



FIRST YEAR GUIDE

David Liu & Lachlan Huynh, Charities & Wellbeing Officers 2019 with special thanks to previous Leadership Officers for their contribution

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Contents

Peer Mentoring Schedule	1
Session 1: Meet The Mentors Night	2
Session 2: Tour & Scavenger Hunt	13
Session 3: Academics Part 1 Assignments, Referencing & Plagiarism	14
Session 4: Academics Part 2 Exams – Theory and Clinical	18
Session 5: Ask.me.anything Talk	27
Session 6: Socials & Extracurriculars	29
Session 7: End of Peer Mentoring Picnic	39

Peer Mentoring Schedule

Please note: This schedule only serves as a guide, your mentors will arrange specific mentoring sessions with you on a week by week basis.

ALL COLLEGES

TP1:	Session	Day & Time		Location
Week 1	I: Meet the Mentors	17th February, Monday	5pm – 8pm	Wallace Wurth Lobby
	II: Tour & Scavenger Hunt	Self Organise		UNSW Campus
Week 2	III: Academics Part 1	Self Organise		UNSW Campus
Week 3	IV: Academics Part 2	Self Organise		UNSW Campus
	Life as a Medical Student	Monday 2nd March	10 am - 11 am	Rex Vowels Lecture Theatre
Week 4/5	V: Socials and Extracurricular	Self Organise		UNSW Campus
Week 6	VI: End of Peer Mentoring Picnic	26th March, Thursday	11am – 1pm	Wallace Wurth LG

Session I: Introduction

Meet your Mentors Night

Meet Your Mentors Night

Date: Monday 17th February 2020

Time: 5:30PM - 8pm

Location: Wallace Wurth Building

Outline

ACTIVITY
1. Introduction & College Games <ul style="list-style-type: none"> • Introduce yourselves! • Send around contact details (Facebook, e-mail, contact numbers) + Create a group chat • Icebreaker games! • College cup games
2. Q & A Session
3. Classes, materials and required preparation <ul style="list-style-type: none"> • Lectures • Practicals • Scenario Group sessions • Tutorials <p>Campus Clinical Skills & Hospital sessions</p>
4. eMed, Moodle & MedProgram website <ul style="list-style-type: none"> • Moodle: ECHO360, SG guides, practical guide • eMed: Registrations, Map – (+archived lecture notes!), Portfolio submission, Timetable – how to access current lecture notes & objectives, Feedback, Results • MedProgram: Newsletters, Assesment guides and general informaiton
5. Textbooks, equipment & library <ul style="list-style-type: none"> • Textbooks and where to get them • Equipment: Pen torches, steths, tendon hammer

Classes, Materials & Required Preparation

Class	Date & Time	Attendance	Description + Preparation
Lectures	~8/week 9 - 11 AM, Monday – Thursday (Subject to variation)	Generally not compulsory, very rarely recorded. Available via live-stream & online recording	Approximate 50 mins Personal preference to attend Occasional pre-work on eMed or Moodle. Stay up-to-date best you can, avoid falling behind as can be difficult to catch all up. Content directly examinable in EOCs
Scenario Group Sessions	~2/week 1 - 3 PM or 3 - 5 PM, Monday – Thursday (vary by college)	Compulsory, in-person only	Sessions based on student guide for each course Pre-work in guide or moodle Content may be assessable in EOCs Facilitator may provide feedback on eMed (try be punctual and on your best behaviour)
Practicals	~2 – 4/week 2 hr sessions, Monday - Friday, vary weekly	Compulsory, in-person only Can arrange a swap by emailing principal teacher on eMed	Based on practical guide for each course Pre-work modules usually required for some practicals on moodle (complete prior to attending) Content only examined in progressive practical exam, learn general aims and answer questions in practical guide. Note: Refer to the MedBible practical notes available from Passing Med 101 below - this is arguably sufficient study
Tutorials	<1/week, 1 hr sessions, Variable in 11 - 1 time slot	Often compulsory Ethics: Attendance taken, other tutorials variable	Pre-work on eMed or Moodle, usually complete worksheets prior to attending Some incredibly useful and directly examined in EOC, other incredibly useless
Campus Clinical Session	1/fortnight 2 hr session Variable per college	Compulsory, avoid swapping (more strict)	Watch Clinical Skills Video on moodle for each examination and learn prior to attending first session. Very few clinical skills tutors actually teach full examination in clinical skills, mostly self-directed Complete signs & symptoms for each course after Foundations (not helpful but often checked by Silas)
Hospital Clinical Session	1/fortnight 2 hr session Variable per college	Compulsory, Attendance is strictly monitored, warning recieved with unexplained absences	Know relevant history or examination for given course prior to attending, hospital tutors usually expect you to know it before attending. Review Geeky Medics, Talley & O'Connor or MedSchool App.

Medicine Websites

Website	Description + Tips
eMed	<p>General Tips:</p> <ul style="list-style-type: none"> • 'Link to Activity in Map' will lead you to the learning activity file in which lecture slides or worksheets are usually uploaded if not available on Moodle or via Echo 360 <p>Map:</p> <ul style="list-style-type: none"> • Archived Lecture notes included here – access older versions of lecture slides if they have not been made available prior to the lecture. <p>Timetable:</p> <ul style="list-style-type: none"> • Download via iCal feature onto phone + laptop (note classes are subject to last minute changes, check eMed to ensure most up to date timetable). • Timetable Planners: Very useful to plan swaps and work schedules in advanced. <p>Teamwork Feedback</p> <ul style="list-style-type: none"> • Submit at the end of each group project as can be used as evidence for the teamwork capability portfolio
Moodle	<p>All information related to a course is through moodle</p> <p>Guides</p> <ul style="list-style-type: none"> • Practical & Course guides available as PDFs - download at beginning of each course <p>Announcements</p> <ul style="list-style-type: none"> • Check regularly, can include changes to classes or important information relevant to course or updates about the program generally <p>Lectures</p> <ul style="list-style-type: none"> • Link to Echo 360 will give you access to live stream and recorded lectures <p>Online activities and pre-work/post-work</p> <ul style="list-style-type: none"> • Refer to each scenario page for relevant online activities related to a class (either to be completed before or after lectures, practicals, tutorials, clinical skills e.t.c) • Progress bar gives an indication to how many activities have been completed - this is generally not monitored by MedFac <p>Top Tip: On Google Chrome you can add a 'video speed controller' extension, which may allow you to increase speed through any pre-prac videos (up to 16x)</p>
MedProgram	<p>Recommended reading + Review for the following: Portfolio assessment, Negotiated assignment, general assessment weighting, newsletters (important quarterly updates from MedFac)</p>
ECHO360	<p>How to download lectures:</p>

	<p>Desktop:</p> <ol style="list-style-type: none"> 1. Download Chrome Extension - Gecko DM: https://chrome.google.com/webstore/detail/geckodm/pgkfjobhhfckamidemkddfnnkknomobe?hl=en 2. Select lectures to download (organised by date) <p>Phone/Tablet</p> <ol style="list-style-type: none"> 1. Downlaod ECHO 360 App 2. Sign in using firstname.surname@student.unsw.edu.au 3. Sign in using zID@ad.unsw.edu.au and zpass 4. Select course & lecture, press “...” and download video 1 for audio + visual (slides)
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Textbooks

Generally:

- Textbooks are optional (even if they are 'prescribed').
- They can be helpful for reference if you want greater depth of understanding or lecturer didn't completely explain but generally low yield to sit down to read and annotate chapter by chapter. Otherwise good for use as paperweights and doorstops.
- Can usually obtain PDFs online, link with some older editions provided below
- New alternative resources are being developed and are arguably far better than a textbook for learning (see below).

More specific guide:

Subject	Medfac recommendations	Our recommendations	IMDB Rating
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	Grey's Anatomy 8/10 Gray's anatomy 9/10
Clinical	Skills for communicating with patients (Silverman) AND Clinical examination (Epstein) OR Clinical examination (Talleys')	You would most likely never use Silverman. Epstein is used mostly by Phase 3 students, and Talleys' by Phase 2. Can be useful in Phase 1 OSCEs as a secondary resource. Online resources e.g. Geeky Medics, MedSchool App are very helpful	3/10 for Phase 1 15/10 for Phase 3
Embryology	The developing human: clinically oriented embryology (Moore) OR, Larsens' human embryology (Schoenwolf)	Embryology is a bit of a confusing topic, so a textbook may be a good idea Although you can probably get a nice PDF off of your mentors Most use Larsens'	10/10 for wiki-allergic people
Histology	Wheater's functional histology (Young)	The images help with the practical exam. Junquiera is recommended by the lecturer, but Wheater's has great	6.5/10, but Fabric of Life ftw

	OR Human histology (Stevens) OR Junqueira's basic histology (Mescher)	labelled images However adaptive tutorials and listening to PDP in class is the best	
Immunology	Immunology for medical students (Nairn)	Immunology mostly taught in second year - wait until then to see whether you need it	4/10 for now
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.	6/10
Neuro-anatomy	An illustrated colour 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 maths. The lecturer recommends Crossman, and it has very good diagrams, which make things much clearer. An atlas is handy for practical exams (there's only 3 though). Rohen uses cadaveric specimens and is arguably more useful than Netter's hand-drawn boss images. BrainStorm is an online platform made available via moodle and is recommended to use and it defeats the need for a textbook	6/10

Where to borrow resources:

Main Library next to Library Lawn

- Medical textbooks can be found on floors 7 & 8

- Anatomy models (glass encased) are available for loan to help you study in the High Use Collection room on the 2nd floor directly ahead of you as you walk into the library from the lawn). Ask the librarian to get it out for you - they will ask you to take it into one of the study rooms immediately outside the High Use Collection room and you have its use for two hours
- Loan books from the High Use Collection (remember to return them in person on time though otherwise you can incur hourly fines!). This collection holds a number of medical textbooks.

Other useful University sites you have access to and may be useful resources (no one really uses them):

- Anatomy Museum in WW: Fantastic place to study, hidden away opposite G06-G07 computer room
- Museum of Human Disease & Samuels: Facinating specimens but not super helpful for study

Recommended Resources

Bookmark immediately (Ignore these links at your own risk)

Passing Med 101:

<https://drive.google.com/drive/folders/1v4ye5RaNYBgDRxBPSuAdZ2Wp6gz7ADOG>

Includes MedBible (lecture + practical notes), memorandums, textbooks and essentially everything you will need to pass any and every exam in Phase 1 Medicine.

MedConnex

<https://www.medconnex.com.au/>

Access past group assignments + projects, as well as more recent memorandums.

StudyingMed

http://studyingmed.com/wiki/index.php?title=Main_Page

Includes SG answers for most SGs (although there has been significant restructuring and rewriting of courses since this was written)

Resource	Description
Theory (Basic & Clinical Sciences)	
Osmosis	<p>Online medicine videos - provide fantastic simplified explanations arranged by discipline and body system, Incredible for those who have a long commute and are concerned about losing time to study.</p> <p>Downside: Paid subscription that is very expensive (but if you get a large enough group, you can abuse the 2 week free trials they offer and survive phase I). By attending some medsoc events you can get vouchers codes for longer trials.</p> <p>https://www.osmosis.org</p>
Armando Hasudangan (YouTube + Website)	<p>Online medicine videos - same benefits as osmosis but free! MedSoc Academics often arrange events where Armando comes to UNSW in the flesh and runs a tutorial about a particular topic (very useful event!)</p> <p>Downside: Sometimes too complex for phase I level or difficult to find video for specifics.</p> <p>https://armandoh.org</p> <p>https://www.youtube.com/user/armandohasudungan</p>
AMBOSS	<p>Comprehensive and well organised set of online notes with ability to create quizzes. A nicer version of a textbook, with fantastic diagrams and images. Information is relevant for medicine degrees and you can easily use search</p>

	<p>function to directly find the information you are looking for.</p> <p>Downside: Expensive subscription https://www.amboss.com/us/</p>
Complete Anatomy	<p>MUST HAVE FOR ANATOMY - fantastic software available on most devices but best on touch screen (e.g. iPad). Essentially a 3D textbook, incredibly valuable resource for those struggling with anatomy.</p> <p>Downside: Expensive purchase of atlas + even more expensive subscription. However, MedFac may purchase a subscription for students (keep asking if not available)</p> <p>https://3d4medical.com/student</p>
Anki + Quizlet	<p>Flashcard based services, used by the gunners in each year. Very useful for spaced repetition and learning (i.e. not cramming).</p>
Assignments & Projects	
UpToDate	<p>Essentially the legitimate wikipedia that is actually used in practice by many doctors and nurses. Has information about conditions, treatment and management - usually avoid citing in assignments (use the references that it uses as you references).</p> <p>Account can be made via CIAP at your clinical school (ask older students for assistance)</p> <p>https://www.uptodate.com/login</p>
BMJ Best Practice	<p>Nice summary of presentation, diagnosis and management of conditions - avoid referencing but usually helps in establishing understanding and finding initial references Bestpractice.bmj.com</p>
Clinical	
Geeky Medics	<p>Fantastic website + clinical videos. Watch relevant examination video prior to your clinical skills session. has info that is helpful for preparation for OSCEs.</p> <p>https://geekymedics.com/</p>
MedSchool (iPhone or Android app)	<p>Particularly useful in hospital and OSCE preparation (more helpful for phase II). Quick reference pocket guide and explains signs and symptoms for each aspect of examination, definitely download on your phone!</p> <p>https://medschool.co/</p>

Equipment

Name	Description
Stethoscope	Good to purchase basic Classic Littman II or III Cardiology IV is clearer with better isolation but is definitely more expensive. Although if you trust you won't lose your stethoscope, you only need to purchase one for most of your life so may be worth the investment. Purchase as early as possible but especially before Cardiovascular (HMA) Best prices are usually online - shop around for sales but AMA is relatively reasonable.
Pen torch	Not very expensive. Freebie pen torches can be obtained from conferences/your GP. Need one before Neurology (AEB)
Tendon hammer	Practicing with a hammer is the only way you can get good at eliciting a reflex. Doesn't have to be fancy. Simple ones have a black head and a white stick, with a sharp end at the end which can be used as a replacement for a neuropin. Needed for Neurology (AEB)
Tuning fork	DON'T NEED
Neuro-pins	
Ophthalmoscope	

MedSoc Bookshop is now closed

Session II: Tour & Scavenger Hunt

Outline

This session is an opportunity for you to explore and find all the different rooms you may need to know, learn of the best study spots on campus and where are the best deals for food.

ACTIVITY

1. UNSW Campus - for Medical Students

- Exploring spots relevant to medical students. You won't have time to go everywhere!
- A UNSW Campus map or the 'Lost on Campus' app always comes in handy!
- Ask your mentors for where they like to study and where they think is best food deals on campus

Session III: Academics

Part 1 – Assignments, Referencing & Plagiarism

Outline

Refer to Phase 1 Guide given by MEDFAC for any unanswered questions

ACTIVITY
1. Overview of degree <ul style="list-style-type: none">• What are the 3 phases? (can refer to Med Program website)• Phase 1 assessment weightings
2. Phase 1 Assignments & Referencing <ul style="list-style-type: none">• What goes into Phase 1 assignments & group projects?• Best programmes to use for citations (Refworks, EndNote) (what's an APA citation!?)• Ask your mentors for assignment examples• Key topics<ul style="list-style-type: none">○ Due dates○ Structure○ Content○ Word count○ Depth of information○ Formatting○ Contents page○ Referencing○ Reflections○ Assignment criteria (difference between outlines and criteria)• Portfolio P / P- / P+ and managing all the capabilities
4. Plagiarism <ul style="list-style-type: none">• How to avoid it (including self-plagiarism!) and using TurnItIn• Refer to the Med program website HERE on 'Academic Integrity' https://medprogram.med.unsw.edu.au/getting-started-0

Overview of Medical Degree

- The program is divided three Phases, each being two years in duration.
- Phase 1 consists of eight 8-week courses in Years 1 and 2.
- Phase 2 consists of clinical courses in Year 3 and the Independent Learning Project/Honours in Year 4. You are also required to take General Education courses either during ILP year or if doing Honours, it is advisable to take on General Education during Phase 1.
- Phase 3 is all clinical, with few campus days, unlike Phase 2.
- Each Phase is weighted differently. To recognise student performance within the Medicine program, students may be awarded a Pass with Distinction in either the BMed or the MD or both. To achieve a Pass with Distinction, students must achieve a weighted, final mark of at least 75%.

The specified assessments and their respective weights are shown below:

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

MD		% Total
ILP/Honours		15%
Phase 3		
Course results		20%
Biomedical Sciences Viva Examination		15%
Phase 3 Integrated Clinical Examination		30%
Portfolio Examination		20%
Total MD		100%

Note: As of 2019, any student with a WAM ≥ 65 across all EOC examinations (except Foundations) will be eligible for Honours.

An in-depth explanation of the medical degree can be found on the Med programme website, [here](#).

Assignments

General assignments	<ul style="list-style-type: none">• One assignment every teaching period (which is every quarter of a year)• Each assignment has 2 <u>focus capabilities</u> that will need to be strongly emphasized and addressed• Choose what you are interested in, but also keep in mind that you need to have all capabilities at least once
Negotiated assignment	<ul style="list-style-type: none">• Must be completed before the end of Phase 1 in place of a normal assignment• It is where you set your assignment and criteria following the theme of the course• You may want to wait for a particular course so you can do something you are really interested in!

Assignments are graded a F, P-, P or P+. They contribute for half of your portfolio, which is submitted at the end of phase one. The portfolio essay and assignments/projects combined are worth 20% of your biomedicine degree.

Portfolio

Half of the marks of the portfolio come from your assignments and group projects. This is a reflective piece to be handed in at the end of Phase 1 where you are asked to demonstrate (through reflection) on your development on each of the graduate capabilities. Start collecting bits and pieces for it now - any significant thoughts from the start of med, experiences with students/teachers/patients that make a particular impact on you.

Evidence of Achievement: Able to submit certificates of conferences, events or activities you have attended or participated in throughout phase 1 that may relate to one of the graduate capabilities.

Some extra tips on assignments and group projects that you might like to share:

- Access Medicine, Medline, UNSW Library and Google Scholar are your friends
- Remember that you have to cover all the capabilities by the end of Phase One

- (preferably each with a P or P+)
- Advisable to do the capability more than once if you didn't do so well in it the first time
 - Use Refworks and EndNote - these are citation managers, which will really make your life easier!
 - EndNote Download link:
<https://www.it.unsw.edu.au/students/software/endnote.html>
 - For group projects, meet often, even if it's just after SG, some people can be very hard to contact so make sure you have each others' numbers and know what their preferred method of contact is. Many people find making a Facebook group can be useful - you can post up documents on here to share; or a GoogleDoc where you can all edit the document at the same

Academic Integrity, Plagiarism, and Useful Links

During Foundations this year, you will be directed to 6 online modules entitled "Working with Academic Integrity", each one taking about 10 mins. You can access them [here](#). The student key is **Student583**. If there are any questions about them directly, you can contact the Learning Centre.

Other links: [UNSW Student page](#) and [medprogram](#).

In 2015, there was a small wave of plagiarism among our medical students and also seen in other Faculties. It can be easy to get confused between peer review and copying. Please don't underestimate the importance of referencing and respecting the work of others (and your own)! If you have any questions, please have a look at the aforementioned links and learning modules found online and on Moodle. Also feel free to ask your mentors for any tips on referencing!

Session IV: Academics

Part 2 – Exams, Theory and Clinical

Outline

Find out what the hot study tips for med exams are. One thing is for sure, med exams are like no other exam you have done before. Here are tips to go by but use this session to ask your mentors about any questions you have and gain wise advice from the upper years. Refer to Phase 1 Guide given by MEDFAC for any unanswered questions.

Medicine Assessment Guide (Dayna Ducnan, 2019 MedSoc President):

https://drive.google.com/file/d/1KE0PcVSL2wtMYJbmkLo_C4txEJ14hF88/view?usp=sharing

ACTIVITY

1. How to study

- Med is very content-heavy and everyone studies differently. Foundations is a time for you to try out a variety of study techniques - whether it be handwritten notes, typed notes, flashcards, drawing diagrams, mnemonics, study groups (note: you can book library study rooms via the website) - try them all and find out what works for you (or what doesn't work)!

2. End of Course Exams

- There is one EOC exam after every 7 week course (in the 8th week).

3. Progressive Practical Exam (PPE)

- This consists of three exams which are undertaken throughout Phase 1.
- The first is at the end of 1st year and the following two at the end of each semester of 2nd year.
- These exams consist of 4 mini exams (one for anatomy (spot test - give tips to really pay attention during anatomy labs - you only see specimens once, the next time is in the exam!!), one which is combined histology/pathology/embryology, one which is combined microbiology/biochemistry/genetics, and one which is combined pharmacology/physiology).

4. End Of Phase (EOP) MCQ Exam

- This exam is undertaken at the end of 2nd year and is a barrier which must be passed before proceeding to Phase 2.
- It consists of 10 MCQs from each TP including Foundations (80 in total) of which 50% are derived from your own EOC exams.
- Study past questions and regular revision is encouraged if possible.

5. Portfolio

- The Phase 1 portfolio is a 3,500 word reflective essay which is due in the January before commencing 3rd year.
- It involves reflecting on your performance in each Graduate Capability (download the Grad Cap document off the MedFac website and familiarise yourself with it NOW!) commenting on specific experiences/assignments/patient interactions over your first two years.
- It is recommended that you keep a reflective journal to document important interactions for easy reference when the time comes to write this.

6. Medsoc Academic Events

- Promote attending End of Course Tutorials, SIG academic events, and Excel in Phase 1 Forum.

7. Objective Structured Clinical Examinations (OSCEs) and Campus Clinical Sessions (CCS)

- There are three CCS sessions in each TP, with the third usually consisting of simulated patients. These experiences and interactions are really useful for practising your early history and exam-taking skills on each other!
- Yes...actually practise on each other!! The more you practise, the more comfortable everything will all feel.
- ACTUALLY WATCH SILAS' PHYSICAL EXAMINATION VIDEOS! If you are able to replicate everything that Silas does, this is all you need to pass the physical examination aspect of your Phase 1 clinical exams! #winningatlyf
- SENIORS LOVE TO HELP YOU ESPECIALLY WITH CLINICAL - USE THEM! THEY ARE YOUR GREATEST RESOURCE.
- **OSCEs:** At the end of 2nd year, there'll be a test on your clinical skills in a hospital setting, almost identical to CCS 3. It will involve 6 x 15 minute rotations where you must conduct a patient history + physical exam/procedural skill + summary.

8. OSPIA and SOCA

- *Check the extensive SOCA FAQ on Moodle!*
- *SOCA + OSPIA is sufficient to cover the Phase 1 Effective Communication graduate capability - students do NOT need to complete a communications assignment.*
- SOCAs are in-person patient interviews.

- OSPIA is practically a SOCA conducted over a Skype-like server.

9. Hospital

Exams

End of Course Exams

You will have a total of 8 EOCs during phase 1, one at the end of each teaching period. They consist of multiple choice and short answer questions.

- Most EOC consist of 40 MCQ and 60 marks of written long response answers (3 sections of 20 marks each) – Foundations is shorter (20 MCQs & 2 SAQs)
- Each of these long responses sections will be broken up into smaller sections, with questions ranging from 1 mark to 10 marks.
- EOC exams are 2 hours 10 minutes in duration (10 minutes of reading time + 2hr writing time)
- Get to the exam early – often reading time is before the emailed “starting time” at the venue and examiners will start without you!
- For long response questions, answer in point form & diagrams & tables – perfect English and sentence structure doesn’t score you extra marks as long as it’s understandable!
- There is generally one question/part of a question from each of the main disciplines e.g. anatomy (drawing structures, describing anatomical relations is common), physiology, pharmacology, pathology, embryology (in BGD)
- **SG content WILL BE TESTED!!** This is becoming more common each year! Especially those surrounding the scenario (e.g. for Foundations know ‘Johnny’s knee’ - the timeline of inflammation when someone is cut, the sociocultural factors influencing the scenario). They CAN also test tutorial content (although this is in rare cases and usually only when calculations are involved i.e. pharm/phys) and practical content (only embryology).
- Remember to ALWAYS at least read through **past papers** and SAQs - questions are very often repeated.
- Support is available if students fail (supplementary exams, lots of chances - MEDFAC DOES NOT WANT YOU TO FAIL) and encourage them to ask you as their mentors for academic assistance if they need it
- Foundations is PASS/FAIL, every exam following is given a numerical mark (50-64 = pass, 65-74 = credit, 75-84 = distinction, 85+ = high distinction).
- The next 7 EOC exam marks following Foundations will contribute to determining eligibility for Honours Qualification. This eligibility is

determined based on your WAM (= weighted average mark of these EOC exams) and MedFac generally takes the top 30 students who apply (the cutoff WAM has been slowly increasing over the years to roughly 80ish, however it may increase/decrease depending on the cohort/who applies)

Practical Exams

- Each section of exam is roughly 30 minutes and you rotate between them.
 - The content of exams are derived from courses prior to it, except Foundations (PPE1 = BGDA, HMA & AEB, PPE2 = SH & BGDB, PPE3 = 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. It is best to study hard for the early exams so there is less pressure come the final PPE when you have all the EOP exams.
 - Always review memoradums for any examinations (although note - now most exams are in an online format, so no longer short answer)
 - **Histology/pathology/embryology**
You will be shown images (on a computer) from the virtual slides collection/embryology wikipedia that you have previously gone through in class. You will not be told where the specimen was collected from. You will be asked MCQs on the slides, most often derived from adaptive tutorials.
 - **Anatomy**
A multi-station exam that takes place in the anatomy labs. At each station there will be either a specimen and/or a model with flags. You need to fill in answer sheet with the name of structure the pin FIRST passes through and may be asked simple questions on its function.
 - **Physiology/pharmacology**
As 2019, this exam has moved to an online format and will ask MCQ, Drop down, match statements and brief short answer calculation questions. This is on the questionmark (used for EOC Formative quizzes on Moodle)
 - **Microbiology/biochemistry/genetics**
As of 2019, this exam is also an online format also on questionmark.
 - Exam questions often come straight from your prac manual so pay attention in pracs + read over MedBible prac notes before exams.
-

Top Study Tips

- **Start early and stay organised!** Try not to leave everything to the last minute!
- Study according to lectures as most questions are derived from there. Support

textbooks encouraged, especially in cases where the content is not clear in lectures. Make sure you have a complete set of lecture/tutorial notes – **ECHO lectures** you missed or get tutorial/SG notes off friends. Also consult the **JED MED** Google Drive (link can be found on FaceBook:

https://drive.google.com/drive/u/0/folders/0B9I_vz-wBXfgfnhKcEEyWkVHTUxXYndtM1J5eTRyQm05SmRmamF2UFBmeWMtenIXSzRzN1E) and website studyingmed.com for a variety of notes and resources supplied and organised by a variety of amazing seniors

- Prioritise your subjects e.g. by what topics you have found hardest and are most important
- Don't ignore the hard things just because they're hard!
- Ask your mentors where their top study places are. Top levels of main library are pretty good!
- Study groups
 - What are some of the advantages and disadvantages of studying in a group?
 - Do you think group study would work for you?
 - Lots of older students are willing to tutor for free in their free time, so if you get a few students together, try and find an older tutor friend! They will help a lot!
- Med is not a competition so help each other out – everyone can get 100%

How to organise notes

- By topic e.g. topic summaries
- By scenario e.g. Johnny's knee notes
- By time e.g. order of learning
- By learning activity e.g. tutorials, lectures, SG, pracs

Ways to study

- Annotating lecture notes
- Writing summaries and drawing diagrams
- Reading textbooks for supplementary material
- Asking questions on Moodle Discussion Forum
- Practicing SAQ before the exam + doing all the past memorandums and past papers

Terminology used in essay exam questions

- Define – give formal meaning by distinguishing it from related terms
- Compare – show differences and similarities between two concepts
- Contrast – to compare by showing the differences
- Describe - To write a detailed account in a logical sequence or story form.

- Explain – A more in depth description linking it to principles / scientific concepts
- Evaluate - To give an opinion, after weighing up advantages and disadvantages.
- Analyse – finding main ideas, how they relate and why they're important
- Discuss - To present arguments for and against a point of view
- Outline - To give a general summary. It should contain a series of main ideas supported by secondary facts. Show the organisation of the idea.

Studying embryology (for BGDA)

As with general study, everybody has a different approach to tackling embryology.

Some methods include:

- Try look up 3D diagrams/videos (YouTube) for different events in embryology. These will greatly facilitate your understanding and will enable to visualise the development of the embryo (eg. folding of the trilaminar embryo:
<http://www.youtube.com/watch?v=rN3lep6roRI>)
- In general, use as many of Mark Hill's website diagrams/videos as possible, it's much easier than trying to understand what happens with words only – searching online for more diagrams might also help. Additionally, Mark Hill's website provides a brief summary of the developmental events which would be suffice for passing exams.
- Some students find Larsen's Human Embryology quite useful. There are summaries at the beginning of chapters and timelines with diagrams to help you.
- Write really concise summaries for the different embryological events that occur in each week to get the bigger picture in chronological order – another idea could be to learn week by week events.
- Be able to draw and label most of the developmental events that happen. These will give you quick easy marks and will complement your answers well.
- In exams, if there is a long response regarding embryology, don't be afraid to answer the question in point form. This makes your answer a lot neater and enables you to answer in a chronological manner

CCS OSCEs & SOCAs

How it works

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

Student Tips

- SOCAs are all about communication and 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! There is no standardisation of marking, and communications group projects are rare – so make sure you document your progress, and reflect upon markers' advice.
- Try and target previous weaknesses/constructive criticism in subsequent SOCAs.
- Have supplementary evidence to show that you are DOING things to try improve (e.g. references)
- Perform more SOCAs/OSPIAs if you need to.
- You can complete practise OSPIAs which aren't assessed but you need to make sure you book these via the OSPIA website.

The marking criteria is as follows and can be found in your CCS guide.

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

Student: _____ Year: 1st 2nd GE (circle)

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

Date: _____ Course: _____ Patient MRN or SP name: _____

Observe student interviewing patient (real or simulated) and comment on the student's ability to:		Grade
1. Provide structure <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i>		
A. Initiates the session appropriately with introductions, defining of the purpose and agenda		F
B. Clarifies and summarises at key points during the interview		P-
C. Uses transitions and signposting		P
D. Manages time effectively		P+
E. Closes the session appropriately with a plan and/or summary		
2. Gather information <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i>		
A. Encourages the patient to tell their story in their own words		F
B. Explores the patient's problems and perspectives (beliefs, worries, feelings, goals)		P-
C. Uses open questions initially, listens attentively, and then synthesizes closed questions as appropriate		P
D. Facilitates patient's responses using encouragement, pause/silence, repetition, paraphrasing, interpretation – with limited interruptions		P+
E. Avoids using jargon and requests clarification and further information where needed		
3. Build relationships & develop rapport <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i>		
A. Picks up and acknowledges patient's non-verbal behaviour (e.g. body language, speech, facial expressions, affect)		F
B. Demonstrates respectful, encouraging and non-controlling non-verbal behavior (eye contact, facial expressions, posture, position, movement) and vocal rate, volume and tone		P-
C. Acknowledges patient's perspective and efforts to cope and is non-judgemental		P
D. Handles uncomfortable topics sensitively		P+
E. Involves the patient, and shares own thinking as appropriate – ideas, thought processes, dilemmas		
4. Ensure a shared understanding of patient's needs and perspective/impact of problem <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i>		
A. Explores impacts, concerns and expectations		F
B. Relates subsequent questioning and explanations to previously elicited ideas, concerns or expectations		P-
C. Checks interpretation of information with the patient – clarifying and asking for any corrections or questions		P
D. Recognises and prioritises patient's needs		P+

(Continued)

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

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

Please provide further overall or specific feedback to the student:

Assessor name: _____

Designation / position: _____

Signature: _____

Grade	F (outright)	P- (still a Pass grade)	P (includes Credit)	P+ (Distinction level)
Explanation of grade (Do not mark grades here)	The student does not really have the skills in the criteria.	The student has an understanding of the skills but still has a lot of room for improvement, and there will be particular aspects to work on.	The student has an appropriate level of the skill for a student at their level. You felt safe, and comfortable, but you were still aware that they are learning.	The student shows outstanding skill, beyond their level. Skills that you would expect from a practicing doctor, perhaps.

Session V:

Ask.me.anything Talk

Ask.me.Anything Wellbeing Talk

Date: Tuesday 12th March 2019

Time: 11am - 1pm

Location: CLB Theatre 7

This week is a bit different - the ask.me.anything talk is literally a forum for you to ask all of your unanswered questions! The topics can range from stress management, sexual health to anything really! There will be two short but entertaining keynote sessions and then a breakout session where you can chat to a fellow mentor one-on-one.

- UNSW NavigateMe - centralised help directory for all things uni life
- Self-help and Emotional Health
- Stress Management
- Sexual Health
- Where to get support

Medicine is a stressful course, and mental health issues are under-reported and stigmatised. 9.8% female 5.2% male medical students have depression.

Important services provided by MedFac

- Associate Professor Ute is the Student Wellbeing Advisor for UNSW Medicine. Her role is the support students in all 6 years of the programme, experiencing difficulties of personal, psychological, psychiatric or medical nature. She is available on two afternoons (3-5pm) in room 103 at 30 Botany Street. E-mail her in advance to book an appointment

Top Tips from us!

- Balance work, life, sleep! Take days off, take care of yourself. Don't take on more than you can handle
- Look at nature, it has shown to make people happier :)
- Have your own GP – See one at least once per year for a general check-up. The UNSW Health Service bulk bills students with Medicare cards for most consultations. OSHC cardholders are not out of pocket if they have current OSHC Worldcare or Medibank OSHC insurance.
- Physical health - at least 30 minutes of exercise 3 times a week. Do mentoring group runs / fitness activities!
- Also! Keep an eye out for Feel Good Week & Welcome Back Breakfasts!

Places to go:

- Headspace: <https://headspace.org.au/> (Bondi Jnc: 9366 8000)
- Beyond Blue: <https://www.beyondblue.org.au/> (1300 22 4636)
- Black Dog Institute: <https://www.blackdoginstitute.org.au/>
- Lifeline: 13 11 14
- You can also visit Counselling and Psychological Services (CAPS) at the quadrangle building from 9am to 5pm to book appointments. You can find more information via <https://student.unsw.edu.au/counselling> or call them on 9385 5418. Also email counselling@unsw.edu.au

Session VI: Socials & Extracurriculars

Outline

Learn about the different ways you can get involved! - not only in MedSoc but also in other various wider uni initiatives. Your mentors will be speaking from their own experiences as well.

ACTIVITY
<ul style="list-style-type: none">• MedSoc's portfolios: Academics, Charities, Leadership, Sports, Socials, Wellbeing, Women in Medicine• Special Interest Groups• Other uni initiatives

MedSoc Portfolios

Academics

Event	Description	Date
How to Excel in Phase 1	Learn from a panel of seniors on how to make the most out of first and second year.	26th February
End of Course Tutorials	Freaking out about your first uni exam? Confused about inflammation? Come along to a tutorial taught by upper years to consolidate what you've learnt, discover new ways to think about concepts and ask some last minute questions.	Foundations EOC - 28th March BGDA EOC – 5 th June
Mock OSCE	<p>The Mock OSCE is a collection of workshops geared towards 2nd year students practicing their clinical skills while being evaluated by senior medical students.</p> <p>It affords them the chance to perform under exam conditions and gain catered advice on their current skill level. At the end of the workshops, students are more familiar with clinical exam situations and have individualised feedback to improve their performance.</p> <p>First years are encouraged to volunteer as patients to gain familiarity with the examination procedures.</p>	21 th to 24th October

Clinical Skills Workshops	Consolidate your clinical skills and potentially learn some new ones ahead of your second year. These will come in handy when it is time for OSCEs later on. Workshops will be held for a variety of specialties throughout the year, so keep your eyes peeled!	Throughout the Year!
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Leadership

Event	Description	Date
Meet the Medics		8 th May
Professional Development Day		27th July

Socials

Event	Description	Date
PubCrawl	Make your way through the city, pub by pub. Have a few drinks and make new friends!	14th March
Mid-Year Party/ MSAP Fundraiser	WOOP WOOP! Kick of the end of your first semester with a PARTAY!! Proceeds from the event will go towards our Medical Students Aid Project which is involved in improving global health and often have birthing kit nights where you can help put together a life-saving necessity for those in developing countries	21st June
MedBall	Dress up, Glow up, get together with your friends and have a fancy night with dinner, dancing and drinks. Also partake in voting for the MedBall awards. Also join the annual MedBall charity raffle. What a night to remember!	2nd August
Talent Quest	Yes, yes we know med is a talent but let's see what else you've got under your belt! can you juggle while on a unicycle? Can you yodel like a goat herder? Can you sing without sounding like a dying cat? We want you to show off your talent!!	15th October
Pubcrawl: The Sequel	Added this year by special request, another pubcrawl halfway through the year! A perfect opportunity to have some fun with your friends and make some new ones!	17th October
End of Year Party	YAY! you made it through your first year of med! This deserves a congratulatory PARTAY and boy do we have one for you!	12th November

Charities and Wellbeing

Event	Description	Date
JAZZ NIGHT	Join us for a groovy night full of LIVE music, food and drinks to unwind at the start of the year!	16th March
Wellbeing week	A whole week of fun games and activities to de-stress! Each day will have different activities focusing on a different aspect of your health, such as mental, physical and sexual health.	3rd - 7th August
The Great Debate	Come along to watch Lecturers vs. Students in a hilarious, joke filled night where they debate interesting topics like "Doctors should always marry doctors." Gold coin donations at the door go to charity!	16th September

Sports

Event	Description	Date
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Beach Day	Make new friends and mingle with other year groups as we all head down to Coogee Beach to chill, play some makeshift beach volleyball or cricket and make a splash!	6th March
College Cup	Colleges are basically the houses of Harry Potter. Show the other colleges who's the most #fitnessgoals by smashing them in rounds of sports.	Frisbee - TP1 Soccer – TP2 Cricket – TP3 Touch Football - TP4
City2Surf	Join the MedSoc team and have a go at City2Surf 2019. Don't be put off - this event is for anyone from the marathon runners to the anti-stairs legends. It is all about community, fun, friends and charity!	11th August
Interfaculty Sports Competition	For some reason LawSoc and BSoc seem to think that they're better than us.... uhh well lets see with a just and fair trial to see which is the better society with a game of soccer. Join the team or come and cheer us on and partake in the post-event celebratory party!	TBC

Women in Medicine

Event	Description	Date
Women in Surgery – Surgical Skills Workshop	Women not only face structural barriers in accessing surgical specialities, but also lack female role models. The Women in Surgery Skills Workshop aims to provide small mentor to mentee ratios of 1:5 to allow female medical students to properly meet, gain skills and career progression advice from leading female surgeons. This is a unique opportunity to not only brush up (or learn for the first time!) your suturing and hand ties skills, but also have conversation with women in a variety of surgical careers. We hope that in meeting these surgeons, UNSW women can realise surgery not only as a possible career path, but gain wisdom from those who have already forged ahead in the field	19th September

Finance

Event	Description	Date
Life and Money in the real world	Uhhh so what happens when you finish med? How much do interns get paid? What is tax? Come along to listen to industry professionals and prepare yourself for life and money on the other end of your degree!	14th October

Medical Student's Aids Project

Why wait six years to make a difference in global health when you can start now?

MSAP is the official global health group of UNSW who operates with the belief in empowering medical students to address healthcare inequalities through knowledge and action.

Event	Description	Date
Launch Night	The inaugural Launch Night provides you with the opportunity to see how you can get involved in MSAP, a student-led non-profit charity. Take the opportunity to talk to the different committees, chat to the students from the Summer Research Program and find the cause closest to your heart.	5th March
Treevia	Need a rematch of medcamp trivia? Come along to roundhouse with a group of 6 - 10 and battle it out to answer as many trivia questions as you can while raising money for MSAP's and AMSA's Code Green Week (Climate Change).	12th March
Birthing Kit Night	Come join MSAP in association with the Birthing Kit Foundation Australia as we pack 1000 Birthing Kits to combat maternal mortality in developing countries.	25th March
Global Health Short Course	Four Issues. Four Speakers. Four Nights. Join the dean-certified TED-esque Course that features leading experts from around the globe as they unpack the hidden realities of health around the globe.	30th April 7th May 11th July 18th July

Other relevant events

Event	Description	Date
Integration Harbour Cruise	Now that you'll be having lectures, tutes and SGs with the second years, you might as well get to know them. What better way then on a harbour cruise with no way to leave. These peeps won't just be your friends but they will also be handy guides for years ahead!	9th July
Integration MedLawn and Chill	Another event to help you get to know the 2nd years before you start class together! MedLawn and Chill is an easygoing daytime event after lectures filled with food, board games and friendly faces.	12th July
Red Party	Red Party is a joint event with Western Sydney University Medical Society that raises money to provide treatment and support to those affected by HIV. Moreover it is an opportunity to promote sex positivity and celebrate safe, consensual sex	TBC
Cultural Night	Come partake in learning about different cultures. This can help you connect better with your friends and also with future patients. Eat local food and learn about local customs!	TBC
MedSoc AGM	Get involved with MedSoc! Nominations and voting for positions open a few weeks prior to the AGM so keep and eye out for those. You could help change MedSoc and potentially the medical course!	23th September

Special Interest Group and Affiliates

Other than our incredible council roles, our Special Interest Groups (SIGs) and Affiliates cater to your passions in future specialty fields, global responsibility, rural awareness and the performing arts.

Have a look at the SIGs below and give them a like on Facebook to stay up to date with the latest events and information!

- **AICESoc:** Critical Care Society
- **DermSoc:** Dermatology Society
- **IMSoc:** Internal Medicine Society
- **SurgSoc:** Surgical Society
- **WCSoc:** Women and Children Society
- **PsychSoc:** Psychiatry Society

- **RAHMS:** Rural Allied Health and Medical Society
- **GPSN:** General Practice Student Network
- **MSAP:** Medical Students' Aid Project

- **MMS:** Medical Music Society
- **MedShow**

Session VII: End of Peer Mentoring Picnic

End of Peer Mentoring Picnic
Date: Week 6 TBA
Time: TBA
Location: TBA
Check for Facebook Updates!!

Outline

As our program closes come along for free food and chill times. Mentors and mentees alike are encouraged to come join the fun! If you've made it this far you're finally ready for the full uni experience, for better or for worse. Just know that everyone out there is here to support you so don't hesitate to chuck your mentors a message once every so often if you have a question or just want to catch up. Good luck and have fun!