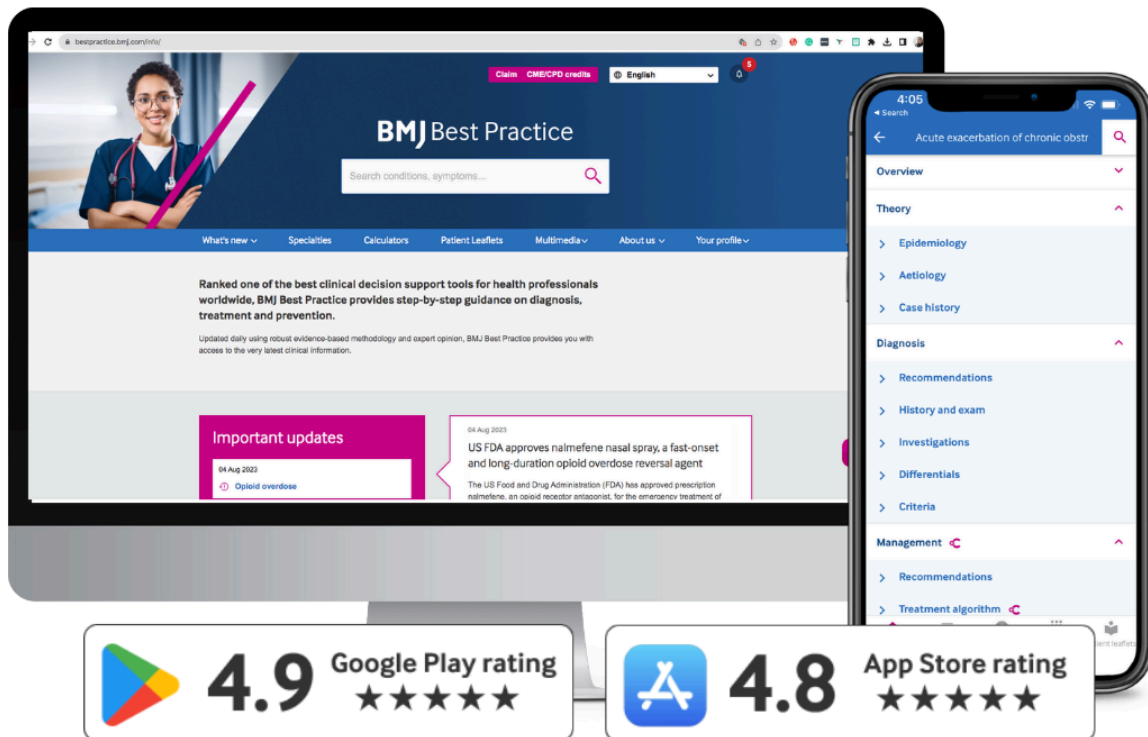
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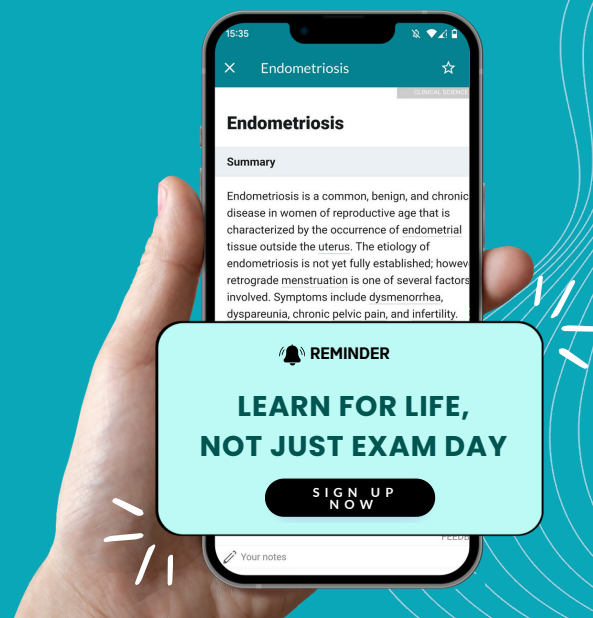


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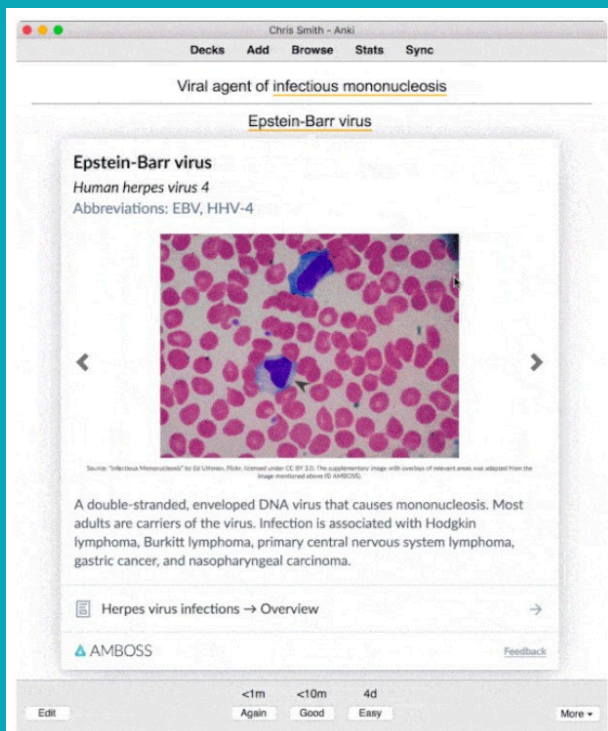
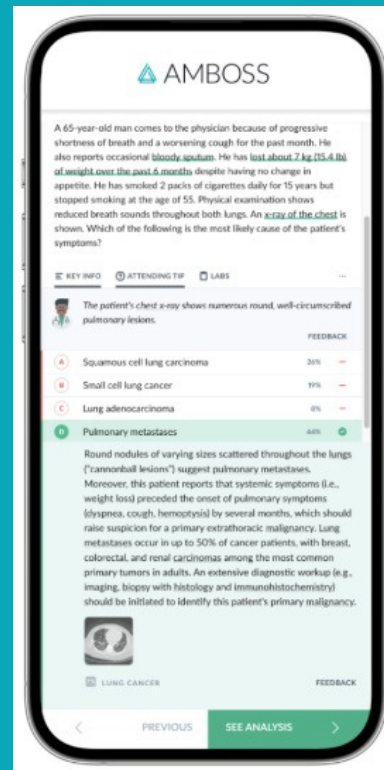
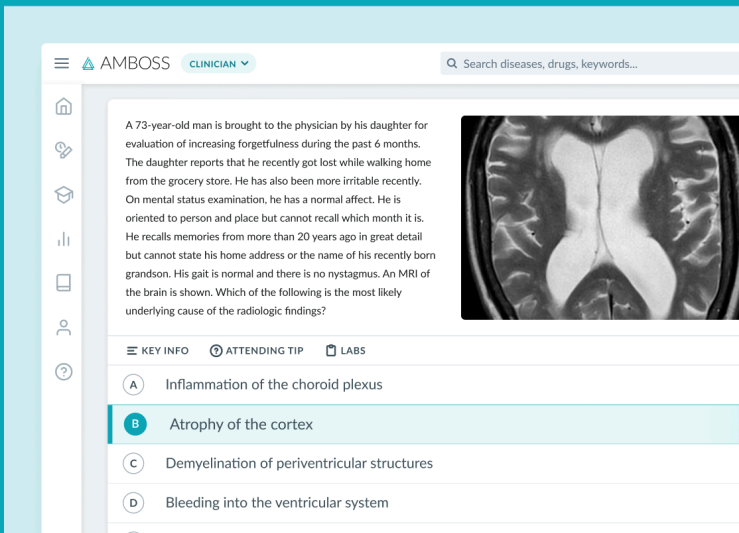
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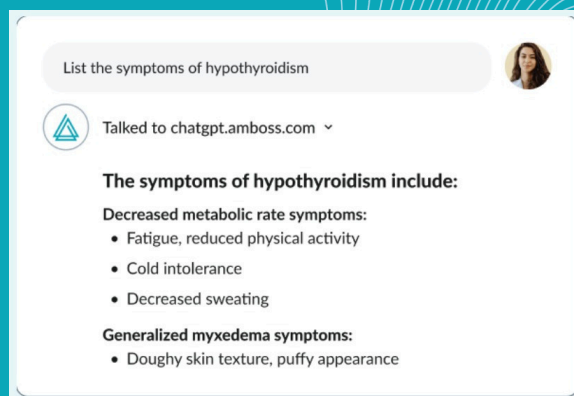
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