

OPEN ME!
YOU KNOW YOU
WANT TO!

UMBILICAL

YOUR LIFELINE TO STARTING MEDICINE AT UNSW

Welcome 환영 歡迎 Willkommen Bienvenuto

MELISSA LAU

1ST YEAR REPRESENTATIVE 2008



You're finally here and your medical education starts...now.

Those first-day butterflies that you haven't felt since you were in year 7 are back. You no longer have to wear turtle-like backpacks and pull-up socks but you still wonder what you've signed yourself up for. It is 6 years after all.

Rest assured, you're in for a ripper of a first year. Although you may be sad that you are no longer with some of your closest friends from high school (not the case for some), starting uni is not just about your medical degree.

It's about embracing a new lifestyle: new environment, new people to meet, new learning styles, new parties, new ways to embarrass yourself and new ways to shine.

Even within your degree itself there's so much more to do than learn about the different layers of the stomach lining and the cardinal signs of inflammation. Take Medsoc. It's sort of like school SRC, but so

much more. Go to all the events! There's also RAHMS for all things rural.

And then there's Med revue. A sketch comedy spectacular that is not like your cheesy high school musical. It was my non-med fix and the best thing I ever did as a first year. I met so many people outside of med, discovered what lies in lower campus and learnt what it truly means to make a fool of yourself on stage (of course that's not a problem if you actually have talent). If you love it like I did, support your fellow med students and do MedShow in semester 2!

Too much med? Try Circuscoc, NUTS, Hackysoc, Hellsoc, Toastmasters, SpockSoc, the Brewer's Guild, Bridge club – the list is endless. Go to Arc (the uni students' organisation) for more info.

This little book contains just a few stories from those who've been through it already. Take some time to read it through. See what's out there.

So congratulations on making it thus far and I wish you all the best for the next few years. You're in for an incredible time.

Try out all of the above (and more) and let your new life as a uni student start... now. Make the most of it! 🐼



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CHRIS TIMMS

1ST YEAR REPRESENTATIVE 2008

This year will be a year of firsts for you. Your first year at university, your first patient and your first real taste of independence for many of you. This year is exotic and dynamic. ... embrace it and take every chance you get to try new things.

In your first year you will make friends that will be with you for life (whether you want them to or not). This is not to say you should neglect your friends outside of medicine but it is always handy to have someone to go to for that one lecture you slept in and missed or if you desperately need someone to find a pulse on.

Your pulse will be set racing when you glimpse all the fantastic organisations and events the year ahead has for you. The Medical Society will keep your social life filled with pub crawls, music nights and excuses to let your hair down. For those theatrics amongst you there is MEDSHOW, MEDREVUE and talent quest.

The rural allied health and medical society (RAHMS) is one of the organisations I'd like to recommend heavily (I am not biased whatsoever by being the social director...I promise). RAHMS is for those interested in rural medicine or from a rural background or both. We hold clinical skills nights, beach days and Rural Appreciation weekend, a fantastic camping experience. The best part of all is that membership is 100% free!

As a rural student from Congo (not Africa) I offer advice to those students moving away from home this year. Get involved and you will meet more friendly people than you can count. The stronger the support system you have while studying, the better. Whilst we are all striving to achieve our best, there is no longer an issue of competing for the top position. At UNSW we try to make sure everyone passes and helping someone out will usually come back to you in a positive way in the future.

As much as I can try to describe it (I do have a tendency to chatter endlessly) I can only say you have to experience it for yourself. So be the person in your hospital group who is keen to talk to a patient by themselves first, be the person who shaves their head for charity (MEDSHAVE) and be the person who strikes up a conversation with the person next to you in lectures even if you've never met them. You get out what you put in. 🐼



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Design & Lay-Out

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MEET THE EXECUTIVES!



Name and year: Sarah Davies [MED V]

Position: President

Email: president@medsoc.org.au

Brief description of role: My role involves supporting the other members of the Medsoc Executive do their jobs, troubleshooting if things go wrong, as well as a few specific things, like sitting on the Australian Medical Students Association (AMSA) Council and coordinating Medsoc's Medical Leadership Seminar – an event I'd encourage you all to attend this year!

And some other questions:

Favourite drink: lemon, lime and bitters

Favourite body part: gosh – that's an odd question – I really enjoyed learning about the brain though.

Medicine specialty: I like lots of them and it's really too early to decide, but I've had an interest in ophthalmology for a while.

Most memorable/embarrassing moment in med so far: too many to count! Every day of med generates new memories – embarrassing, moving and otherwise. I guess one of the most memorable for me though was the first birth I witnessed.

If you could have one super human power what would you choose? ... being able to fly would be awesome – I got a little taste of this when I tried some paragliding last Summer and it was incredible!

When I was a first year, I wish someone had told me... which books to buy from the recommended reading list – then I might have realised that Harrison's was available online and saved a bit of space on my bookshelf!

Name and year: Tessa Kennedy [MED V]

Position: El Vice Presidente

Email: vicepresident@medsoc.org.au

Brief description of role: VP is there to be the Selley's "No More Gaps" for the President, doing a little bit of everything to support the Top Dog and keep the Medsoc ship sailing along without any leaky cracks. Specifically I co-ordinate the various year and hospital reps, organise peer mentoring, and representing UNSW on the NSW Medical Students Council, in addition to almighty BBQ running duties and the like. Come say hi! I'm here to help.

And some other questions:

Favourite drink: "V" / capriosa, depending on the setting

Favourite body part: the hippocampus. Because anything that's named after a Greek seahorse must be good.

Medicine specialty: in 4 years have progressed from 'knowing' I was going to be a neonatologist to wondering if neurology is the way to go, or endocrinology, or rheumatology... net decisiveness = 0.

Most memorable/embarrassing moment in med so far: answering two really obscure questions about kidney failure correctly in a tutorial with knowledge gleaned from that week's episodes of House and Grey's Anatomy.

Win!

If you could have one super human power what would you choose? TO FLY! one day... you just wait.

When I was a first year, I wish someone had told me... to do Med Revue.

Luckily they did, and it has been the best part of my degree! Do it. Get on stage, be backstage, sell some programs - doesn't matter. Foundations, doesn't count. - DO IT!





Name and year: David Ma [MED III]

Position: Faculty Liaison Officer

Email: flo@medsoc.org.au

Brief description of role: This is one of the main ways to get your ideas (yehhh) and opinions (in fairness) to the faculty. The FLO is a member of several faculty committees:

- Curriculum Development Committee
- Program Evaluation Committee
- Faculty Standing Committee

I will be helping to facilitate flow of communication between students and faculty, giving students a chance to represent students' interests at the Faculty level. I will be in regular communication with the faculty to make sure they are aware of student opinion, general vibes. As I don't exactly have 6th sense - we (me and you) need to keep in regular communication, so that the faculty gets the right ideas from students.

And some other questions:

Favourite drink: Green tea

Favourite body part: what is this, miss universe beauty pageant?

Medicine specialty: who knows...

Most memorable/embarrassing moment in med so far: Its got to be Medshow. In a word man...EPIC. totally totally EPIC. Directing it was the best fun ever, be a part of it. Definitely something that will stick in your memories for many long and fruitful years to come

If you could have one super human power what would you choose? Speed, so I can procrastinate harder and faster like never before

When I was a first year, I wish someone had told me... not to buy mim medical microbio... if you don't know what I mean yet... you'll find out

Name and year: Richard Saw - Richie [MED V]

Position: Treasurer

Email: treasurer@medsoc.org

Brief description of role: Watch the cash

And some other questions:

Favourite drink: Scotch and dry ginger ale (but I have to settle for goon mainly)

Favourite body part: Anything of Miranda Kerr's

Medicine specialty: Yet to find one

Most memorable/embarrassing moment in med so far: Well if I told you it would just be more embarrassing for me wouldn't it!

If you could have one super human power what would you choose? To be able to make jokes like Dr Gary Velan (freshers, you'll find out what I mean)

When I was a first year, I wish someone had told me... Playing online poker isn't a very productive part-time job





Name and Year: Akalya Mahendran and Melissa Lau [MED II]

Position: Social Coordinators

Email: social@medsoc.org.au

Brief Description of Role: As Social Coordinators for MedSoc 09, we bring to you what most Medical Students dream of having - the ability to do well AND have fun. Well, the "do well" is all relative, really. It has been proven over many years of scrupulous study and Meta analysis that Medical Students perform better when mixed with talent, partying and fun.

So look out for us - as we make lecture shouts and sheer embarrassing spectacles of ourselves just to give you, the First Year Medical Student, a more healthy Medical experience.

And some other questions:

Favourite Drink: Vodka lemon lime and bitters

Favourite body part: Our Minds. Yes, it's a dog eat dog world out

there. Every Medical Student for themselves.

Medicine Specialty: Not sure yet. We've got another 5 years to work that one out.

Most memorable/embarrassing moment in med so far: Every part of the journey is memorable, whether it be just hanging with your special herd of SG friends or publicly humiliating yourselves in front of your whole pack at Medcamp Trivia Night.

Superhuman power: The ability to not sleep. Sleep is for the Weak. You will get picked off one by one, if you give in to such luxuries. Survival of the Fittest.

When I was a first year, I wish someone had told me... Get involved in something more than just your degree. Don't be limited to your solitary life in the Upper Campus Jungle. Venture South. MedRevue and Medshow are great ways to unflatteringly exhibit yourselves and your talents. Mingle with the Southerners and expand your horizons. It will make your experience as Medical Student at UNSW - that much more memorable.

Name and year: Aniket Nadkarni [MED V]

Position: Bookshop Student Director

Email: bookshop.director@medsoc.org.au

Brief Description of role: supervise the running of the bookshop

And some other questions:

Favourite Drink: Scotch and dry

Favourite Body part: hippocampus

Medicine specialty: underwater paediatric cardiology

Most memorable/ embarrassing moment: in an anatomy prac I answered epididymis in stead of epiglottis

If you could have one super human power what would you choose? fire that I could shoot out of my big toes and being able to teleport between the UniBar and Clancy Auditorium

When I was a first year, I wish someone had told me: to go to AMSA convention





Name and year: Amanda Lazzaro [MED IV] and Sarennya Pathmanandavel [MED V]
Position: Sponsorship officers
Email: sponsorship@medsoc.org.au
Brief description of role: We get money to fund all your fun events :)

And some other questions:

Favourite drink: undiluted tepid cordial

Favourite body part: foreheads

Medicine specialty: Doctors' wives

Most memorable/embarrassing moment in med so far:

Medshow 007

If you could have one super human power what would you choose? The ability to come up with jokes as good as Gary Velan's.

When I was a first year, I wish someone had told me... to do Law instead cos its a year shorter and it pays better... and who needs a soul anyway?

Name and year: Nick Bull & Michael Myint [MED IV]

Position: Academic Coordinators

Email: academic@medsoc.org.au

Brief description of role: Coordinating academia



And some other questions:

Favourite drink: J BOMBS

Favourite body part: Hands/Ears

Medicine specialty: Something to do with hands or ears or both (call us if you've heard of this combo)

Most memorable/embarrassing moment in med so far: Dancing like MJ in Medshow 007

If you could have one super human power what would you choose? To actually dance like MJ

When I was a first year, I wish someone had told me... to get vaccinated for K-fever as well

Name and year: Pearl Wang [Med III]

Position: Secretary

Past Positions: First Year Representative 2007 & Social Director 2008.

Email: secretary@medsoc.org.au

Job Description:

Hi my name is Pearl! Congratulations and welcome to Med! I've been involved in Medsoc since my first year and it's been a great experience. I've had a lot of fun planning events such as Medcamp, Medball and writing Umbilical. This year I'll be taking on the more 'serious' role of secretary. I will be responsible for all the administration work, taking minutes, booking rooms etc. I will also send out the weekly email that goes to all med students informing them of events and opportunities coming up. Plus I'm the boss of the assistant secretary!



Besides the boy and girl first year rep there is one more Medsoc position available to first years. The assistant secretary helps with admin work and also contributes to a newsletter. I'm looking for someone approachable, reliable and hardworking. Looking forward to meeting you guys at some of our events and parties! Best wishes for your first year!



Favourite drink: I drink way too many sweet drinks! I always seem to end up ordering a pineapple juice wherever I am.

Favourite body part: I honestly can't think of any at the moment. Kidneys? My friends are always trying to palpate mine because you can actually feel them if you press hard enough. I think that's meant to be normal.

Medicine Specialty: Pending. It's always been pediatrics but I'm now swaying towards the global health and humanitarian side of Medicine.

Most memorable moment: My favourite memory so far has been meeting all my friends here.

Super human power: Pheromone manipulation. That's actually listed as an official super power on Wikipedia if you don't believe me. It sounds by far the most interesting. As if girls didn't have enough power over boys already! Laughs!

When I was in first year, I wish someone had told me... Not much actually. I think you'll find you pick up things along the way and settle in at your own pace. Study hard but also find time to play!



Name and Year: Vekram Sambasivam (MED IV)

Position: AMSA Rep

Email: amsa@medsoc.org.au

Brief Description of Role: The Australian Medical Students Association (AMSA) is the largest and most powerful medical students body in the country made up of representatives from all the medical schools in Australia. AMSA is a powerful forum, examining the issues that are relevant and lobbying for change when necessary. I am the rep from UNSW.

Want to be involved - join the subcommittee.

And some other questions:

Favourite Drink: Sangria

Favourite body part: You cannot go past the thyroid gland.

Medicine Specialty: Plastics / Neurosurgery

Most memorable/embarrassing moment in med so far: Stripping in front of the entire lecture theatre pretending to be a woman coming in for breast

implants. It seemed like a good idea at the time.

Superhuman power: Magneto's magnetic powers: flying, firing metal at people, making city rail trains go faster - what more could you want.

When I was a first year, I wish someone had told me... that they were going to rip up our medlawn for a cancer research building - I would have frolicked around more.

MEDSOC PUBCRAWL



Date: Wed 25th March **Time:** 7-11pm **Location:** The Rocks, Sydney **Theme:** Doctors and nurses

The Importance of Being Involved

Mel Drinkwater (2008 Graduate, Intern at Prince of Wales Hospital)

Congratulations! You've all done really well. You've survived year 12, and you've made it in to med school. You are about to meet some amazing people, and learn some amazing things about medicine and (at the risk of sounding really cheesy) about yourself.

But here's the thing – medicine is not the only thing that exists in the world.

It is very tempting to get wrapped up in studying, hanging out with people from med, sitting in the med areas of university (although med lawn has disappeared at the mo, I'm sure that another conclave will pop up somewhere), doing med things, but that will end up being a pretty narrow life. It's not that doing this is a bad thing necessarily, but you know the saying, all work and no play makes Jack etc. etc. It's also very tempting to say 'but I'm so busy, I don't have time to do anything else'. Problem is, from this moment on, you're never going to get any less busy. It's not a bad thing, - everyone knows how much more you can do when you've got a packed schedule- it's just a fact that in medicine, there's always going to be something you need to be doing. So, try and remain involved now, because you'll regret it later when you realise you've left every other part of your life on the wayside and you're an intern whose whole life is about being an intern and nothing else.



There is more to medicine than just lectures

If you have hobbies, keep them up. If you exercise, keep exercising. If you've got good friends from high school, outside of school, wherever, make sure you make time for them. And remember, there are so many different aspects of uni that you can be involved in – if you're interested in volunteering, or in student advocacy, or in developing general life skills, go talk to the Arc. If you've got a dramatic flair, think of joining a club like NUTS or doing a show like a Revue (no, you don't have to be a Law student to do Law Revue, and yes, you can do Med Revue without being a med student), or if you're musical, join the choir, or the Jazz society or the Musical society or one of the many other clubs you'll find during O-week and the weeks following. But – whatever you do, remember who you are and what you love, and university (not just medicine) will be a memorable and amazing experience.

So now I'll jump off my soapbox and say good luck, enjoy, and I hope you have as much fun as I did during your time at UNSW.



MEET THE ACADEMICS

Dr. Chinthaka Balasooriya



Which subjects do you teach?

I teach within many courses of Phase 1. My main role is facilitating scenario groups, and I have been doing this since the inception of the medicine program in 2004. I also teach clinical skills at the Clinical Skills Centre at Arthur Street and am a Portfolio Advisor for College C.

What is your motivation and passion for teaching?

I am deeply passionate about Medical Education, and my research is directed towards finding ways to help student to learn more deeply. I am motivated by the enthusiasm of my students and by their response to this innovative program.

What is your best university memory?

The fantastic time that I had with a great group of colleagues who soon became friends for life.

What do you like to do in your spare time?

I love to travel, play with my son, play tennis and watch cricket.

What is the best advice you can give incoming medical students?

Enjoy your time at Med School and make the memory a truly fantastic one by using this opportunity to develop into a true professional. Benefit from the wonderful diversity at this university and learn to respect your colleagues and future patients.

Dr. Rachel Thompson

Which subjects do you teach?

I am the convenor of the Quality of Medical Practice (QMP) element that extends through all the Phases of the medicine curriculum. QMP is the study of evidence-based medicine, medical statistics and the quality and safety issues in medical practice. Essentially, we aim to teach you how to use evidence to practise medicine well and safely. I also convene the Health Maintenance B course. This is a great course and I do hope you enjoy it this year. My other role is the Faculty of Medicine Fellow in Learning and Teaching. This involves promoting, organising and supporting learning and teaching within the faculty.

What is your best university memory?

I am originally from the UK; I graduated from Sheffield Medical School, England in 1990 but my best uni memories come from studying for my Master's degree in Public Health from the London School of Hygiene and Tropical Medicine. There were students from over 90 countries on the courses; I made some great friends and learnt a lot about the world we live in. My worst uni memory must be the genetics exam in year 2 of my medical degree – 75% of the year failed and we never found out what went wrong! I moved to Australia in 1999 with my family and have been working at UNSW for over 5 years now.



Prof. Rakesh Kumar



Which subjects do you teach?

I teach Pathology to medical students, science students, and postgraduate dentists.

What is your motivation and passion for teaching?

I came to work at UNSW immediately after completing my internship in India. 32 years later, I still love teaching and regard it as my primary reason for being here. Teaching is still the best source of instant gratification of which I'm aware (yes, I know some folks suggest I lead a deprived existence!) because there is a very special pleasure in discussing a complex issue with a group and watching the tubelights go on around the room (the expressions of "I get it!") as students grasp the key ideas.

What is your best university memory?

I suppose my favourite times were during my pre-medical year. I didn't work particularly hard that year, but the time spent in the cafeteria discussing "meaning of life" issues at exhaustive and exhausting length, while nursing a cup of coffee for 2-3 hours, must have been formative!

What do you like to do in your spare time?

I am a mad keen competition bridge player. I'm also a moderately regular concertgoer i.e. classical music.

What is the best advice you can give incoming medical students?

University is a wonderful time of growing up and discovering who you really are. It is not just a period during which you complete stuff you have to do on the way to a career – this is your life, right now, so don't blow it. Take the opportunity to engage with whatever interests you. Specifically, use the flexibility of our Medicine program to do some courses in areas outside Medicine that fascinate you. Talk to people across the spectrum, try things while you have the chance, wear your heart on your sleeve....

What do you like to do in your spare time?

In my spare time I seem to do an awful lot of marking, but when I'm not, I enjoy reading, walking and cooking. I also have a lot of fun with my son who loves museums, lego, lego and more lego, and drawing weird and wonderful worlds.

What is the best advice you can give incoming medical students?

I hope you have a great time at UNSW and enjoy studying medicine – you have a great learning curve ahead of you!



Do you want to be a GP when you graduate?

Yes () No ()

If you answered either yes OR no, read on!

The General Practice Student Network (or GPSN for short) was launched in 2007. A 'daughter' organisation of AMSA and the General Practice Registrars' Association, GPSN received \$1 million worth of government funding to start up!

GPSN aims to promote the discipline of general practice amongst medical students. "Just a GP"? Think again!

General practice will give you an opportunity to work across disciplines, upskill in areas of interest and establish long-lasting relationships with your patients. It is intellectually rigorous (GPs are the main diagnosticians of the health system), emotionally satisfying, and a crucial part of Australia's primary health care. What's more, GPs can afford a flexible lifestyle rarely seen amongst our specialist counterparts. If you have become a doctor to help people, not just cure diseases, have a good think about general practice. GPSN can give you contacts with people within the College of GPs or regional training providers, as well as helping you learn about the GP training pathways and opportunities for further study.

On the other hand, if you have dreamt of being a neurosurgeon or cardiologist all your life, joining GPSN is an important way of keeping your links with primary health care. All doctors work together as a TEAM (remember this! It will be one of your graduate capabilities!), and GPSN aims to transform the hierarchical "pecking order" so prevalent in health systems today.

However, it's entirely possible you haven't given any thought to what you'll do after med school (and fair enough). Join GPSN nevertheless! The \$1 million worth of sponsorship flows through to each university, and we hold several events each year – all with free pens, free food, free drinks and free company – now, come on, why wouldn't you join?

Simply go to: http://gpna.org.au/GPSN_member_form.php to fill out the form and become a member for free – it's all too easy! See you at the launch!

medshow '09

Date: 15th-16th October 2009

Now in its 9th year of production, MEDSHOW plans to grow and encompass the talents of the immensely capable medical cohort with an exciting original script. From actors, singers and dancers – it is a show full of colour and spectacle, action and drama, love and revenge over two nights. It is also the perfect opportunity to get on stage for a great cause and raise money in process.

Last year, MEDSHOW raised \$10,000 in the process for Newborn & paediatric Emergency Transport Service (NETS) – a charity providing the state's only 24/7 mobile intensive care service for patients from labouring mothers to newborn babies to teenagers up to the age of sixteen.

This year MEDSHOW needs your help. So grab a friend, put on some make up and practice your Steve Urkel dance moves – your moment to shine is just around the corner.



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Keep an eye out...MEDSHOW 2009 shall take you by surprise!

Medshow 2009

MEDREVUE



Justin Chau (MED II)

Med Revue (n.), is an annual sketch comedy show run in Week 9 of session 1 for charity. Though traditionally medical in name and nature, students from all faculties can get involved in the show, which features hilarious quick-fire comedy, live big-band numbers with top-notch singing and dancing – all in front of 1500+ people over the week. Rehearsal times run in the afternoons during your Foundation course (when marks don't count at all), making it the perfect time to get involved!

Undoubtedly an integral part of the UNSW experience, doing Med Revue is like discovering the internet. You timidly enter a whole new world full of boundless fun, friendships and possibly nudity, whilst allowing you to freely develop into a very funny, talented and humble person like me "cough". And before you know it, you're hooked and don't mind spending longer hours constantly immersed in this world of unadulterated entertainment. Just like having no internet access for a week, once it's all over, you will inevitably start suffering withdrawal symptoms as you wait unbearably until the time comes around to do it all over again. (If you thought that was a boring analogy, then replace the phrase 'the internet' with 'sex')

I've had the pleasure of being a cast member of Med Revue's 2008 production 'Happy Foetus' (a parody of 'Happy Feet') helping raise thousands of dollars for the Starlight Children's Foundation. Personally it had a huge impact on me, making transition into university life not only easier, but also incredibly entertaining and enjoyable. What makes it so fun and fulfilling are the inevitable development of many diverse friendships, communication skills and exposure to the wider university student life outside medicine. By 8 weeks, despite being cursed with two left feet, two left arms and not an ounce of theatrical talent, I had somehow learnt how to flip off shoulders, dance (even video-recorded doing so at Darling Harbour and on the stairs of an adult store), and gained the confidence to be able speak to large groups of people whilst half-naked. I shouldn't also forget mentioning that I lost 10 kilograms in that time due to Med Revue!

With humour ranging from crude innuendos to witty banter, from wacky costumes (i.e. an ovum in 08) to possible nudity (note: tastefully done like Bill Henson's art) and a proud 33 year old history of high-quality shows with equally as amusing titles (i.e. 'Kill Bulk Bill', 'Thrush Hour' to 'E.T – the Extra Testicle' & 'The Sound of Mucus'), Med Revue will definitely be one of the best experiences you will treasure during your long 6/7-year tenure at university - along with the many panties and bras thrown at you whilst on stage.

You don't have to be the next Borat, Pavarotti, Jackman, Hendrix, Gogh or even Gordon Ramsay to join one of our many teams: cast (acting/singing/dancing), tech crew, costumeers, scriptwriters, band, chefs, front of house, promotions and design! All we want from you is a healthy dose of enthusiasm, a willingness to commit, and your babies!

So for more information in getting involved, check out our stall on the main walkway during O-Week or rock up to our expression of interest meetings in Week 1 - details will arrive in your Medsoc e-newsletter.

Any questions? Feel free to say hi and ask **Melissa Lau (1st Year Rep 2008)**, **Tran Nguyen** and **Owen Tsao** who will be the producers for Med Revue this year. Drop them an email at producers@medrevue.org

MED REVUE - GET IT INTO YOU!



MEDCAMP

Ahsas Ranjan [MED II]

Medcamp. A momentous, epic, distinguished, compelling, amazing, monumental, PARTY! (see what I did there?) As a nostalgic second year, I can safely vouch that Medcamp is one of the best social experiences MedSoc has to offer, and the perfect ice-breaker for overly scared and overly competitive first-years alike – and all you normal people, too. It is truly amazing how 3 days and 2 nights at the Narabeen Sports and Recreation Centre are all it takes to transform the vast, empty expanses of the upper campus of UNSW into a teeming hub of friends and familiar peers. Oh yeah, and there's second years as well – 20 of us. And considering we are pretty much the coolest kids on (upper) campus, Medcamp should look exciting already.

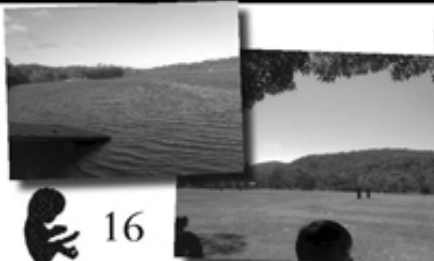


Although it does a great disservice to the other very enjoyable activities, the two undoubtable highlights and traditions of Medcamp are the Trivia Night (Friday) and Toga Party (Saturday). A great way to tear your larynxes, test your cortical function, send your sympathetic nervous system into overdrive, and meet new people at the same time, trivia night is a test of knowledge and nerve, with various dares along the way to allow you to earn "bonus points". And just like real medicine, it's nerve, not medicine, that decides the winner...ok, so maybe it's more like TV medicine. Oh, and most importantly, the winning team gets free tickets to the always hilarious MedShow later in the year.

Now, no MedSoc event is complete without a healthy dose of music and alcohol – and so we come to the Saturday night Toga Party. This brilliant night will test your fashion sense and liver function, and the vibrant dance floor and relaxed outdoor seating ensures that there is something for everyone. Ultimately, for many students, the Toga Party is the highlight of the camp.

I cannot do justice to all of the other fun activities that await you. There are exciting games (you'll find out soon) and the team bonding exercises – which, as sappy as the name may sound, are actually a fun way to meet people. But perhaps the true beauty of Medcamp lies in the familiar lazy feeling of any camp that fills the gaps between this frenzy of activities – so for those of you who excel at lying back and doing nothing, all is not lost.

And besides, if all else fails and you have a terrible camp (p value > 0.05...you'll soon find out what that means), at least you can walk away with a Med Camp t-shirt, and the right to as many lame one-liners starting with "This one time, at Med Camp..." as you can muster. That's gotta count for something, right? Oh, and by the way, **numbers are limited**. So get in early, and hope to see you there! 🐸



When: 13th - 15th March 2009

Where: Narabeen Sports & Recreation Centre

What to bring: Bedsheets/cloth for your toga, as well as any other decorations (no getting creative at camp with the ferns or furniture!), a camera (you'll want a LOT of photos), something to while away the bus hours, iD, sports clothes & shoes, and lots of niceness – remember, you're stuck with these people for the next 6 years!

CONTACT medcamp@medsoc.org.au

MEDSOC CHARITY EVENTS

Michael Chan (MED III)

Over the last few years, charity-related events have been growing, in amongst the crowded schedule of many medical students. This little segment lists out the events run by Medsoc charities that support a cause, but on the same token, also has fun.

Bowling Nights – Held once a term, students can bowl at AMF Randwick at a cheaper rate AND profits are given to Medsoc, providing initial capital for charity events.



Modshave – Get the shavers and hairspray ready. Hair will be cut (or coloured), fundraising for the Cancer Council. Some epic pieces of hair have fallen in the name of promoting healthier lifestyles and financial assistance for those with cancer.



GoldWeek – Selling badges for the Sydney Children's Hospital Foundation.

40 Hour Famine – A more passive way to support World Vision's causes.



The Amazing Race – A parody of the actual Amazing Race, running around Sydney and doing ridiculous tasks from eating chillies to belting out "under the sea" in front of Sydney Aquarium. Fundraising for the Medical Students' Aid Project.

Also welcome, are new ideas from med students about new activities, to either promote the health and wellbeing of others; whether by promotion, fundraising or a variety of other presentations.



THE MEDICAL STUDENTS' AID PROJECT

Making a difference to developing world health

Alice Burton and Patricia Ly (MED 8)



What is MSAP?

Contrary to what many believe when they read our name, the Medical Students' Aid Project is NOT a fund to lend financial assistance to med students impoverished by the crippling study load of Foundations. That apostrophe is very, very important. Nor is it Medical Students' Aids Project, as we have once been called. Rather, it is an initiative – entirely student-run – which aims to provide medical equipment to some of the developing world hospitals the fifth year students are hosted at on elective.

The UNSW Medical Students' Aid Project (MSAP) is a not-for-profit student-run initiative aiming to deliver vital equipment and medications to hospitals in the developing world. It was started by two UNSW medical students, Greg Fox and Greg Moloney, who returned from their electives in 2001. They were on an elective term in a hospital in Malawi, and while trying to attend to a patient injured in a car accident, they only found in the resuscitation box a band-aid and a dead cockroach. The realisation that much of the basic medical equipment which we take for granted at home is prohibitively expensive for many hospitals in less fortunate communities led to the establishment of MSAP.

How does it work?

Students arrange their elective placement with a hospital in a developing country and receive a wish-list of items that the hospital requires. MSAP tries to fill these wish-lists through donations from the community and fundraising. MSAP then ensures that all supplies reach their intended recipients.

In 2007, MSAP sent over \$159,000 worth of equipment, current textbooks and pharmaceuticals to hospitals and medical schools in Nepal, Cambodia, Democratic Republic of Congo, West Indies, Bolivia, Tanzania and more! For most medical students the elective term at the end of 5th year is a chance to learn and travel. Through MSAP, students have the opportunity to give something useful to the communities that take them under their wing. From gloves and urine dipsticks to defibrillators and cardiocardiograph machines, MSAP enables medical students to really make a difference in places of need.

What can you do?

As Phase 1 students, we too can help out by attending meetings and MSAP fundraising events, such as our launch earlier in the year, a huge success that left standing room only in the function room. We can't do it without your help!

Being involved in MSAP is one of the best ways to meet people from other years of med, which you will soon find is crucial for both social and academic reasons. The fortnightly meetings are laid-back and jovial and there is a strong sense of camaraderie amongst the group which is fostered through itemizing days (where recently donated equipment is catalogued and stored) and the often long-term involvement of students from their first to fifth year. Finally, it's exciting to be a part of one of Australia's largest and most well established student-run global health initiatives. We look forward to seeing you!

Feel free to email us at msap@med.unsw.edu.au or visit our website

www.msap.unsw.edu.au for more information. 🐼



Christians in Med

Bek Roberts (MED11)

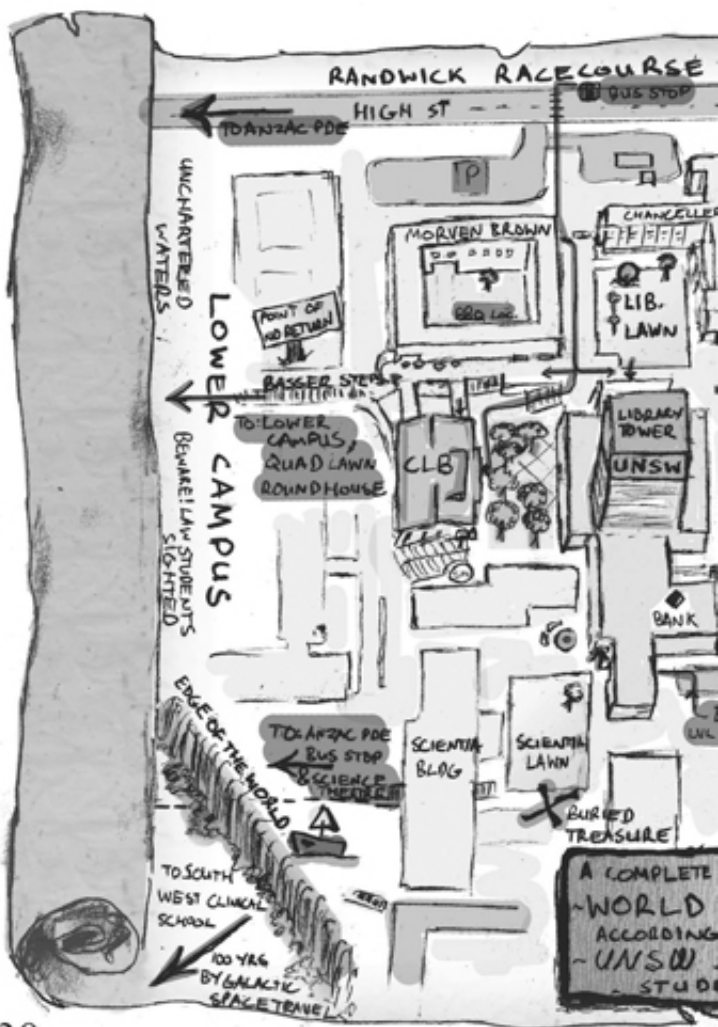
It's Tuesday, 11 o'clock, the lectures for the day have just finished and you have a one hour break before your next prac. No wait! Its foundations, so you may have even experienced the joyous four hour breaks. It's too early for lunch and you have already caught up on weekend experiences with the 5 people you know in your

or maybe you want to meet other Christians in your course or finally perhaps you have tried every bit of advice in the "Friendships 101" page and still you only a grand total of three friends in your course (two of which you went to school with). Well I let me tell you, Christians in Med can supply all this

year of 250. So you start to wonder how second years spend their time, making the best use of these breaks. Well for the super keen, you could head up to the wonderful world of the library, however it's still early days and being branded a super nerd this early will stick for the entire six years you have ahead of you. Well I'm here to offer a far more beneficial time consumer, Christians in Med. The name is fairly self explanatory but for those of you who feel like they left their brains behind in their last HSC exam, I'll try to explain why this group could be your one hope in surviving the scary jungle we like to refer to as med school. Basically we are a group of med students who get together in various forms to read the bible, find out more about God and talk about current issues. How could this group help you? Well there are several reasons, perhaps you want to know more about God,

and more. You can meet people in your year (instant friends booster), older (and wiser) med students who won't mind being bombarded with questions and even students from other faculties! We meet up in several ways: bible studies in the Pavilions, Campus Bible Study, campus wide talks (where you get to break out of the stereotypical med clique and meet students from other faculties) and this year we are also planning on having some social events. Events such as Mid Year Conference and South Pacific Region Training Event where you get to meet Christians from all the various faculties at UNSW as well as Christians from universities all over the South Pacific. So if any of this interests you, whether you just want to meet new people, locate some other Christians on campus or if you want to find out more feel free to contact me through email (bek_roberts@hotmail.com) or mobile (0434165285).





THE DEBATING SOCIETY

Ben Williams (MED III)

For the polygamous of you, the love that med provides you with just might not be enough to satisfy your needs. You might need a mistress, an extra spark to keep things going and to add a bit of multi to your uni. For those of you, it is important to try and involve yourself as broadly as you can in university life. This uni offers a myriad of clubs and societies to suit all ranges of people. Here's some brief information about one of those.

I have just finished my first year as a med student, and last year my second lover was the debating society. It's a society which has offered me good times, intellectual interests, friends, travel opportunities (most notably to Ireland at the end of last year), and has allowed me to broaden my interests outside of medicine. The good thing for you is that I am willing to share. So here are a few reasons to think about getting involved:

- **Subsidised trips** – This year Arc (the student union) will give you some money to help you get to debating-tournaments/I-just-want-to-have-a-good-times in Turkey, Queensland and Melbourne.
- **Vent your anger** – Medicine seems to be a great breeding ground for passive aggressive people. Avoid being the next doctor death by making your mutilations verbal ones
- **Bar Tabs** – self explanatory
- **You like the sound your own voice** – Also self explanatory. Explained out loud though of course... to yourself... in front of the mirror
- **Friends** – yes please!
- And if you refuse to do anything that won't contribute to your mission to become a surgeon in 20 years, then you could throw this on your resume as like helping to build some communication skills, or something that which you could use on like patients or something like that... or something...

FAQ

How do I know I have what it takes?

You passed your interview to get into Med... So I know for a fact you are good at talking crap
But I am a med student, surely I have no time for anything else?

um... you are going to be at uni for 6 years. The one thing that you have a lot of is time. (Note that Vice-president of the society is a 5th year med student)

So if you might be one O-Week, or check facebook or www.debsoc.unsw.edu.au.

think debating or any other club of those interests you'd like to nurture, look around at

Get involved! Have Fun! And best of luck with everything 🐸



Moving from the country?

Frankie Garnett [MED II]

This is for you...

Although I live in the bush, I'm not from a farm, I couldn't tell you much about sheep breeds and being in close proximity to a bull makes me quite nervous. So, I never really considered myself a 'true' country girl. Then I moved to Sydney and realised that I was a rural kid after all.

In my first week of uni, I was thrown into my new life by various O-week activities and got to discover many of the wonders of big city life from seedy pubs to harbour cruises. I also found the joys of making a fool of myself in crowded public places, knowing that I would probably never see any of the witnesses ever again.

While all this was (and still is) enormous fun, in the months that followed I also unearthed the quieter joys of the metropolis. Having come from an inland town in Victoria, the most exciting novelty is that the beach is in walkable distance from uni. Talking about walkable distance, while people may complain about the public transport, the ease of being able to get places is liberating and the realisation that the last bus is not at 5.30pm is always a welcome one. I am constantly amazed that I can just decide to go out to dinner on any given night and wander up the road to a restaurant of whatever cuisine I fancy.

Along with all these exotic tastes come the people who brought them to Australia. Before I left Ballarat, my main knowledge of "multicultural Australia" was when I caught SBS while channel surfing. In Sydney I was suddenly having conversations about the finer points of a Sikh wedding ceremony or the culture of a Singaporean international school. There is no better way to get to know a culture than to become friends with someone who has lived it their whole life.

However, moving can also be hard. Sometimes even the nicest café can't make up for the freedom of wide spaces and the calm and quiet of the bush. And of course there are friends and family who are now very far away. So, some tips on how to survive (and enjoy) the move:

1. Make friends.

They are the most important part of your life in med – the ones who you have fun with, discover new places with, who (if you're a Medican like me) tell you the intricacies of the two different types of rugby. They're also the ones who pull you up when you're down, offer a smile and someone to talk to when all you want to do is go home and do funny, strange things just to make you laugh.

If you're in college, this tip is pretty much covered because you'll be thrown in with a whole bunch of other first years who are all as clueless as you and who are probably just as keen to make friends. If you're not in college (and also if you are), make friends with the people you sit next to in lectures. You might ask a million people what their name is and where they're from, but a couple of those awkward first conversations might turn out to be with your greatest friends. Risk the embarrassment and say hi to everyone and anyone.

And nobody cares if you forget their name, they're usually glad you admitted it, so they can ask yours in return. Also, attend every event (med-related and otherwise) you can, and join any clubs that even vaguely interest you. You might only ever get the emails and never go to a single event, but most of them are free and, like with friends, who knows what you'll discover?



amicus 友 friend





2. Join a club.

No matter what you're interested in, someone else will be too. There are clubs for EVERYTHING – from sport to chocolate appreciation to philosophy. There are also med clubs, which leads nicely into the obligatory RAHMS plug – it's the Rural Allied Health and Medical Society – if you're interested in rural health or just want to know more, we'll be around in O-Week, or just google "RAHMS". I have had some of the best times of my first year through RAHMS – going out to Coonamble for an Indigenous health festival, talking to high school kids in Bega and Eden and heading out to Dunedoo for a weekend with health students from all over NSW.

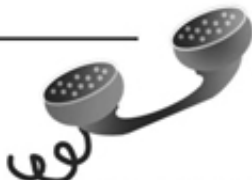
2. Keep in contact with your old friends.

While new friends are wonderful, sometimes you just need someone who really knows you and you don't have to explain anything to, so make the effort to bridge the distance and time commitments.



3. Give yourself time off.

Med can be hectic and there are always so many things on, sometimes you just need a break. If you're craving space and a bit of green, Centennial Park is just a walk away, as is the beach, or there are even little hidden crannies of peace on campus. You can also catch a train or a bus to many of the national parks in and around Sydney to get your concrete-free fix. Or you can just go and grab a coffee, either with friends, or with a book (or people watch). If you're more of the active type, the uni gym is a convenient way to get a bit of exercise into your day and all those endorphins will make you feel good.



4. Have fun.

Yes you do need to study a bit, but university is a unique time of life, so enjoy it while you can and don't worry too much about what you should be doing, everyone is in the same boat. On the subject of worry, my final point:



5. Get help when you need it.

There are heaps of people whose job it is to help you and the uni doesn't want you to fail, they will do almost anything to make sure you don't so make the most of the professional support. Don't worry if you think your problem's too small, it's better to go earlier rather than later so that things don't have time to spiral out of control.



Staying Awake

at uni

Austin Chau (MED III) and Michael Chan (MED III)

It's a familiar experience: You're sitting there in your seat, and a really important topic is being talked about, but despite your best efforts, your brain starts to tune out and you start to feel a bit drowsy. The dreary monotonic voice, inanimate body language, incomprehensible flow-chart and jargon all start to lull your baggy-eyes to a dose as your mandibles widen into a yawn.

Before you know it, you've just wasted an hour or two. And now hours are then wasted catching up and/or on a rather pointless trek to and from uni.

This is a daily occurrence that happens to thousands of students. Just walk into any lecture and you're bound to see some poor sod slouched over in his seat, drooling all over his notes. Even a course as interesting as medicine with its amount of nerds suffers its share of delta brainwave inducing moments.

So what can you do to stay awake during your scenario groups, expert tutorials and lectures?

>Firstly, the most obvious and healthiest advice we can recommend is to get enough sleep early and eat a big breakfast (low GI if you have a long day). It's important to keep your circadian rhythm and energy levels consistent.

>Consumption of coffee/energy drinks. This is a highly effective but jittery and expensive habit. Be warned though, you can become dependant on caffeine and/or become one of the many girls and few guys who started daydreaming about the cute barista boys who sell them coffee, entirely nullifying the point of consumption to concentrate.

>Wear something uncomfortable (i.e. underwear that chafes).

>Bring a laptop so you can play games, watch videos or facebook.

>Whilst creating rules for your scenario group, have a fine system. If anyone falls asleep, they have to bring food for the rest of the class next SG session. Win/win situation for the entire group.

>Sit at the front. The combination of the higher possibility of being asked a question, bright-lights, and the ambient nerd aura of fellow front-seaters will keep your eyelids glued to the top of your eyeballs.

>Read the lecture notes beforehand, if at all possible. You're bound to pay attention to something you might understand a bit better. On the other side of the coin, you may find that if you don't read the lecture notes you might pay more attention when new and interesting things come up. It's all up to what works best for you.

>Play games with your friends that conveniently encourage active listening. Some that are played include: Word Bingo! & Medical Hangman.

>Have an annoying companion will make you think twice about nodding off. This is the one who doodles on you, makes armpit-induced fart sounds, talks too loudly or takes unflattering photos of you when you're asleep.

EVERY 2 HOURS. STOP. REVIVE. SURVIVE.

Remember though, there are some lecturers/facilitators where even a wedge-wearing, red-bull drinking, fонт-of-the-room-sitting medical student can not stay awake listening to. It is widely believed these people are professional lullaby singers who can cure insomnia every time they had something to sa.....





- *Fancy flipping burgers for a living?*
- *Do you have a strict aversion to bathing and other forms of personal hygiene?*
- *Do you secretly harbour radical left-wing views?*
- *Are you lazy, unmotivated and otherwise uninterested in all but the latest single by your favourite progressive death metal band?*

If you answered YES to any of those questions, you would be the stereotypical Arts student. BUT, considering that you've just been accepted into Med, you have the chance to be a different type of Arts student...

In all seriousness, UNSW offers a great combined MBBS/BA program which allows students with an interest in the humanities to pursue their field of their choice while still completing a medical degree. This does extend your degree out to 7 years, but on the flip side, you get an extra two letters after your name and a whole lot more wisdom and understanding of the human condition to boot. Plus, you have the opportunity to go on overseas exchange for a semester or more that you don't have the chance to do in straight med.

One extra year of study may seem onerous now, but considering you'll be spending almost two decades getting qualified to work as a doctor, it doesn't seem that bad.

To get the BA, you have to complete 72 Units of Credit, and a 54 of those in a major sequence. Most arts

courses run for one semester (i.e. 12 weeks, which doesn't match up with Med's 4 x 8 week teaching periods) and count for 6 units each. So you basically do 12 courses, 9 of them in your field of particular interest and the rest whatever else you want. During first and second year, because you will be still in Phase One, realistically you can only do one 6 Unit course per semester. This is a bit more work, but it is entirely doable, even in first year. When you take your year off, the normal load is to do 4 x 6UoC courses each semester (i.e. 8 of your 12 courses). Plus there are also short courses run in the summer that last for only a week, but are worth 6 units.

What can you study? Almost anything really; history, politics, international relations, literature, languages, philosophy and many more. And before you ask, there is NO way you can cram the degree into 6 years. Why would you though? Having a stress-free year away from sick patients, exams and scenario groups gives you time to work or get more involved in the uni life you miss out on being a med student. You're able to have a life, do the revues, go travelling, whatever. You can drop out of, or enrol into the Arts program at any time until 3rd year - just contact the Faculty of Med Office. 🐼





Getting to UNSW

Prajith Jayaprakash [MED 10]

Hey Med 09, I'm here to offer a bit of friendly advice on getting to UNSW, because getting to UNSW can be extremely annoying and very time consuming (over 3 hours for some people ... each way!).

The most common way to get to and from uni is to get yourself to **central station**, and then hop on an **891 express bus** from **Stand D on Eddy Avenue**. This 15-20 minutes bus ride takes you up **High Street** and stops at three points next to uni. For us med folks, we almost never have to go to lower campus, so your best option is to get off at the **second stop near gate 9 on High Street**. If you happen to have a prac in Wallace Wurth or Clinical Communication Skills, the **third stop** would be the way to go.

There are also **895 express buses** from Circular Quay that stop at the same stops as the **891**. If you find yourself travelling to/from uni outside the peak times when the **891** runs (morning and evening), then you could catch the slower **391, 393 or the 395 from central stand C**. These buses are not express and will only drop you off at lower campus on **Anzac Parade**, so you'll have to walk up the dreaded **Basser Steps**. Because so many people get to **Central** to go to UNSW, there is often a considerable queue in the mornings to dip your tickets and wait for a bus, sometimes 5-10 minutes, so allow for this in your travel plan.



Getting to Central station is easiest via train, in which case your best option would be to purchase a **weekly travel pass** that covers the station where you boarded the train (visit <http://www.cityrail.info/fares/travelpass.jsp> for more info). This travel pass allows unlimited travel on any state transit bus, train or ferry within the regions for which you purchased the pass. This saves you time as you don't need to keep buying tickets and you can purchase the pass at student rates i.e. half price with your student ID card.

Depending on where you live, there are alternatives to the train:

- **M2 Hillsbus** to the city, which covers the **Hills district**
- A **ferry to circular quay**, where you can catch a **392, 394, 396 or 399**, which stop at **Anzac Parade via Elizabeth Street and Hyde Park**.
- **Direct buses** to uni from the **inner west and east**, such as the **370 from Glebe, Leichhardt and Coogee** and the **400 from Bondi**



If this is the case, or you get to central without using state transit transport, purchase a **brown travel ten** for \$12 from the nearby newsagent or any railway station. These travel tens are also useful if you're coming to uni less than 3 days in a week, when the travel pass would not be cost effective.

Happy Travelling! 🐼



A Guide to Medicine for Mature Age Students

Kylie Ozen [MED III]



While most people entering 1st year medicine are school leavers there are a few of us who have not come directly from school - "mature age students". While the word "mature" might suggest that we all have one foot in the grave this could not be further from the truth! This article hopes to challenge a few myths about mature age students for those of you who think that us old people are a bit strange and help any commencing mature age students to deal with a world where most people you will talk to on a daily basis have not even heard of Bob Hawke let alone listened to Cold Chisel!



My Top Five Tips for Mature Age Students are:

1. **Don't smoke** - Apparently smoking is bad for you. People at university don't smoke anymore and it is actually considered "uncool" nowadays.
2. **Learn some new key phrases** - Phrases such as "my bad" and "Ruse" are now in common usage. Whilst they may not appear in the Oxford Dictionary if you use them the other students will not think you are a total "freak".
3. **God is at UNSW** - There are lots and lots of religious people at uni nowadays. It is not like the old days when going to church was for the elderly. So take note and try not to offend!
4. **Computers are a necessary evil** - you will need to learn lots about computers. When someone says "USB" they are not insulting you. In fact, they are probably trying to give you some extra study notes that may well help you pass!
5. **Remember you are not 18** - While all of us mature age students may feel 18, the other students think we are really old. Remember your own parents trying to act all modern at your birthday parties ... that is how you will look if you try too hard!



Here are 5 things school leavers should know about the mature aged:

1. **We know stuff** - Whilst we may appear to be a little "challenged" at times, particularly when dealing with technology or anything that we haven't studied in the past few years, we have had varied and interesting lives!
2. **We are not old** - Age is a relative thing. Your 10 year old siblings might think you are past your prime just as we consider anyone older than us is! I know for one that I still think I am 18.
3. **We are not scary** - Just because we might have worked before, studied before, had kids or travelled doesn't mean we're scary and don't want to hang out with young people! In fact, university can be a lonely place for mature age students. We need to belong just as much as everyone else! We don't mean to be loudmouthed!
4. **We can be a great source of income** - Some mature age students have kids and if you need cash, appearing vaguely responsible may well get you that next babysitting gig!
5. **We are pretty cool** - Whilst some of us may have checked the library database to see if we could borrow "facebook", some of us actually use it. Sounds weird hey?

So, if you are happen to come across a mature age student in your first year remember to smile sweetly, talk to them, make them feel welcome, and maybe, just maybe, go with them for a beer... (you get over midori, vodka and bourbon by about 22!). And if you are a mature age student, welcome to UNSW and if you ever feel old or lonely, just remember that others have gone before you. Feel free to contact me on facebook of course! I have 52 friends and counting ...



A Med Students' Guide to Computing in UNSW

Welcome to the University of the 21st Century. Just like in the movies, just about everything is run by computers. So let's get ~~terminated~~ connected!

Find us a computer, you're the computer man

Firstly, my name is not Billy Joel. And secondly, you don't need a computer if you have a wireless laptop. Uniwide, the uni's wireless network, is available in most buildings (except notably Wallace Wurth) and some outdoor areas – set up your laptop first at uniwide.unsw.edu.au.

If, however, you do not have a laptop and cannot commandeer a friend's, then you need to find a uni computer. First stop the library – it's close, and they have plenty of computers on the main entrance level or upstairs, or fewer on higher levels. Just reserve a computer and wait a few minutes. The TV screen in the main foyer shows current vacancies. You can also print from library computers. The library can get crowded, but fear not! You have other options at hand. The G2-G4 histology labs or the upstairs embryology lab in the Wallace Wurth building (which is swipe-card access for us med students) can be used whenever there is no class (good for group work). These computers also have medicine related software. The passwords are usually on the wall, or just ask another student. The far end of the Museum of Human Disease also has computers. All computers do not have an account to save files to, so obtain a USB memory stick.

Great. Now what do I do with this computer?

Before you rush off to Facebook (for the millionth time today), try checking out these websites:

*MyUNSW (my.unsw.edu.au): MyUNSW, apart from suggesting you somehow own the uni, normally provides access to class timetables and exam results. However, we special med students have our own system, so MyUNSW is only useful for enrolment administration.

*WebCT Vista (vista.elearning.unsw.edu.au), just like that Microsoft operating system, will rule your life. It contains links to lecture handouts and slides (which reside on eMed), ILectures (lecture audio recordings), assignment discussion areas, and practice assessments. Check this place often (as in every day or so, not as often as you check Facebook) for announcements and for handouts to print.

*eMed (emed.med.unsw.edu.au) handles more administrative functions – access timetable and learning outcomes, register preferences for and submit assignments and group projects, and access your results.

*Hotmail? Gmail? Snail-mail? Move on over, there's a new player in town: UniMail (unimail.unsw.edu.au). All students are provided with this email system. However, as the UniMail inbox is restricted, many students automatically forward emails to their personal email (using the DIY pages at wombos.unsw.edu.au).

*The Med Faculty (medprogram.med.unsw.edu.au) contains info about course structure, assessment requirements and rules of progression.

*As med students, every spare neuron must be reserved for cramming your brain with anatomy. Fortunately your username and password (Unipass) gets you access everywhere – no need to remember a dozen passwords. Agree to conditions of use first though at wombos.unsw.edu.au

*Other awesome links: wikipedia.org (some people swear by this site), sirius.library.unsw.edu.au (which links to Medline and Access Medicine – journals and textbooks) and of course www.facebook.com (no, really, heaps of social things get organised here). And that's it! Go and have fun. And yes, now you can check Facebook. ☺





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WHAT MAKES A GOOD DOCTOR?

The ability to:

LISTEN



DIAGNOSE



COMMUNICATE



EVY'S FOOD BIBLE

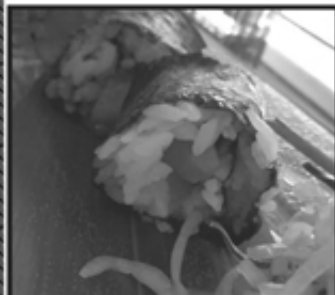
By Evy Panos
[Med II]

Welcome young meddlings to what will surely be the best time of your life, ensuring you fiercely adhere to EVY'S FOOD BIBLE (patent pending) and don't succumb to any strange forms of gastroenteritis. As you will be spending all your time in upper campus you should get well acquainted with the Matthew's foodcourt, or The Quad if you're feeling adventurous.

General Tips

- 1) Apply a **cost-benefit analysis** to ALL food purchases. You are hungry uni students now and should use this rationale and then wonder howt you're still so poor (forgetting that you don't apply it on Saturday nights, and so fatefully turn to pre-drinking Goon).
- 2) Look around for any **specials** (esp. Arc Member discounts)
- 3) Calendar any **barbeques** on library lawn. These include Medsoc (rare - but exotic), Arc Club and Hellsoc (- the Greek society and worth joining just for the barbeques.)
- 4) Remember that all **barbeques are unlimited**, except by your pride.
- 5) Keep a religious look out for **Coffee Card's or cards of similar nature**.





At the far end of the foodcourt you are faced with two choices; both seemingly healthy, well priced and gourmet. There is *Tasty Bites*, well known for its other 'nickname' who are useful for ice cream or run of the mill fast food choices, but I'll let you make up your own mind. Rather do a 180 degree turn and you will be facing UNSW Food Heaven, aka, *STOCKMARKET!* This is all you will need to know to survive the next year +. I especially recommend the *salads* (\$6.90 for medium, \$7.90 for large), the "healthy" *pastas* (same price as salads) and soups, with vegetarian and vegan options.

Try the *Vietnamese Place* above the Matthews Food court's \$3.50 chicken roll, they're pretty dodgy by the end of the day but a good feed as per general tips no.1. *Sushi* in the Matthews Food Court is a surprisingly sustaining, just make sure that you don't mix up your chicken and eel – they're deceptively similar looking (\$2.20 each). *Laksa* at \$6 - \$6.50 is a staple in every med students' diet. The food court offers fare as international as your classmates and for different costs and quality. "*Hole in the wall*" aka *βιβλιο* (Read: *Biblio*) have slightly more expensive wraps and Turkish breads (~\$7) and yoghurt (\$3) that is well worth the extra cents.

If you're up for a trek try The Quad, best food there is the noodles (~\$7), but they also have a romantic café and good burgers and chips. The Roundhouse is worth a mention, but the food is overpriced. But then again, people don't really pilgrimage down there to eat!

Best Coffee is up to interpretation either:

- 1) *Coffee cart* – Located on the western border of Library Lawn. If you ever need a desperate and ridiculously caffeine filled coffee (eg if you bother rocking up the day an assignments due) try The Primo – a four shot latte – OH YEAH! (\$2.70 - \$4.00)
- 2) *Bluestone* – great breakfast deals well worth investigation, and cheap (\$2.50 regular, \$3 large) located right next to Central Lecture Block (CLB).

To fill up your water bottle head to Student Central on the north border of Library Lawn it's chilled and filtered, or trek down to the Quad for cooled bubblers on the lower level.



But remember this is just one person's opinion. Either way, food at UNSW definitely beats any canteen food you're used to so bon appetit!



*Disclaimer: Above photos are for illustration purpose only.

Making Friends 101

By Just in Chau and Anthony Zheng (MED II)

After an extensive literary review of best-selling self-improvement books, we have come to find that many core friendship principles remain timeless:

- 
- Be yourself, be genuine. Character and honesty are the foundations of any relationship, so it is vital to stay true to yourself and others. If your genuine self is nauseatingly cheerful, then be cheerful. If your genuine self is to act fake, then act fake. No matter how despicable your genuine self is, one is bound to attract friends. After all, if Bush, Hitler and emos can manage to have friends, why can't you?
 - Love life. It's contagious. Eat, drink and be merry, for tomorrow we die – figuratively speaking. Remember – all work and no play made Jack a sad, sad nigel.
 - Step in other people's shoes. Empathy builds trust and trust builds lasting relationships. Basking in your callous arrogance like House doesn't work unless you're as funny as him or us, which we doubt. (And now you're starting to dislike us, proving our point.)
 - If you want to be more likeable, strive to continually improve yourself. Improving yourself involves all aspects of self from behavioural to aesthetics, i.e. be more conscientious, quit smoking, don't take drugs (unless you want friends of the invisible kind), also trim the nose hair once in a while (but then again Hitler managed to get by without that).

But boys and girls, if you are after instant results:

- 
- Please, please enjoy Foundations and go to all the social events. You won't regret it.
 - Join Med Revue and/or MedShow: guaranteed friendships even if you possess no talent, promise. Many other clubs/societies include RAHMS and MSAR.
 - Hit on your fellow students. It's a great Icebreaker and, who knows, you might even make a friend or two! We're sure girls dig that sort of confidence (phone us).
 - Don't shy out of Med camp activities. Creativity in finding ways to lose your clothes at Medcamp is highly encouraged. Send us pictures. Actually, don't. We don't want to die from laughter.
 - Obtain Facebook: It'll waste time but it's quintessential to your social experience: many events and activities are arranged through it. It'll screw your academic life, but we think it's worth it, especially since it also conveniently functions as stalking tool. Add us as friends! Heh heh.
 - International and rural students are always friendly – talk to one and try to decipher their accent!
 - If you see a group of people walking together, pounce on them. Chances are they went to the same school (most likely James Ruse), town, or country together and, through friends of friends, your network of acquaintances shall soon expand.
 - And finally, remember to be persistent. (phone us!)

Top 10 Facts:

Justin Chau (MED II), Michael Chan (MED III),
Edited by Anthony Zheng (MED II)

things you may not have known about your new course!

10. The course involves a chunk of report-writing. And you can't plagiarise, not even your past work.

9. As you might know, House, Grey's Anatomy, ER etc. are not accurate representations of medical practice. Not only will you start picking up on these shows' mistakes, but also soon you'll find out that, for instance, hospitals are usually very calm and quiet places, and that most doctor-actors are better-looking and better-paid than real doctors!

8. Medicine is a traditionally male dominated profession. However in the course you are embarking, females usually out-number males (not that we're complaining).

7. As much as everyone wants to be a surgeon, neurologist, cardiologist and so on, more than half will become GPs and love it. However, according to the BMJ, surgeons tend to be taller and better looking than other doctors, well at least in Spain.

6. Med students actually drink a lot, despite being more aware than any other student of alcohol's impacts on cognitive and liver function. When we're just beginning, there's little of that maturity and responsibility that we all expressed we had in our interview – we think we're young and invincible and perhaps, so will you. Maybe it's being surrounded by doctor-wannabes that gives the false confidence that nothing bad could possibly go wrong – just because they're inebriated doesn't mean they shouldn't be able to pump your stomach like a professional paramedic.

5. Just because it's in your lecture notes, textbook, Wikipedia, or even because it came out of your lecturer's mouth, doesn't mean it's right. You'll have to self-direct your learning. You'll know what we're talking about soon. Enjoy.

4. Misconception: You have no life doing a medical degree. Correction: As years go on, your life will be gradually stripped away and in a little over half a decade, you'll finally achieve 'no life' status. To compensate, being an intern consists of sitting in bathtubs talking about McDreamies, McSteamies and McSleazies at your hospital.

3. Medical school is a constant reminder of food. You'll get hungry after human-cadaver interaction in anatomy due to the chemicals used and soon enough, you'll be hearing lecturers give analogies involving pears, either cooked or regurgitated spaghetti, stews (diarrhoea), chicken fat and currant jelly (blood clots) and so on.

2. Dropping the M-bomb (aka "I do medicine" pick-up line) doesn't actually work. Hear that? That's the collective groan of despair from most of the first year male population.

1. After Foundations you'll be thrown in with second years. Although it seems like we do, we don't actually know more than you. It's just that we're more confident. Oh and cooler.

PURCHASING MEDICAL TEXTBOOKS & EQUIPMENT

by Justin Chauvinist and mAnthony Zheng[MED II]

Which textbooks? Like a woman's "does my butt look big in this?" question, there is no best answer – it really depends on you.

Extending this sexist analogy, for some, studying a textbook will be a short fling: savoured when desperate, but otherwise ignored. For others, it's a long-term commitment developed over many intimate nights together, dimming in academic satisfaction. Some state that textbooks can be both incomprehensible and expensive, but others simply cannot imagine life without them. Some complain that, just like a woman, as time goes by, she may lose her gleam, gain more creases, become less exciting to spread open and so on, but



it really depends on you, you, YOU.

Our advice would be something you should have learnt from high school: **don't feel pressured into getting one just because:**

- Your friend has one
- She looks thin (or thick?) and pretty
- She's popular

Go under covers and get a feel for each book - choose her based on the ease with which you get along with her.

The following are some personal comments on the faculty's prescribed list:

Subject	Options and comments
Anatomy	<i>Prescribed: Gray's or Snell</i>  Medium Priority. Gray's has more detail and diagrams. Snell's has more case studies and is organised by systems, which some may find more useful. Other textbooks may be needed to supplement Gray's in areas such as neuroanatomy. These may be found in the library. Atlas is also helpful. Photographic versions (Color Atlas) are more worthwhile than schematic diagrams (Netter's), but not necessary.
Histology	<i>Prescribed: Wheeler's or Stevens</i>  Medium Priority. Main difference is the format – have a look!
Embryology	<i>Prescribed: Larsen or Moore</i> Useful if you find lecture notes and pracs confusing. Both options are okay. Lecturer derives from Larsen.



Biology and Biochemistry	!	No need , especially for those who took chemistry or biology in high school. Lectures, library etc. are plenty. At most, a year 12 textbook might help if you didn't study science.
Clinical and Communications	!!	Clinical is worthwhile. Apart from Epstein, Talley is also very good. Many feel that Communications is low priority . Easily supplemented at library.
Immunology	!	<i>Prescribed: Parham</i> <i>Only buy if interested in further detail</i>
Microbiology	!	<i>Prescribed: Goering or Lee</i>
Pathology	!!!	Low-med priority . Lectures should be sufficient. <i>Prescribed: Robbins' Basic</i>
Pharmacology	!!	High priority . Robbins' Basics is sufficient, but you may feel that it does not have enough detail. Shop around for another if you wish. <i>Prescribed: Rang & Dale</i>
Physiology	!!!	Medium priority . Useful if you're having difficulty with this area. <i>Prescribed: Berne and Levy or Guyton</i>
Public Health	!	High Priority . Guyton is usually preferred as it has more detail. <i>Prescribed: Baum</i>
	!	Low priority : library seems sufficient

Conversely, the medical student's equipment are like men. The majority are tools and are desired for reliability and ability to last the distance. One that can multi-task is a rare thing indeed. The following are must haves:

- **Stethoscope**

- o These are the Justins and Anthonys of equipment: he looks dashing, sensitive, functions as a status symbol and is attuned to your heart-felt concerns.



- **Wristwatch**

- o Nothing against the disabled, but make sure he comes with a **second hand!**



- **Tendon reflex hammer**

- o A brutal object with variations: there's the cheaper, less-painful one and the portable, more-painful one. **We prefer the former.**



- **Pocket-torch (Pen light)**
 - He'll brighten your world! From personal experience, a solar-powered one is **not** recommended.
- **Box of gloves**
 - Protection is a must. Size matters – try some on during a science prac.
- **Lab coat**
 - The uniform of doctors can be purchased at the Arc store or MedSoc
 - Disposables can be easily bought at Arc stores if you forget.



Saving money

- Our MedSoc bookshop is cheap and non-profit.
- Overseas purchase: cheaper but unassured quality (kind of like mail-order brides)
- Second-hand: cheap but some components may not be intact (eg. Hym... web access codes). You can find second-hand textbook sale notices online and on the MedSoc bookshop noticeboard.
- Don't purchase anything: Focusing your studies purely around lectures, tutorials and practicals is more than sufficient. Perhaps, (unlike women,) you actually can share textbooks around. Equipment is necessary (like men). 🐼

Authors' disclaimer: This article unfortunately does not reflect the views of MedSoc. However, complaints are expected, especially if it's that time of the month.

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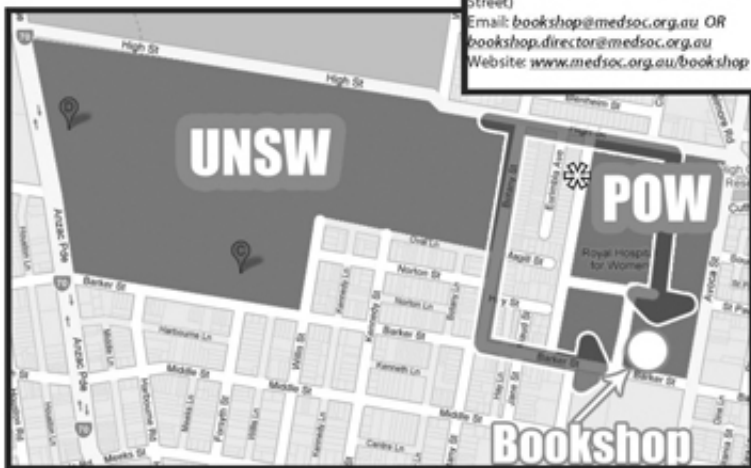
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*Prince of Wales Hospital



MEDSOC Calendar 2009

See www.medsoc.org.au for more details

February

28th - Med-prep (Medicine orientation day)

March

4th - International students' BBQ

12th - Bowling night 1

13th-15th - Med camp

17th - Medsoc Council meeting

25th - Pubcrawl

April

6th - Medsoc Council meeting

May

1st - Integration party

5th - Medsoc Council meeting

16th - Amazing Raise

26th - Classical Quest

28th - Bowling night 2

June

1st - Gold week

2nd - Medsoc Council meeting

10th - Academic symposium 1

26th - End of Session Party

July

5th - 12th - AMSA Convention

23rd - 24th - Medshave

27th - Academic symposium 2

30th - Bowling night 3

31st - International students' dinner

August

4th - Medsoc Council meeting

10th - Women in Med night

28th - Medball

September

1st - Medsoc Council meeting

22nd - Talent Quest

October

1st - International students' info night

6th - Medsoc Council meeting (AGM)

9th - Bowling night 3

15th-16th-Medshow!

22nd - Academic symposium 3

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