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JANE GUAN

READ **UMBILICAL** ONLINE IN  
FULL COLOUR AT  
**[HTTP://MEDSOC.ORG.AU](http://medsoc.org.au)**

# A FRIENDLY HELLO

FROM YOUR FIRST YEAR REPS (AKA. GUARDIAN ANGELS)



Welcome to Medicine Future Doctors of 2019! A ginormous congratulations, pat on the back, big golden (metaphorical) trophy for your dedication, daring and damn hard work that has gotten you into Australia's most prestigious medical school. You got a ripping ATAR and trekked through the UMAT relatively unscarred, with your swaggering charm and innocent acceptance of a degree spanning more than half-a-decade, you deserve to be here!

This is your very own UMBILICAL - your one-stop shop to surviving Medlife, navigating the erroneous yet ubiquitous E-med, our hottest study tips about the disciplines of Medicine, glimpses into the societies and top events run by us (MedSoc) ... essentially, this booklet (read and written by all the UNSW students who've gone before you) - is your new best friend :)

Now... think back to your high school years, how nervous, naïve you were in year 7 with your oversized bags weighting 30kg unsure of which class to go to, what to bring, how many erasers you might need...and now look at how far you've come and what you've achieved. Well, you've arrived at the same door again, asking questions about how to study, what textbooks to buy, being the super keen beans you are! We're here to tell you firstly - RELAX. Your next 6 years will be a fast and amazing ride with another 280 people just as clueless as you are, surely filled with unforgettables: friends, parties, Medcamp, MedBall, confronting moments in hospital ... but we're asking you to keep your eyes peeled for the extra opportunities UNSW has to offer.

So please, promise us, you'll be the one to say "Hi, My name's..." to the person sitting next to you tomorrow at lectures, try singing or dancing in Medshow, come to MedSoc parties, info and specialty nights to meet and greet and explore your horizons. For all you know, the person you say hello to today might just be the one you call the night before your exam when you've got no notes and can't remember what the 5 cardinal signs of inflammation are, or the one you'll share a moth-ridden bedroom with in South Africa on your 5th year elective adventure.

Remember why you're here - to be on your path to becoming the best doctors you can be, and to make lifetimes of difference to the world around us but in the mean time, you've been blessed with wonderful like-minded people around you (in upper grades too!), amazing extra curricular opportunities and other ways to make change.

On the path between current-you and future-doctor-with-super-great-teeth-and-adoring-spouse-and-fulfilled-working-life-you, there are heaps of people always willing to help. If you haven't already - join the UNSW Medicine Class of 2019 facebook group <http://www.facebook.com/groups/1434343493466005/>

Until your elections in a few weeks, we are your first year representatives... (loljks we're actually your slaves). Any queries on Med processes, liaising with MedFac, the hot gossip on upcoming events (gossip girl style) and tips on picking up (Bezza's your girl), text us, tweet us, facebook us and tackle us on UniWalk (Ev's your guy).

**WELCOME TO THE GAMES!**  
◀3 Evan Browne and Beryl Lin

# *Medsoc Executives*

YOU'RE ALL AUTOMATICALLY A MEMBER OF THE UNSW  
MEDICAL SOCIETY (MEDSOC), SO SAY HELLO TO...



## **PRESIDENT** HENRY LIN, (V)

### **Favourite quote**

"Be there or be a bad friend."

### **Why UNSW**

Because when you rearrange the letters, it spells "Best Medical School Ever".

### **Funniest/most embarrassing moment in first year**

Stuck in a silent packed elevator and accidentally saying "SAIRPTIC SHORRK" out loud whilst listening to a podcast of our scottish microbiology lecturer.

### **What advice you'd give your first-year-self if you could travel back through time**

Take advantage of this time-travelling technology and change history.



## **VICE PRESIDENT** JACKIE HO (V)

### **Favourite quote**

Do or do not. There is no try.

### **Why UNSW**

Because I didn't get 99.95 :( lol jks  
The whole atmosphere, jerseys, superman suits, MD, location, Coogee, I regret nothing.

### **Funniest moments in first year**

I started a dance party when the lecturer didn't turn up. Getting into a luggage bag and being rolled down a hill at Medcamp. Amazing Raise: Teenage Mutant Ninja Squirtles!

### **Advice to my first year self**

You're insane in the future. Turn back now and enjoy the extra study, marks, free time and sleep that you sacrificed by getting involved in so many things in med school.





## SECRETARY

**BERYL LIN (II)**

### **Favourite things**

Berylliant puns, wearing my pjammies, small gestures of kindness, headbands, non-horror-movies, babies, microwaved bread, sleeping, painting, good people.

### **Why UNSW**

I followed the yellow brick UNSW walkway :) Even with all the choice in the world, I promise you'll love it here!

### **Advice to First-Years**

Say hello to everyone you meet – smiles are contagious :) Never be afraid to ask for help, the worst anyone can do is miss out on good karma.



## TREASURER

**NICOLE KHOR (III)**

### **Quote**

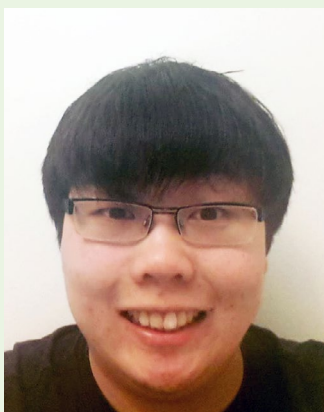
"It's getting hot in here (so hot)." - Nelly

### **Advice to first year self**

The level 2 library bathroom is not that great. Level 6 is the best. Level 10 is also good.

### **Funniest moment**

Watching Professor Ashwell run for the 891 bus



## STUDENT REPRESENTATIVE DIRECTORS

**HAKEEM HA (IV) & HENRY VO (V)**

### **Funniest/most embarrassing moment of SG**

*Hakeem:* Googled the definition of the abbreviation of "Familial Adenomatous Polyposis" on the projector screen

*Henry:* Abbreviating 'peripheral nervous system' (say it out loud)

### **Advice for my first-year-self if I could travel back through time**

*Hakeem:* Learn where your lectures are! Walking into other lectures is only hilarious for one semester. Limited sleep, coffee and tropical green become your good friends in 3rd year. So do more extra stuff in first year and make them your friends earlier.

*Henry:* Learn how to search MEDLINE properly (library tutorials are just the basics). Manage your references with EndNote (RefWorks and the in-built one in Word don't compare).



### **Best med-related pick up line**

*Hakeem:* Is your name Flecanide? Because you just made my heart skip a beat

*Henry:* Did you steal my vestibular apparatus? Cause I keep falling for you.



## PUBLIC RELATIONS DIRECTOR

EM JANSEN (III)

### Favourite quote

"TB or not TB, that is congestion"- Dr Gary Velan

### Why UNSW

Because 'UNSW' actually stands for 'Unanimously Naked Sex Workers' and no way was I missing out on that shiz.

### What advice you'd give your first-year-self if you could travel back through time?

Don't wear the black bra under your white toga at Medcamp. Some guy will suspiciously end up pouring his drink on you, rendering you wet and epically see-through.

### Best med-related pick up line

My palmaris isn't the only thing that's longus.



## SPONSORSHIP DIRECTOR

ASHLEY HEYWORTH (II)

### Favourite quote

"Wait so that city-rail sign means equilibrium?!" - Anthony Kliro, Mid HMB

### Why UNSW

UNSW for the people! The number of hilarious, talented, and borderline insane people I've met here is astounding! School's out, get to the roundhouse!

### Best Med Moments

Singing spice girls duet in front of a lecture theater full of engineers during medshow promos, and forgetting the lyrics, attempting Balinese firewalking while up the coast (terrible idea), caught on film trying to catch a bush-turkey with my hoodie, kicked out of scary-canary twice in one night, getting P+ for a reflection I did very hungover, going to medball with a skin infection on my face and looking really flushed, and freaking out when I palpated a transplanted kidney.

### What advice you'd give your first-year-self if you could travel back through time

If it can be used to clean drains, approach with caution.



## MEMBERSHIP DIRECTOR

SHAM THANASKANDA (IV)

### Favourite Quote

"There are two kinds of evil people in this world. Those who do evil stuff and those who see evil stuff being done and don't try to stop it." - Janis from Mean Girls ;)

### Why UNSW

Sydney is an amazing city to be in and Kensington is such a cool location because we are close to the beach and the city. The UNSW med course focuses on creating competent and empathetic doctors of the future.

### What advice you'd give your first-year-self if you could travel back through time

GO TO ALL YOUR LECTURES!! Don't get lazy because then exam time will come and it's just not worth the angst and the stress of trying to catch up, which can be impossible when you've got so much to cram for the exam.



## AMSA REPRESENTATIVE BECKIE SINGER (IV)

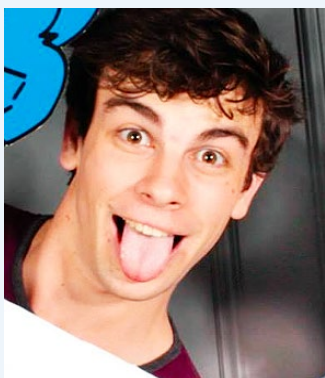
I bleed orange. The link between you and Australia's other medical schools.

### What advice you'd give your first-year self if you could travel back through time

It's first year, don't stress so much. Work hard yes, but don't forget to have fun – get involved, make friends. This is the most relaxed you will ever be in medical school. That and don't draw the brachial plexus on your arm in permanent marker the day before your exam... you WILL look like you are trying to cheat no matter how hard you try and scrub it off.

### Best med related pick up line

Have you learnt all the bones yet cause I think I have one to show you.



## EVENTS OFFICER SCOTT ASHBY (IV)

I'm here with my superstar Sport, Socials and International Representatives to plan some fantastic EVENTS to \*cough\* complement your academic studies. We have events for all, from Pubcrawl to College Cup, from Galas to Info Nights, from Classical Quest and Medsoc's Got Talent, to the one and only MEDBALL. There is definitely something for everyone, whether you are sporty, culturalish, adventure-like or a dance party fiend, and we will be running events ALL YEAR!

# Support from day one

Choosing a Medical Defence Organisation that best fits *you* is important to ensure support and expert medico-legal advice during clinical placements, electives and career transitions.

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- ✓ Free *Student eNews* subscription
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- ✓ Free networking opportunities & events
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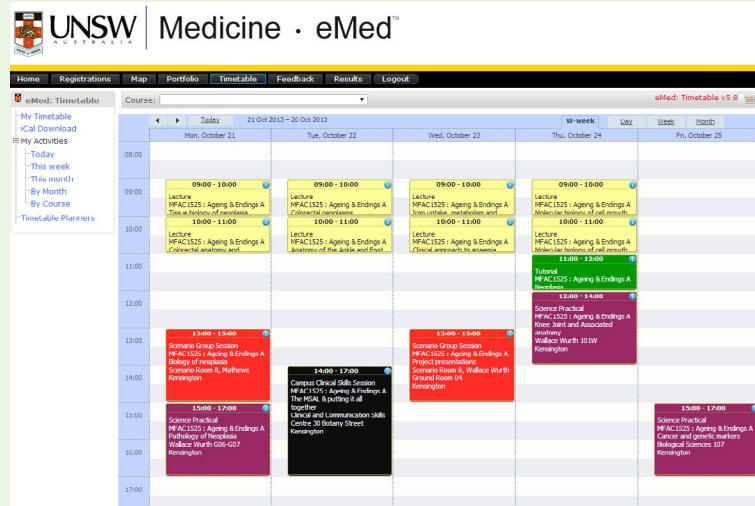


# a guide to emed

For a comprehensive video tutorial by the Medsoc Academics team (Joseph Xavier, Alex Peng and Ragu Paraparan), see <http://youtu.be/dPSJvT5-QFw>

Confused about all those weird online systems you're meant to use that require you to login way too many times and somehow, somewhere give you all your class info? Have no fear – here are the basics to help you navigate your way through eMed.

This is a site special for UNSW medical students from which you can find your timetable and lecture information. Access at <http://emed.med.unsw.edu.au>



Timetable	
Scheduled Activity	
Relevant Programs	3802/3841/3845
Phase	2
Course Name	MFAC2507 : Clinical Transition
Activity Type	Lecture
Title	Approach to learning clinical medicine
Start Time/End Time	09:00 AM to 10:00 AM
Date	04 November, 2013
Campus	Kensington
Location	Biomed A
Teacher	Fentoullis, Melanie
	z3100798@unsw.edu.au
Groups	2013_S2T3_MFAC2507_Transition
Students	
Show Class List	
Map Link	<a href="#">Link to this activity in the Map</a>
Instructions for students	
Learning Context	
Notes	

## TIMETABLE

**To access:** click on timetable in top bar, then 'My Timetable'. Here you will see all your scheduled activities, colour-coded into type of activity (e.g. lecture, SG, practical). This changes every week, so make sure you check this regularly!

**To copy your timetable to your phone or computer,** click on 'iCal download' and 'Produce iCal', which will produce a downloadable file which you can sync your computer and phone calendars to.

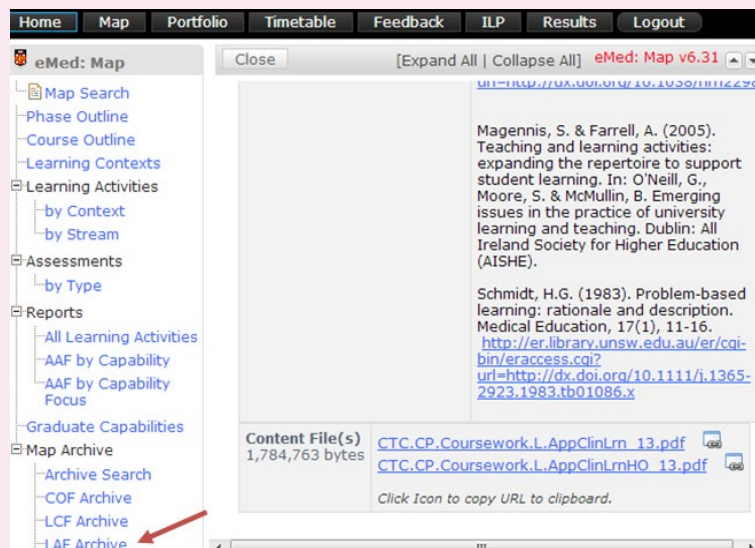
Clicking on an activity will open a pop-up with further information. Some cool features:

- **'Show Class List'**: see all the other people in your class
- **'Link to this activity in the Map'**: takes you to page with further activity information and resources

## LECTURE SLIDES

After clicking on timetable activity, click on 'Link to this activity in the Map' and scroll down – if available, lecture slides will be displayed in the bottom section for you to download

If no slides are available, you can access slides from past years – click on 'LAF Archive' and navigate to the appropriate TP (teaching period), course and year.





# STUDYING SMART - NOT HARD!

HENRY LIN (V) & BERYL LIN (II)

A: Knock Knock  
B: Who's there?  
A: Study Smart  
B: Study smart how?  
A: ...

Are you Confused? Not sure what that 'joke' meant or how it was at all relevant? Does your name consist of more than one letter?!

Well, if you fall into any of these very select groups, then this article is just for you - welcome smart cookies to the land of medicine where a lifetime of study awaits :)

First: a Colossal Congratulations for being accepted into this Elite Med School!!! For most, the highlight of med is being involved socially and co-curricularly, so we were asked to write this article to help you understand how academics at UNSW works, and share some tricks of the trade, leaving plenty of time for everything else.

## PHASE 1 ACADEMICS AT UNSW

So to settle those billion questions running through your head, first here's a summary of all your assessments in Year 1 & 2 (ie phase 1) and how they'll weigh in the long run!

- 10% - End of Course (EOC) Exams: 1 written exam at the end of every 7 week Teaching Period (TP). Unlike other courses, we have these 4 short exams throughout the year instead of monster semester exams.
- 10% - Portfolio: Composed of 1 assignment and 1 group project per TP based around 8 graduate capabilities, and then a 3500 word reflection/essay on how you've developed in the capabilities at the end of 2nd year.
- 5% End of Phase – 1 EOP multiple choice test at the end of 2nd year & your cumulative practical exams (1 at the end of 1st year, and 2 in 2nd year)
- 5% OSCE – Clinical and Communications Skills examination at the end of 2nd year

## AIMING HIGH? GO FOR HONOURS!

1. Aiming for a WAM of 75+ and you will be awarded a BMed/MD with Distinction. This is equivalent to

the previous MBBS (Honours).

2. In 4th year (ILP year) 30 students will be eligible to undertake an Honours Research Project and thus graduate with an extra BSc(Med) Honours degree.

Just remember though, at the end of the day, internship allocations are random / based on preferences and uni marks are not considered.

## STUDY TIPS

Admittedly at first when we were pondering what to tell you eager beaver first years, we thought we'd preach the "right" way of studying: do a little every night, write notes, read ahead, be consistent. However after reflecting over how we and a few of our HD friends studied/crammed, there really is no "right" way. The only pearl of wisdom that we can offer from all this unnecessary pondering is: to be successful, you need to study EFFECTIVELY. Find what study style you're best suited to and stick with it (one of the main aims of doing foundations, which doesn't count by the way as long as you pass).

While some people need to chip away at lectures daily, others find the week before exams golden cram time! We're not saying one's better than the other; if you're a crammer then so be it (double Hi-5!) but as long as you're mentally ready by game time, then any style goes. Here are our top study tips that will hopefully help you along the way :)

## HENRY'S TOP TIPS

### Tip #1

I want to debunk the myth that being a Med student means that you should give up all aspirations of doing well and resort to believing that the gold standard is scraping a pass (50%). I am very passionate about never lowering your standards just because the going gets tough! Part of being a good doctor is constantly improving yourself, manning up and not settling for mediocrity. You need to aim for the best but be prepared for the worst. Unfortunately a lot of students who study hard will be very disappointed by their results. But the important thing is that you use your disappointment as motivation to further perfect your study and exam technique.

### Tip #2

Buy me a mango frappe! Why? Because I think they



taste good. But seriously, your older friends (especially your awesomely wise 2nd years) can help sooooo much (and often teach you better than your lecturers) so be nice to them and ask them for assistance.

### Tip #3

Tap into the blackmarket of P+ assignments (especially useful for Communications) and past exams (where they often recycle the exact same questions!). These are the staples of my study and you need only ask a second year to circulate these to you via email/USB/over dinner and long romantic walks along the beach.

### Tip #4

Be pragmatic. Can they really examine you on that? While it's highly likely they will ask you the principles of a drug's mechanisms, it will be highly unlikely for you to need to know prospective drugs that are currently being researched or to know the experiments used to investigate the drug. Often these things will be found in plenaries and "fluffy" lectures.

### Tip #5

Always think where and how this could come up in the exam! When I study, I really like to ask myself "What they could they possibly ask me from this lecture and what would my full mark answer be?" Short Answer Questions are nearly always 10-20 marks, so study the BIG topics if short on time! (Hint: Inflammation in foundations)

### Tip #6

Stay passionate by using initiative to give clinical relevance to what you're learning. For example when we were studying the heart, I went into hospital in my free time and asked a random heart surgeon if I could scrub in with him. I got to observe the replacement of a heart valve and helped suture the patient up. All this in my first year! (what Bankstown Hospital lacks in location, it makes up for in learning opportunities)

### Tip #7

Remember EOC exams only test the material in lectures, tutorials and SG but not pracs. So there's no point studying pracs but there is a big point in studying SG material (something most people neglect). But also note Beryl's #5.

## BERYL'S TOPPER TIPS

### Tip #1

I think being a good medical student is very much driven by our mindset. It's a daunting reality that in a few years, you will be responsible for treating actual, living, breathing people that depend on you. So, while

school may have been about getting \_ ATAR or ranking \_ in your cohort to get here, being a good medical student isn't bluntly defined or capped by marks – instead, it's about being motivated to learn and absorb as much as you can with no limits, being intrigued by what you studying, using your initiative to go above and beyond (seek extra clinical experience or why not do some research early?) and most of all, staying passionate about why you're here and why you study.

### Tip #2

Understand! While everyone is different, I'm a little OCD with needing to understand how things work instead of just rote-memorizing. Make sure the content you're taught makes sense during class (or in a mini-googling session shortly after), which certainly helps with long-term memory (a bonus if you're a crammer who opens up content from class for the first time 1.5 weeks before the exam!). Also ask your friends/SG facilitators/use the online discussion boards!

### Tip #3

Print your lecture slides before class, annotate them with details to remind yourself of info you'll study weeks away, and use diagrams and flowcharts (useful for inflammation in Foundations too). Personally, writing notes also felt redundant since everything ever tested is written on lecture slides (or said by the lecturer), and it's much less effort/more reliable to just read/study off those.

### Tip #4

Help each other and remember sharing is caring! One of the best thing about med is that you are not competing – everyone's marks are independent and you can all score 100%. Form study groups, do peer teaching, use FB group chats (great place to bombard each other with last minute exam Qs), share notes, edit each other's assignments, do past Qs together. Although I swore by solitary study for the HSC, teaching and being taught by friends was essential for preparing for all my med exams, super helpful and entertaining too!

**Tip #5** Go to prac classes and answer all your prac book Qs!!! Don't study for prac exams until the end of the year, but remember they test 2-3 TPs worth of content, and are timetabled 2-5 days after your EOC exams (golden cram time!) so make sure all your answers are written in your book and ready to go. In 1st year, I neglected pracs (esp boring biochem ones, where a majority of time is frankly spent pipetting). Having to figure out answers to 50 pracs in 4 days was very painful. Pracs can be monsters! You have been warned! Just go to class and pay attention and you'll be ok. Also, share notes with friends who might have missed out/had a dodgy prac tutor.

Last but not least, come to the come to the Excel in Phase 1 Night on the 12th of March to Hear Hihgh-achieving older students speak and meet and greet them in person!





# RECOMMENDED TEXTBOOKS

## FOR PHASE 1: AN INSIDER'S GUIDE

So you've received your list of Phase 1 textbooks. What next? It's a daunting list and the choices can be mind boggling. Before you go rushing off to the bookshop, it's worth working out what sort of textbooks provide the content and organisation that's most suited to you - and this article will hopefully give you a little insight into what you should be looking for.

Think of textbooks as a trusty pair of pants - familiar, reliable and most importantly something you feel comfortable in. Just as you need your pants (no judgement if you don't and I'm sure we'll all be keeping a look out for you in lectures), you need the right textbooks which will serve as an excellent study aid throughout the next 6 years and then some.

There's no fixed formula for an excellent textbook; after all, different texts for different folks. Some people like pictures, some prefer wordy explanations. Some like detailed expositions while others prefer brief summaries. There are of course old favourites amongst medical students old and new. Additionally, lecturers tend to prescribe supplementary readings from certain textbooks, so these serve as valuable guides in helping you make your choice.

To help you out, here's a brief textbook guide based on the Phase 1 (2013) list.

Subject	Options	Comments
<b>Anatomy</b>	<ol style="list-style-type: none"><li>1. Gray's Anatomy for Students (2nd ed)</li><li>2. Clinical Anatomy by Systems (Snell)</li></ol> <p><b>Atlas</b> e.g. Netter's Atlas of Anatomy (Illustrated) or McMinn's Atlas of Anatomy/Rohen's Colour Atlas (Cadaveric)</p> <p><b>Learning Aids</b> e.g. Netter's Flashcards</p>	<p><b>Gray's</b> is an undeniably comprehensive and detailed anatomy textbook, useful if you learn from reading simple, written descriptions. It also has a lot of diagrams showing different anatomical perspectives and provides clinical cases and images to demonstrate the relevance to your future medical practice.</p> <p><b>Clinical Anatomy</b> has less depth, but makes up for its relation to clinical cases which might prove more interesting and effective learning for some.</p> <p>An <b>atlas</b> comes in handy for practicals and if you need help visualising anatomical locations and relations. <b>Flashcards</b> are also convenient to carry around (revision! everywhere!).</p>
<b>Clinical Skills</b>	<ol style="list-style-type: none"><li>1. Clinical Examination (Epstein)</li><li>2. Clinical Examination (Talley &amp; O'Connor)</li></ol>	<p><b>Talley &amp; O'Connor</b> is a great investment for the long run as its content is more advanced than Epstein's. It is not only useful for Phase 1 OSCE but essential for Phase 2 ICE.</p>
<b>Communication Skills</b>	<ol style="list-style-type: none"><li>1. Skills for Communicating with Patients (Silverman)</li></ol>	<p>This will come in useful for the communications assignment, but can be borrowed from the library when required.</p>
<b>Embryology</b>	<ol style="list-style-type: none"><li>1. The Developing Human: Clinically Oriented Embryology (Moore)</li><li>2. Larsen's Human Embryology</li></ol>	<p>An embryology textbook is a valuable study tool and can save your life while you are cramming for BGDA and BGDB end-of-course examinations.</p> <p><b>Larsen's</b> provides adequate depth and content for the crash-coursing to come.</p>

<b>Histology</b>	<ol style="list-style-type: none"> <li>1. Human Histology</li> <li>2. Wheater's Functional Histology</li> </ol>	<p><b>Wheater's Functional Histology</b> has a lot of histology images and provides explanations of the related anatomy, endocrinology, cellular biology and some pathology.</p> <p>It will come in useful in helping to cement concepts of histology that you might not have fully grasped in lectures and practicals in your own time.</p>
<b>Immunology &amp; Microbiology</b>	<ol style="list-style-type: none"> <li>1. Immunology for Medical Students</li> <li>2. Mims' Medical Microbiology</li> </ol>	<p>Microbiology explores the microbial agents which cause disease and the body systems they affect. <b>Mim's Microbiology</b> covers all your microbiology needs, as well as some basic immunology.</p>
<b>Neuroanatomy</b>	<ol style="list-style-type: none"> <li>1. Neuroanatomy (<i>Crossman</i>)</li> <li>2. Essentials of the Human Brain (<i>Nolte</i>)</li> </ol>	<p>Neuroanatomy has a reputation for being complex and difficult to tackle, thus a dedicated textbook will make for a good reference text.</p>
<b>Pathology</b>	<ol style="list-style-type: none"> <li>1. Robbins Basic Pathology</li> <li>2. (Robbins and Contran Pathologic Basis of Disease)</li> </ol>	<p><b>Robbin's Basic Pathology</b> connects the most basic science with clinical medicine and is sufficient for the demands of Phase 1, while the <b>Robbins and Contran</b> (significantly thicker and wordier) would cater to you budding pathologists out there.</p>
<b>Pharmacology</b>	<ol style="list-style-type: none"> <li>1. Rang and Dale's Pharmacology</li> </ol>	<p>Pharmacology is not everybody's cup of tea, and this text has easy to understand pharmacological concepts plus additional information on pathophysiology and the mechanism of action of drugs.</p>
<b>Physiology</b>	<ol style="list-style-type: none"> <li>1. Guyton &amp; Hall</li> <li>2. Berne &amp; Levy</li> </ol>	<p><i>A physiology textbook is essential for the long run - but think about the content and detail that you will require and let that guide your decision.</i></p> <p><b>Guyton &amp; Hall</b> is massive and will last you your degree - the detail it contains is unparalleled while its logically sequenced chapters and segmented paragraphs come in useful during revision.</p> <p><b>Berne &amp; Levy</b> is the text recommended by Medfac, and you can easily refer to the chapters recommended by lecturers.</p>

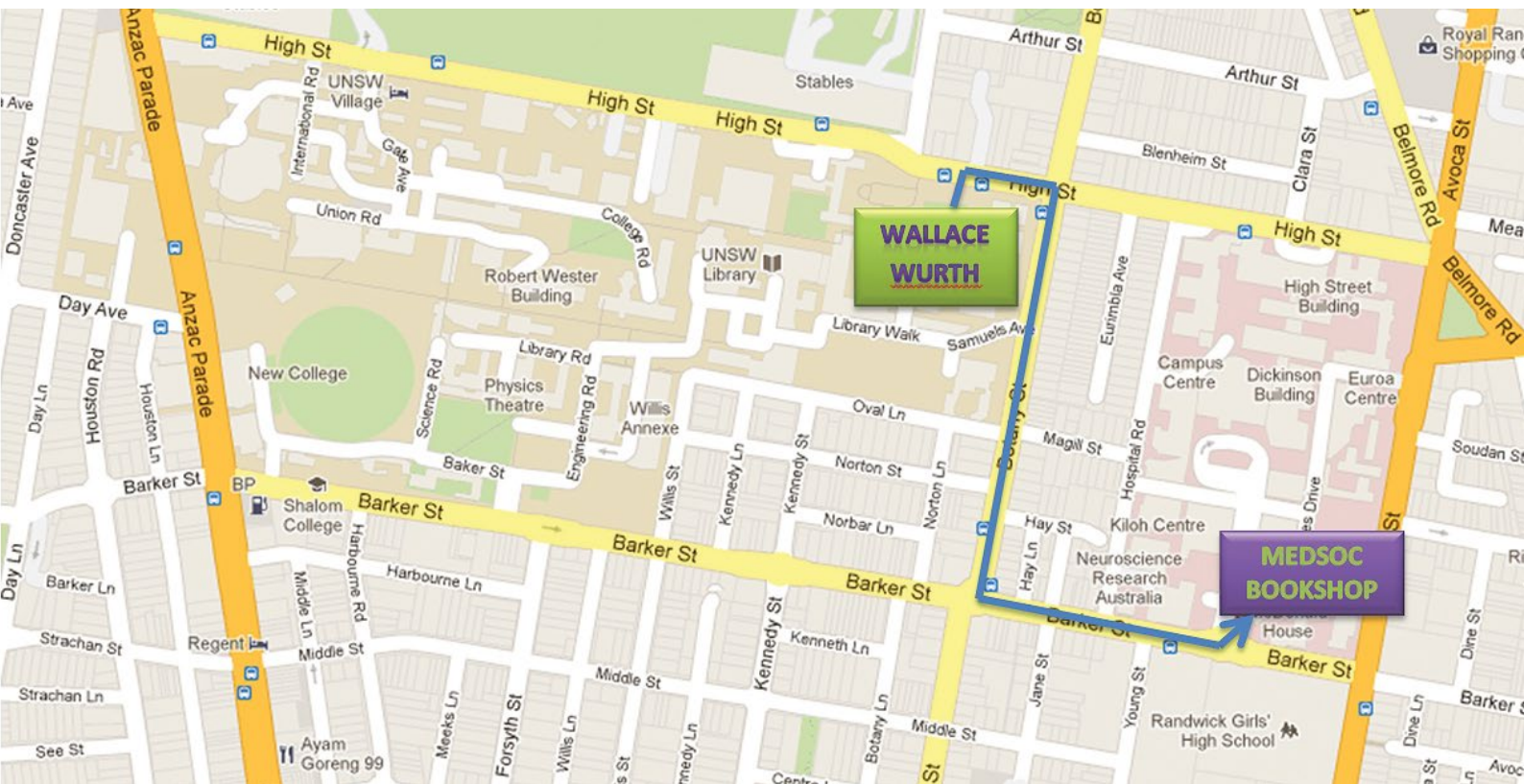
## TEXTBOOK BUYING PRO TIPS

- Unlike Pokemon, you don't have to catch 'em all - A good anatomy textbook and atlas will serve you well throughout your medical career, but don't go rushing off to buy "Minimally Invasive Percutaneous Spinal Techniques" in first year.
- Save costs and travel time - Buy textbooks from the UNSW MedSoc Bookshop, which offers book bundles at discounted prices. Since the bookshop is not-for-profit, you'll be contributing back to Medsoc (and in a sense, yourself!) while prepping yourself for #medlyf. That's a definite win-win.
- Choose wisely - you will be using these textbooks for a while. Make sure you like them by perusing through their contents or testing out the feel of glossy pages between your fingers (tactile stimulation aids information retention, right?) in person by visiting the MedSoc Bookshop.



# EVERYTHING YOU WANTED TO KNOW ABOUT THE UNSW MEDSOC BOOKSHOP

- MedSoc Bookshop is the cheapest medical bookseller in Australia.
- Being not-for-profit, all revenue comes back to MedSoc, eventually improving your student experience.
- The bookshop is run by students for students - we know buying textbooks can be pricey so we try our utmost to ensure that all medical textbooks and equipment sold are as close to cost price as possible and at least 20% less than retail.
- Being for UNSW students, the MedSoc Bookshop is located a short stroll from Upper Campus for your browsing convenience. With extended hours in March there's no excuse not to get amongst it at the start of first semester.
- Need clinical equipment for hospital? Need to order in a specific title? Bookshop has your back.



Old Morgue Building, Barker St  
Prince of Wales Hospital, Randwick NSW 2031

(02) 9382 2121 [bookshop@medsoc.org.au](mailto:bookshop@medsoc.org.au)

Mon-Fri 11AM-2.30PM  
Wed 3PM- 7PM



[www.medsocbookshop.com.au](http://www.medsocbookshop.com.au)



# THE MEDICINE SURVIVAL GUIDE

## STEP 1: BUY TEXTBOOKS

### **SURVIVOR PACK – \$625 (RRP \$800)**

- Crossman's Neuroanatomy 4th Ed.
- Rang & Dale's Pharmacology 7th Ed.
- Talley & O'Connor Clinical Examination 7th Ed.
- Guyton & Hall Medical Physiology 12th Ed.
- Mims' Medical Microbiology 5th Ed.
- Larsen's Human Embryology 4th Ed.
- Robbins & Cotran Pathologic Basis of Disease 8th Ed.

### **ESSENTIALS PACK – \$389 (RRP \$519)**

- Talley & O'Connor Clinical Examination 7th Ed.
- Guyton & Hall Medical Physiology 12th Ed.
- Larsen's Human Embryology 4th Ed.
- Robbins Basic Pathology 9th Ed.



# Introducing some of the people you'll meet in Medsoc Council...

## ACADEMICS



Hey guys my name is Joseph Xavier and I am a sixth year student and your academic coordinator for 2014.

My goal this year is to ensure dissemination of information ensuring that everyone feels prepared and confident for their assessments.

Medicine can be quite daunting at times, and students can sometimes find themselves overwhelmed. Consequently, early in the year, we will be running an information night for phase 1 students, in which older students will discuss study techniques, how to approach exams and assignments, as well as medicine in general. There will also be a chance for students to ask any burning questions they may have.

Exams are never fun, but the large number of revision tutorials we will be running will ensure that everyone is well prepared for the end of course exams.

Talking to and examining patients is perhaps the most enjoyable but also nerve wracking part of the medicine program. We will be running numerous clinical skills tutorials throughout the year as well as mock exams; that will allow junior students to practice and hone your clinical skills; so you can enter clinical exams with confidence.

Congratulations once again on achieving your place in medicine, and best of luck for the next six years.

## MEDSOC SPORT



**Name:** Sanji Fernando

**Year:** Med III

**Favourite moment in year:** Not really a moment but just generally chilling around in Matthews Lounge between class, in fact I don't think I ever stepped foot on lower campus until second year.

**Funniest moment:** When one of my friends kept asking me what a certain part of anatomy was in a practical. I told her to go ask a tutor she came back red faced saying "oh it's a penis".

**Name:** Merry Lin

**Year:** Med III

**Favourite moment in year:** The entirety of AMSA convention. All the really good talks, a week of partying with friends every night, riding a rollercoaster at Movie World in a Hawkeye costume?!?!?

**Funniest moment:** Witnessing my friend sprain her ankle on a jumping castle at convention, then having med students (in an enebriated state) analyse and assess her ankle later that night.

**What do we do:** As sports representatives we are part of the events team and organise a bunch of fun sporting events throughout the year. Our job is to make sure that you're not just preaching to patients the importance of exercise but actually getting involved yourselves =P. This year you can look forward to some friendly competition (between med colleges, faculties, and other unis) as well as UNSW Med fun runs and chill social/sports combined events!



## LEADERSHIP OFFICERS: HARLEEN KAUR & PHILLIP NGUYEN

Hi guys! We look after Peer-Mentoring and the SB Downton Leadership Seminar, Meet the Medics and Life in the Real World. From our events, we hope that you will be able to build different skills and make different connections that will prepare you for post- graduation.

**Fun facts about Harleen:** I am a ridiculously slow walker. I can also be quite clumsy since I am always losing my glasses and spilling water on my laptop. Also, I am allergic to raspberry flavouring so no yummy red lollies for me :( Favourite med moment: Producing Medshow 2013 which was one of the most amazing experiences of my life!

**Fun facts about Phillip:** I am a gifted sleeper (I can literally sleep anywhere!). I am also gifted at annoying Harleen. I'm double jointed in most parts of my hands so they can bend abnormal and creepy amounts.

Favourite med moment: Being a major sponsor of Medshow 2013 and getting my name read out!

## CHARITIES AND WELLBEING

### Charities

As future meddies, you'll be spending most of the time helping others out. Here at UNSW, we try to foster this by connecting with both local and global charities. This year, we've chosen to be closely involved with:

- MSAP (Medical Students' Aid Project)
- Leukaemia Foundation
- World Vision
- Movember

Once again, we are hosting our annual Amazing Raise, possibly our largest charity event all year! It's a great day where you and your team dress up in ridiculous costumes and run around Sydney competing in various tasks. There are heaps of prizes to win and all the money goes towards MSAP. Other events to look out for include our event nights throughout the year and as well as MedSoc MedShave, City2Surf and Movember.

This year we're also starting up a Phase 1 World Vision child sponsorship where YOU guys can help sponsor a child as part of your Phase 1 College. Some of you may even choose to spend your elective term (Phase 3) visiting them! We know med students love giving back to the community so we'll also be providing you with plenty of volunteering opportunities for 2014.

### Wellbeing

Before you can help others however, it's important to look after yourself. We as Wellbeing Officers want to help look out for YOU! Our biggest event for the year is Welfare Week (TP3). Each day will be themed to address separate areas of YOUR student welfare (mental, physical, social, etc). Throughout the year we're also aiming to have some hot chocolate and free breakfast days. Make sure to keep your eye on the MedSoc weekly Mailout for our 'Welfare Tip of the Week' too. So if you're interested in the welfare of others or your own wellbeing, we're your go-to team! Feel free to stop us on campus or shoot us an email anytime at [charities@medsoc.org.au](mailto:charities@medsoc.org.au).

<3 Your 2014 Charities and Wellbeing Officers,

Meydene Ong (II) and Samuel Baumgart (II)

## SOCIALS

Congratulations all med-gonnabes on getting into the pointy end of Australian medical schools. But remember, the best kind of student must not only be academically astute, but well versed in cultural know how and demonstrate proclivity in d-floor cranking (check MedFac's Effective Communication clause, 2011). This, dear friend is where your social officers come in. Throughout the next year, we'll be running the best shindigs to help make ample opportunity for the moments you'll really remember from your golden uni days.

You'd be surprised, how any one of your anatomy fresher buds may in fact scramble all your anatomy with a nonchalant twerk. Behind the studious guise of that girl in your SG lies a demigod scoffing down dry weet-bix with wasabi and cinnamon like nobody's business (MedCamplyf). In fact, we welcome you to the veritable smorgasbord of relational delights coming in many flavas; curry, vanilla and chocolate being the best suited to this tried and true metaphor ; ), but no matter what's cooking, we can't wait to meet our new favourite bunch of freshers and would be stoked to hear your ideas while flushing away (Asian style) all memory of QMP.





# college life and medicine

College life is a fulfilling and unique experience where you can choose exactly what you want to get involved in and to what degree. Being in college is great because both medicine and college facilitate your university experience, not to mention class is a 10 minute walk away and you'll end up with massive quads from UNSW's legendary stairs. UNSW med + College = Every day is leg day. So sit down, rest your calves and read about some of the ways college and med go together like tequila and a hangover.

In a lot of colleges there is the group known as the "med kids". You go to lectures, pracs, dinners, formal dinners and the toilet together. However, one of the best things to do is make med friends both within and outside of college. Your SG group alone shouldn't be the only place where you have "med friends". Going to class and living with the exact same group of med people within college can test even the strongest of friendships and make you feel a little suffocated at times. One of the best ways to expand your med horizons is to get involved as much as you can in Phase 1. Try anything that sounds even remotely appealing – MedSoc, GPSN, MSAP, RAHMS – anything. If there is something that you don't enjoy, then don't do it again. But once the medicine course gets more intense by Phase 3 when you finally begin to understand the phrase "No life" it becomes much harder to find time for new extracurricular activities.

Go to Medcamp. Medcamp is to shy first year med kids what wrecking balls are to Miley Cyrus: a way to prove yourself in an unusual situation while wearing not much clothing. Try to make sure those togas don't slip off – masking tape and bobby pins are your friends and for God's sake, please wear underwear.

Do Med Revue or Medshow, if only once. You don't need to have any talent whatsoever and you'll instantly meet a bunch of people that you never would have otherwise and may potentially find your new best friend/husband/wife/friend with benefits (the list goes on).

Bringing college friends to med parties might not be encouraged but there's no set rule against it. Bring a college friend or ten to a med party if you're up for it, especially if not much is happening in college that weekend. Just make sure that your smuggled friends have good cover stories. (Note: don't claim to be international if you're Caucasian). Also, make sure they're familiar with common terms such as "SG", "Foundations" and "Yeah, how boring is QMP right?" If anyone asks what year they're in, just say a year different to the person who asks.

So congrats on getting into medicine and choosing to live on campus! Enjoy the crazy rollercoaster that will be the next couple of years. Just remember: study, sleep and coffee are your friends. If they fail you, there's always vodka.

**Viktor Sokolovski (Med IV)**



# A RURAL MEDSTICK'S GUIDE TO UNSW MEDICINE

- Firstly, you're automatically more awesome than everyone else. Statistically, you're more attractive, have better genetics and have a higher likelihood of surviving 'The Fresher Games'\*.
  -

\*there are no statistics that prove this.

- Google maps is now your best friend. When in doubt (or lost somewhere in the city after a big night out), google map.
  -
- Now, very few people will know where you are from so do what every rural medstick does - describe the most exciting and well known geographical location closest to where you live, i.e.
  -

**Lucy:** "I'm from Wagga" (actually from Leeton)  
**Damian:** "I'm from Byron Bay" (actually from Alstonville)  
**Tom:** "I'm from Australia" (actually from Tasmania)
- If you're looking for a cultural experience, take a walk down Anzac Parade - there's more Chinese Restaurants than in your local bowl. And when we say "looking" we're joking. It's everywhere and completely unavoidable. Seriously. You can't miss it. Hope you like Asian food!
  -
- RAHMS (pronounced rare-ms) is the Rural and Allied Health Medical Society, and a great place to meet like-minded rural students and take part in various events and workshops (plus you get a free T-shirt). RAHMS also does a sweet camp during the year where you can experience different places and bond over your mutual love
  -

for cattle. You'll hear more about this later in the year!

Take advantage of the lovely Rural Clinic staff in the Samuel's Building (where you had your interview). Need free printing/computer use/forgot your lab coat/need a textbook not in the library? Bec's the lady to see!

In the busy life you'll lead as a super popular medstick, be sure to call home every now and again- your parents will appreciate it!

Get out and enjoy the perks of living in Sydney! Beautiful beaches like Coogee and Maroubra are just a bus ride away, the city is full of cool and quirky places to visit, and the nightlife offers everything from Monday night hermit crab racing, Western Bars with life sized Moose heads and World Bar Teacups! Whether celebrating an awesome mark or commiserating a poor one, there's a place to go for any occasion!

If you understand the phrases derro, FIGJAM, paddock basher, swag (the bedding type), had to travel over 5 hours to get to UNSW, went to a school of less than 50 kids or you know what bogan really means, be aware that you are one of the very few rarities that make medicine interesting.

Finally, UNSW is a bloody cracker of a uni. Get keen to meet some amazing people, and make the most of every opportunity!

by Lucy McCrum and Damian Gill



## RURAL ALLIED HEALTH AND MEDICAL SOCIETY

*Lost? Scared? Nervous? You'll feel better with RAHMS.*

**Wait, whats RAHMS?** Well, we are the Rural Allied Health and Medical Society and we want ewe! You don't need to be rural to join, we want anyone who's even vaguely interested in thinking about rural health, even if the most rural you've been is to Hyde Park.

**But why would I join RAHMS?** Well we do so much more than make terrible puns about sheep! We run awesome events like clinical skills nights, where you can polish up on your suturing and plastering skills, we go on trips to rural high schools, head out to Maitland for Indigenous Festivals and we run social events throughout the year. There's also an amazing weekend called RAW, where we head out to a farm in Wagga Wagga with health students from all over the country and show you a bit of what life in the country is really all about. If that isn't enough, we also give you information about scholarships (and who doesn't want a little extra money?) and how to go on placements and conferences around the country!

Hope to see you around,  
Love the RAHMS Exec!



We want ewe!



## Why you should join



Hi guys and congratulations on gaining entry into one of the most prestigious degree programs in Australia! As the Membership Director my job is to oversee membership benefits and perks you get for being part of Medsoc, and liaising with and securing funds from Arc@UNSW. As an UNSW student, Arc is YOUR student organisation that provides you with support, events and facilities to further enhance and enrich both your academic and social life. Arc is the organisation dragging you along to themed uni parties, getting you to sign up to eclectic clubs, surreal societies, to take on a heap of travel adventures, hooking you up with jobs on campus, discounts - and pretty much getting amongst it with every type of opportunity that UNSW has to offer outside the academic atmosphere. Arc supports over 250 clubs and societies, including your Medsoc with funding, training and resources to enable us to provide the best opportunities and events it possibly can for all its members. Being an Arc member is essential to experiencing student life, receiving substantial discounts such as cheaper/free/priority entry to session parties/festivals/concerts. It not only offers free legal advice and free multi-purpose room hires, but also the opportunity to join volunteer programs that count to your secondary testimonial upon graduation. It is the backbone of all clubs and societies on campus. So if you want to have fun cheerleading (Cheersoc) off the calories from appreciating chocolate (Choc soc) whilst watching anime (Anime UNSW), join Arc. Membership is FREE!!! This is a heck of a lot cheaper than recent years when it used to take hundreds out of the wallet to be a member. Upon becoming a member you'll also receive a free welcome pack with goodies like USBs and vouchers. Once you've picked up your student card you can join by dropping into Arc reception in the Blockhouse or online at <http://www.arc.unsw.edu.au/>

**Shiamalan Thanaskanda, Membership Director**

## international students' representatives' *welcome letter*

Hi guys! Welcome to Australia, and congratulations for getting into Medicine here in a whole different country altogether! We have given you guys some survival tips in the international student package that was sent out in December last year, and hopefully that has given you some prep for your studies here! It might still be a little disorientating after all; imagining your life here and actually settling here are really different experiences!

No fear though, we are here to give you some more tips that may help you further!

Join a society! Any society!

If you have attended O-week, you will have seen the large number of stands around campus, all of them doing real cool stuff (chocolate society gives out chocolate! Circus soc juggling away with knives while on a unicycle! P.S. please only try this under parent supervision). There are so many societies on campus that there is definitely one that can interest you (if not, you can actually form your own club!). This is a sure way to learn all those Aussie lingo (other than googling, one of our favourite sites while 'doing our research') and meet friends with similar interests! Remember to check out Med Revue (in Sem 1) and MedShow (in Sem 2) if you are drawn to the theatre and all that jazz (further information is available in the other pages of Umbilical!)

Explore Sydney!

There are endless places to go in Sydney, be it shopping centers or beaches! UNSW is close to Coogee Beach, and you are able to walk by the coastline to Bondi Beach (it takes about 3 hours!). There are shopping centers like Bondi Junction, QVB, Westfield Shopping Centers scattered around Sydney if you are itching to get some new clothes. If you are more adventurous, try the Sydney Tower Skywalk or hike through the Blue Mountains.

We hope that we have given you guys sufficient information to dodge kangaroos, jump over crocodiles, and ninja your way around spiders! If you have any more questions, you can always ask one of the seniors around (with a cup of coffee kthx), or email us! Keep a lookout for activities by MedSoc and join them (MedCamp!), form bonds with other med kids (form deeper bonds with a particular meddie if you want ;)).

Good luck and stay safe!



# INTRODUCING MEDICINE/ARTS

Ever flipped burgers for a living? Do you and no, before you ask, there is NO way you can have an 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 study Arts but actually get a job at the end of your degree too!

In all seriousness, UNSW offers a great combined Bachelor of Arts/Bachelor of Medicine & Surgery program which allows students with an interest in the humanities to pursue their field of choice while completing a medical degree. This does extend your degree out to 7 years, but 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 which you don't have the chance to do in straight 'vanilla' med. And for the career-savvy of you, another degree gives you a great advantage if you ever want to branch out into some of the niche areas of medicine in the future.

Medicine is a good degree, but it is very narrow and completely vocational. This may be your last chance ever to get an education for learning's sake in an area of your interest and choosing. 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. So, what can you study? Almost anything really; history, politics, international relations, literature, languages (there's about 10 to choose from), philosophy and many more. Check out the Arts Fac website for all the available courses.

To get the BA in 7 years, students are required to undertake an approved arts-focused Independent Learning Project as well as taking a year off Med (in Y3 or Y4) to study full-time Arts. You'll also need to complete an additional Arts course above the normal Semester load (24 UOC) in at least one semester. All other students will require 8 years to complete the combined program. Students generally overload the first semester of Y2 (this is the best choice for language courses). Gunners such as yourself should think about how you'll be able to handle the extra study load per semester (i.e. 24 units of credit as full time Medicine plus another 6 units in the one additional course for Arts). There are also short courses run in the summer that last for only a week, but are worth 6 units.

For me, the opportunity to do arts was something that attracted me to UNSW in the first place, and doing the BA gave me so many opportunities, both personal and intellectual, that I wouldn't have had if I just did the regulation degree. If you are even vaguely interested in doing the combined course, I recommend it wholeheartedly – it's something that you won't regret.

**By Chris Mulligan, updated by Evan Browne**

## MEDSOC FOR FIRST YEARS

There are countless opportunities for you to get involved in MedSoc. Talk to your First Year Reps (year1@medsoc.org.au) about all the opportunities to learn leadership skills, get to meet students in other years and from inter-university MedSocs and get some ammo for your portfolio to evidence your teamwork capabilities! Here are some tasters of how you could get amongst the action:

### FIRST YEAR REPRESENTATIVES

Elections for 2 first year reps (1 guy and 1 girl) will be held at a lecture the week after Medcamp. You will need to give a short speech persuading the rest of first year to vote for you. Past experience as school captain or prefect is helpful but not necessary.

#### Job description

- Attend Medsoc meetings
- Organise the legendary Medcamp / Integration Party / other 1st year events
- Produce Umbilical magazine
- Lecture announcements, etc.
- Hosting events to uphold the fresher spirit (bbqs, sports days, ice cream giveaways etc)
- Go to some kickass Phase meetings chez MedFac and discuss issues raised by your student body

### ASSISTANT SECRETARY

First years exclusive and prestigious - a great opportunity to learn how medsoc council and executive works. Applications in Mailout so keep your eyes peeled!

#### Job description

- Assist the Secretary (surprise surprise! she'll be super nice though, we promise)
- Attend council meetings and help organise delicious food
- Co-ordinate video conferencing, storage and run small errands

### THE MEDBALL COMMITTEE

Elected based on applications.

#### Job description

- Helping the social coordinators organise the biggest social event of the year (halp!):
- Ticket sales, fundraising, promotions, theme ideas, decoration, operations etc.



# MEDICINE SURVIVAL TIPS

## *by discipline*

### GROSS ANATOMY

Samuel Baumgart (II) and Millie Garg (II)

Anatomy is the 'big discipline' – lots and lots of different parts of the body to learn about in an insanely short amount of time, especially for the 99% of your year that fantasize about cutting up bodies and becoming surgeons! Don't ever let this get you down cause anatomy is still the highlight for many students despite how much there is to learn. The human body constantly amazes you. Can you believe the neuron still works even after it is fired!

Prac classes consist of the sweet beats of the anatomy videos (who needs Vagus when you can party it up with spinal chords, notochords and organs). After these videos you will be given the opportunity to look at the 'wet specimens' in small groups. On a more serious note, please show respect to the specimens because they're donated by real people – don't use the bones as drumsticks on the tables, there's nothing humerus about that!

Make sure you eat before classes or the formalin will make you have hallucinations and the specimens will appear as different cuts of steak. Tall, lanky or not so lanky males need to especially eat before their first class – you don't want to be 'the fainter' in the year :/

**Study tips:** Don't just try to remember the names of everything, but also aim to learn the FUNCTIONS of each part you identify and the RELATIONSHIPS between each of the anatomical features so that you can identify them in specimens and later in your careers! Pneumonics are also great, especially when you have to learn all the 154249059 nerves and muscles in your limbs.

### MICROBIOLOGY

Rachael Clifford, Max Fulton, Remi Banuelos and Amy Martin (II)

Warning - how to survive Microbiology 101

- Take notes, the slide aren't put up beforehand
- Don't bring your breakfast.
- You will regularly be expected to inspect vaginal flora.
- Do not look at the slides in public (people will stare)
- The phrase "foul smelling foamy discharge" will be used regularly
- You will never look at strawberries the same way again
- You will begin to speak and think in a Scottish accent

- If in doubt, the answer is E. Coli
- Don't smell the gonorrhoea

In all seriousness, this is possibly the most graphic subject of all. I once brought my textbook to study in a café and scarred two primary school children for life. But a good doctor has to learn about gas gangrene and syphilis – at least we can't smell PowerPoint slides. Plus, if you're having trouble sleeping, the dulcet, Scottish tones of Hazel Mitchell chanting "streptococci, staphylococcus" is a sure cure.

### HISTOLOGY

Martin Tran (II) and Meydene Ong (II)

You enter the sterile, air-conditioned labs filled with numerous computers with their white, flickering screens. There's a scramble for the few wheelie chairs, before you hear the voice of the one and only PDP: "No food or water in the labs, it's time to put your 3D thinking caps on. Welcome to Histology."

Pay attention though, because I'm not going to repeat this again.

How will you survive this? In these labs you'll experience confusion, delight, wonder, and terror, all in the same session. Histology will hone your skills in eating or drinking in secret and things won't be made easy with constant references to bowls of spaghetti, cheese or other foods. Furthermore, your skills on deciphering pink masses and staying awake from 3-5pm will be tested, you follow?

Trust me, if you think I'm going too fast, I'm not; I'm going slowly!

You'll be second-guessing yourself at every turn, but don't worry this is normal at first. Is this columnar or cuboidal epithelium? If you tell me that's columnar in an exam, you'd be wrong. It's cuboidal epithelium. Or is it pseudo-stratified? No, you might be told, it just looks like it's pseudo-stratified...which means that it looks like it looks like it's stratified. You might think that stereocilia is a type of cilia, but it's not, it's microvilli – you follow?

Sound daunting? Never fear – here are some of our **top tips:**

- Pay attention and take notes! Screenshots are advised.
- If you have no clue what you're looking at – ASK! A tutor should be roaming around. It's better to know what's going on than mistake testes for kidneys.
- If you are too busy tallying the number of times

PDP says "you follow?" there are plenty of notes available – just ask an older student!

- You do NOT need a labcoat, but what you might need is some lunch beforehand as there is no food or water in the computer lab.
- Finally, if you're a Rooster's fan you're in PDP's good books already so feel free to disregard tips 1-4.

## PHYSIOLOGY

AATGCTGATTTGATGGAGATGAG....

Oh what?! You dont what that sequence means?!

Well, not quite like that, but more or less quite daunting at first when you're encountered with ICF's and ECF's and cartoonish pictures and are expected to know the significance of it!

Slowly yet surely, you'll come to understand the various mispronounced words, cryptic explanations, abstract diagrams and their general terminologies. Only then will you appreciate the wonders behind this mysterious subject.

**Study tips:** Ask the lecturer if you're confused! It's not that they don't know it, it's just that they assume too much general knowledge from us! So ask him and he'll definitely explain it to you. Also, make sure to learn the underlying principles of each of the mechanisms (difference between channels, pores, transporters etc.)!

## EMBRYOLOGY

When it comes to Embryology, having a scope at Larsons, study groups and youtube tutorials are your best bet. Embryology (BGDA and BGDB) is one of the more challenging aspects of Phase 1... beware of the 1st yolk sac.

## PATHOLOGY

Well, with abundance of humour that never ceases to exist, you'll be wide-awake as if your CYP P450 has been severely inhibited after a cup of coffee... Besides the sarcastic humour that you'll be bombarded with, you better know your hay from your fever or expect yourself to be trembling under the presence of mar.

**Study tips:** Related very strongly to histology and physiology, so your knowledge in them must be concrete before you can excel in pathology.

## QMP AND PUBLIC HEALTH

If in doubt, this discipline is statistically and clinically relevant only is  $p < 0.05$ . While this can certs be a dry subject sponging all colour from the world, by visiting the tutorials in your own time, in the long run, learning statistics and clinical design is really handy for future practice. Not only is public health important for understanding societal trends, but it is super examinable and worth learning some solid stats.

# Chill or Thrill?

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# MEET THE SIGS

SPECIAL INTEREST GROUPS







# MEDSHOW 2014!

This may be the first time you hear about MedShow, but don't worry, it's one of the most exciting events of the year!

But what is MedShow? It's a hugely successful annual musical production run entirely by med students where you get to learn, develop, and showcase your performance and theatre skills, whether it's in dancing, acting, singing, costuming, video & photography, or backstage as part of tech; there's something for everyone!

Don't worry if you have no experience, we'll 'Show' you the ropes, and as any MedShower will tell you, it really is a lot of fun. It's a great way to meet and spend time with fellow meddies not just in your year, but also in other years, and it's all in the name of charity!

Every year we donate all proceeds to a charity of our choice; in the past we have donated more than \$3000 to the Leukaemia Foundation, Sydney Children's Hospital, CanTeen, just to name a few. You can have fun and get the warm, fuzzy feeling of helping those in need as well? It's win-win!

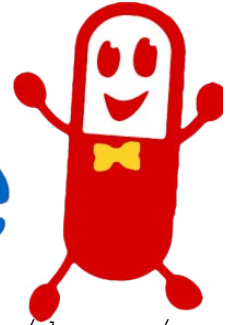
**When does it all start?** Launch Party will be in June and we'll start rehearsals in July up until show nights in October! Keep your eyes peeled for details closer to the dates and feel free to talk to us for more information!

Hope to see you at auditions!

Sincerely,

**MedShow Executive '14**

# medrevue



Missed your calling as Australia's next top model/actor/dancer/singer? Parents threw out your X-Factor application and now living in forced med school regret? Well, Med Revue is THE activity for you.

Med Revue: 2 little words, one massive show! Featuring side-splitting comedy, glass-shattering singing and amazing dancing to rival even the most energetic of former Disney twerkers, Med Revue is a sketch comedy performed in Week 10 With an audience of over 2000 people, it is the highlight of Semester One at UNSW! (after Medcamp of course...) Foundations is the perfect time to get involved as much as possible and Med Revue can help you dive headfirst into uni life before cadavers and textbooks become the bane of your existence!

My first time performing in Med Revue was much like any typical "first time". You try to please the other person but your timing is awkward, rhythm is off and you don't really know exactly what you're doing. In fact one of the only differences to an actual "first time" is that the audience is paying you, and not the other way around. Oh and your parents can come and watch. Bad innuendos aside, with a huge society made up of people from various UNSW faculties, Med Revue can help smooth the transition to university. In three years, I've played characters from 4 different ethnic backgrounds, learned how to dance and been the owner of an orphanage dressed as Macklemore!

Don't worry, you don't have to have any theatrical experience or even be on stage to join. The society is made up of numerous teams including acting/singing/dancing as well as backstage, design, band, promotions and many others. Like Lindsay Lohan's legs, Med Revue is open for anyone!

Look out for the Med Revue social events throughout first semester. If you have any questions, send an email to our awesome producers (and fellow medsticks!) John Luu, Jason Oh, Nat Tang and Rachel Yeo at [producers@medrevue.org](mailto:producers@medrevue.org) or visit [www.medrevue.org](http://www.medrevue.org)!

**Viktor Sokolovski**, 4th year  
Med Revue 2014 Director



# MEET THE ACADEMICS



RAKESH K KUMAR

**What is your area of expertise?** Pathology

**What do you find interesting about this area of work?** Pathology is a wonderful discipline that ties together all of the scientific basis of medical practice, drawing on the so-called pre-clinical sciences (anatomy, histology, embryology, physiology, biochemistry, genetics etc) and linking to the other so-called paraclinical sciences (microbiology, pharmacology etc) as well as to clinical diagnosis and management. Although the public often thinks of Pathology only in terms of diagnostic tests, for the medical student the discipline is pivotal in understanding what happens to patients and why. And I could say a great deal about just how interesting is research in Pathology -- but I'll settle for saying that almost all that we know about "how stuff works" in disease comes from research that would be classified as within the scope of Pathology.

**How long have you been teaching Medicine?** Nearly 37 years -- since Jan 1977.

**What are your fondest memories of MedSchool (in your first year or otherwise)?** Playing in the student "orchestra", which was really more like a large band.

**Catchphrase or fun fact:** Bridge isn't just a game, it's a form of intellectual warfare!



A/PROF GARY VELAN

My name is Gary Velan. I teach Pathology, the study of the causes and effects of disease. My interest in Pathology stems from a fascination with how the human body works, and how the causes of disease interfere with normal structure and function. Or it may be that I feel most comfortable with anything that's abnormal! My main focus is to enhance students' learning. I really enjoy face to face teaching, but am also involved in developing and evaluation eLearning innovations. I have been teaching in Medicine at UNSW for nearly 25 years -- there must be something attractive about this place!

My most memorable moment as a medical student occurred during a Pathology viva voce examination, when an examiner asked "What's this?" as he threw across the table to me a recently excised spherical, yellow, soft lump of tissue. "A lipoma" I replied calmly, while lobbing the tumour back to my interrogator!

My advice to new medical students would be to enjoy your studies -- this should be the best period of your life! Focus on understanding the major concepts, not minutiae. Take an interest in your patients (your greatest teachers!) and work hard on your communication, teamwork and leadership skills.



LIZ TANCREED

**What subjects do you teach?** Gross Anatomy and Neuroanatomy

**How many years have you been teaching at UNSW?** Since before most of you were born!

**Most embarrassing university moment as a STUDENT?** Being thrown out of a chemistry lecture in first year for talking.

**Your idea of a perfect day?** Breakfast at a beach cafe, followed by a walk along the cliffs and a swim.





UTE VOLLMER-CONNA

**What is your area of expertise? What do you find interesting about this work?** Psychoneuroimmunology is my field of research. It extends from a fascination with the functional connections between systems subserving homeostasis and body integrity - particularly the brain and the immune system. For example, when people get ill with an infection such as glandular fever, some people get a severe and prolonged illness while others infected with the same virus only suffer a mild illness. How vigorously your immune system fights the virus determines how sick you are going to get. More recently, I have developed an appreciation of the diverse roles of the autonomic nervous system – it can modulate immune responses, and play an important role in maintaining physical and mental health. I find it very exciting to get little insights into how complex life really is... and is it not amazing how beautifully it all works together most of the time.

**What are your fondest memories of Uni (in your first year or otherwise)?**

- The amazing discovery that I do have a functioning brain
- ....living, playing and learning in this wonderful Land of Oz
- Ah yes....always whiskers on kittens?!...(there is a neurology lecture in that...)

**Catchphrase or fun fact:**

- If you yelled for 8 years, 7 months and 6 days, you would have produced enough sound energy to heat one cup of coffee
- A smile is an inexpensive way to improve your looks



PROF KEN ASHWELL

**What is your area of expertise?** Gross anatomy, neuroanatomy, embryology, physical anthropology.

In research: developmental neurobiology of humans, comparative neurobiology of marsupials and monotremes.

**What do you find interesting about this area of work?** Engaging with polite, articulate, intelligent and enthusiastic students.

In research: I want to understand the interaction between developmental processes in the brain and the evolution of behaviour and cognitive function.

**How long have you been teaching Medicine?** Since 1984, my first year as a postgraduate student.

**Advice to students studying your discipline?** Buy a good textbook and atlas and read them. You will use a good set of books (digital or paper) for the rest of your medical career, so it is a worthwhile investment. Always attend lectures and practical classes. They are not optional.

**Superpower of choice:** Remembering the names of all the students I meet. I wish I were better at it.



DR KAREN GIBSON

**What is your area of expertise?** Developmental Physiology. My research particularly focuses on the kidney and cardiovascular system in utero. Current studies are examining the effects of impaired kidney function in the mother and whether this predisposes the offspring to develop kidney and cardiovascular disease in later life.

**What do you find interesting about this area of work?** That the quality of life in utero and early development can have long lasting effects on the offspring.

**How long have you been teaching Medicine?** I have been teaching as a member of academic staff since 1993, although I was teaching medical students before that in practical classes and tutorials while completing my PhD.

**What are your fondest memories of MedSchool (in your first year or otherwise)?**

Finding my way around campus – it was so big compared with school; making new friends; learning all this really interesting content; lime milkshakes at the Mathew's milkbar.

**Fun fact:** Rats don't have a gallbladder.



# songs to get you through med

## FOUNDATIONS

My People - The Presets  
Take On Me - A-Ha  
Schools out for summer - Alice Cooper

## BEGINNINGS, GROWTH AND DEVELOPMENT A

*Teenage Pregnancy*  
Sexual healing - Marvin Gaye  
My Dick - Mikey Avelon  
My Humps - The Black Eyed Peas  
Ding Dong Song - Gunther

*Two new mothers*  
Baby Boy - Beyonce ft. Sean Paul  
Mamma - Il Divo  
Mamma - Tupac Shakur

*Infertility*  
Infinity - The XX (opening lyrics: "I can't get it up, to someone else's touch.")  
Don't Get Up - Noisette

## BEGINNINGS, GROWTH AND DEVELOPMENT B

*Catherine (failure to thrive)*  
Baby - PNAU  
Baby Did A Bad Thing - Chris Issack  
Kids Oracular - MGMT

*Alex (childhood development)*  
Talk Like That - The Presents (referring to developmental milestones)  
Fortunate Son - CCR  
Daughter - Pearl Jam (about an autistic girl)

*Teenage Depression*  
The Middle - Jimmy Eat World  
Sideways - Citizen Cope  
Manic Depression - Jimmy Hendrix  
Teenagers - My Chemical Romance

## HEALTH MAINTENANCE A

*Joe the Diver (heart)*  
Hearts On Fire - Cut Copy  
Electric Feel - MGMT

*Marco's worries (heart attacks)*  
This Heart Attack - Faker  
Heartache Tonight - The Eagles  
Your Mangled Heart - Gossips

*Rosa and Sofia (complications with heart attacks - i.e. infection)*  
Thunder In My Heart - Leo Sayer  
Hospital Bed - Cold War Kids  
Heartbreaker - MSTRKRFT ft. John Legend

*Justin is Hot (recreational drugs)*  
Alice Practice - Crystal Castles  
Lucy In The Sky With Diamonds - Beatles  
Sweaty - Muscles

## HEALTH MAINTENANCE B

*Weight control*  
Hungry Like The Wolf - Duran Duran  
Eat It - Weird Al Yankovic (Beat It parody)  
Bigger Than My Body - John Mayer

*Alcohol*  
The Wine Song - The Cat Empire  
Wasted - Angus and Julia Stone  
Yellow - Coldplay (referring to Jaundice)  
Tequila Sunrise - The Eagles

*Kidney Disease*  
Sex On Fire - Kings of Leon (STD/UTI = painful passing of urine)  
Here We Go Again - Angus and Julia Stone (referring to dialysis)

## AGEINGS & ENDINGS A

*Alma Jones (osteoporosis)*  
Vertigo - U2  
Broken Bones - Birds of Tokyo  
Bones - The Killers

*Annie Simpson (rheumatoid and osteoarthritis)*  
I Like The Way You Move - Bodyrockers  
Pain Killer - Turin Brakes  
Growing Pains - La Roux

*Andrew Theodopoulos (colon cancer)*  
Everything Comes Down To Poo - Scrubs cast  
More Than A Feeling - Boston  
I Just Died In Your Arms - Cutting Crew  
I Will Follow You Into The Dark - Death  
Cab For Cutie

## AGEINGS & ENDINGS B

*Bronwyn and her friends (HRT and menopause)*  
Mother's Little Helper - The Rolling Stones (about HRT/SSRIs)  
I Want A New Drug - Huey Lewis and The News

As you all will soon discover, the scenarios for med can be quite dry and the only thing making the plenaries worth it are the drastically bad acting within them. So just to help you survive these plenaries and scenario group sessions, here we have prepared the list of songs that you can covertly listen to during these sessions, which will both help your learning and keep your interest!

**By Kostas Brooks and Navid Ahmadi**

The Drugs Don't Work - Ben Harper

*Brian's ward (about neurology and the brain)*  
Insane in the membrane - Cypress Hill  
Brainstorm - Arctic Monkeys

*Barbara (dementia and Parkinson's Disease)*  
Get Shaky - The Ian Carey Project  
Do You Remember - Jack Johnson  
Always Something There To Remind Me - Naked Eyes  
Where Is Home? Bloc Party

## SOCIETY AND HEALTH

*Social Determinants of Health*  
We Are The People - Empire Of The Sun  
We Are Your Friends - Justic vs. Simian

*HIV/AIDS*  
AIDS song - from Team America  
You've Got AIDS - From Family Guy  
Gay Bar - Electric Six

*Tuberculosis*  
In The Air Tonight - Phil Collins  
Every Breath You Take - The Police  
Harder to Breathe - Maroon 5

*Influenza*  
Catch My Disease - Ben Lee  
Disease - Matchbox 20  
Sick and Tired - Anastasia

*Thalassaemia*  
Blood Bank - Bon Iver

*Inflammatory Bowel Disease*  
I'm Not Sick But I'm Not Well - Lilt

*Skin Cancer*  
The Sun - The Cat Empire  
Sun Is Shining - Bob Marley





**medical students'  
aid project**

# MEDICAL STUDENTS' AID PROJECT

## 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 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 request 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.

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 back to the communities that take them under their wing. From gloves and urine dipsticks to defibrillators and cardiotocograph machines, MSAP enables medical students to really make a difference in places of need.

## WHAT CAN YOU DO?

As Phase 1 students, you 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. As the Global Health group at UNSW, we also aim to raise awareness on global health issues, so come along and help us decide what issues to advocate this year!

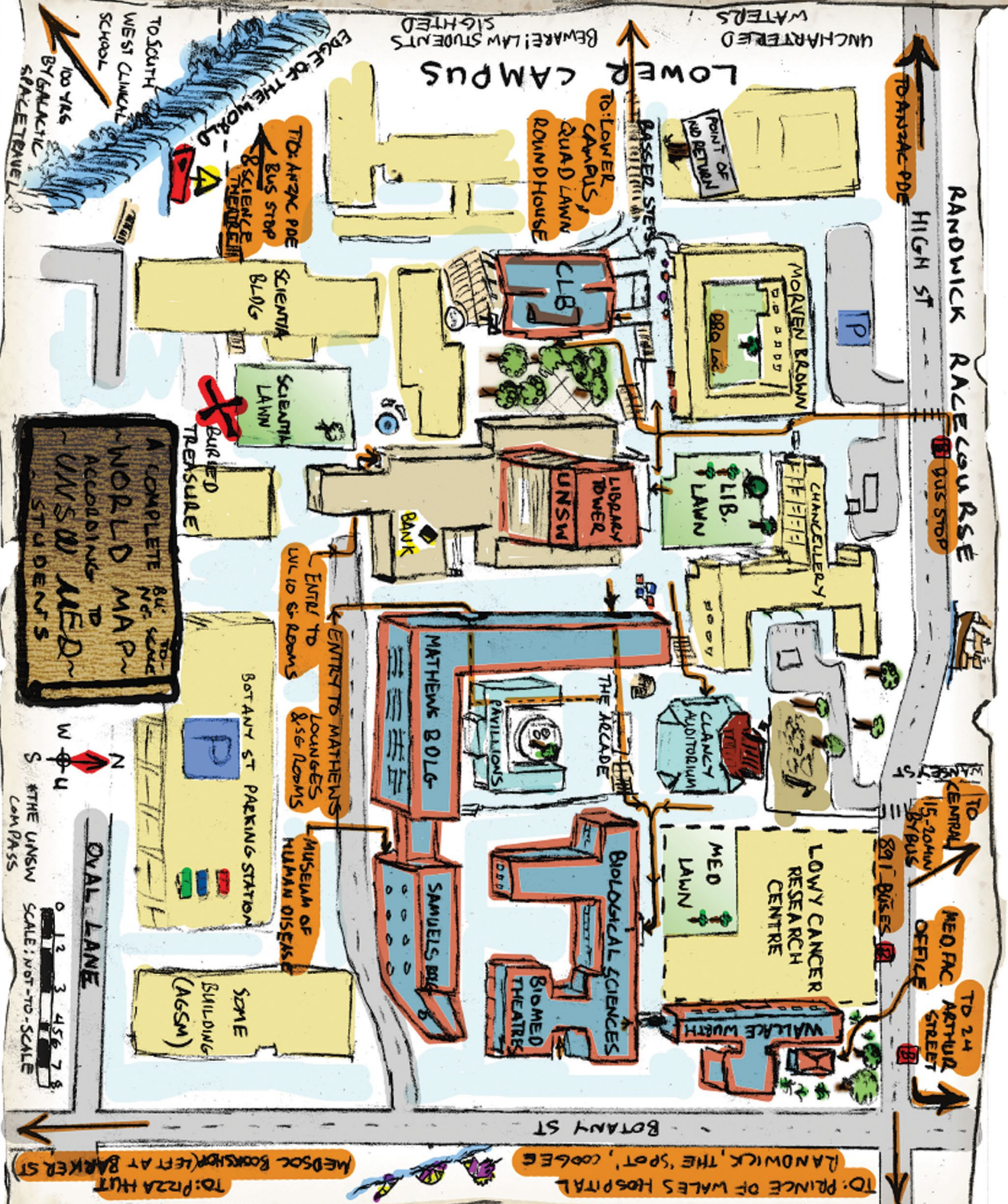
Being involved in MSAP is one of the best ways to meet people from other years of med, which you will soon find is crucial for both social and academic reasons. The fortnightly meetings are laid-back and jovial and there is a strong sense of camaraderie amongst the group which is fostered through itemizing 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](mailto:msap@med.unsw.edu.au) or visit our website [www.msap.unsw.edu.au](http://www.msap.unsw.edu.au) for more information.

*Patricia Ly & Andrew Iskander  
MSAP Co-Chairs 2011*



MAP BY ALEXANDER MURPHY, COLOURING BY CALVIN PARK (2010)



NOTE: THE MEDFAC OFFICE IS NOW INSIDE WALLACE WORTH



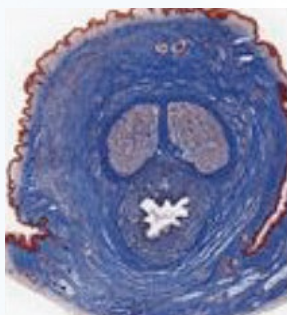
# FAVOURITE MOMENTS IN MED

AT THE SEXUALITY LECTURE ABOUT ERECTION PROBLEMS: LECTURER - "NOW, SOMETIMES PATIENTS ASK IF THE PROSTAGLANDIN E1 INJECTIONS HURT, AND I SAY 'NO, IT'S JUST A LITTLE PRICK.'"

PDP'S LECTURE ABOUT URETHRAL HISTOLOGY: "WEST INDIANS HAVE VERY LONG URETHRAS IF YOU KNOW WHAT I MEAN ... THIS LECTURE ISN'T RECORDED IS IT? OTHERWISE I'LL HAVE THE VICE CHANCELLOR COMING DOWN MY THROAT."

REALIZING THAT SOME OF THE PEOPLE IN GREY'S ANATOMY WEAR THEIR STETHS THE WRONG WAY MOST OF THE TIME. (I'M LOOKING AT YOU IZZIE STEVENS...)

DISCOVERING THAT THE HISTOLOGICAL CROSS SECTION OF A PENIS LOOKS UNCANNILY LIKE KANYE WEST.



HAVING YOUR COMMERCE FRIENDS ASK YOU TO TREAT THEM AFTER TWO WEEKS OF MED.

COUNTING THE NUMBER OF TIMES HAZEL MITCHELL MANAGES TO SAY THE WORD VAGINA IN COMPLETELY UNRELATED LECTURES.

SUITING UP FOR MEDBALL.

DURING A FIRST YEAR ANATOMY PRAC WHEN SOMEONE POINTED TO A PART OF A CADAVER AND ASKED IF THEY WERE THE OVARIES, WHEN LOWER DOWN THERE WAS A VERY OBVIOUS PART OF MALE ANATOMY.

LEARNING THAT THE GIRL TO BOY RATIO IS 60:40

NOT HAVING TO GO TO UWS ...

MAKING HEAPS OF AWESOME FRIENDS AT MEDCAMP!

WHEN THE FOUNDATIONS PHYSIOLOGY LECTURER DIDN'T TURN UP, SO WE COMMANDEERED CLB'S MAD ACOUSTICS FOR A DANCE PARTY!

- Lots of study material to print / copy?
- Too expensive to print / copy?

## HOW ABOUT

**per page**

(B&W on regular 80gsm A4 paper)

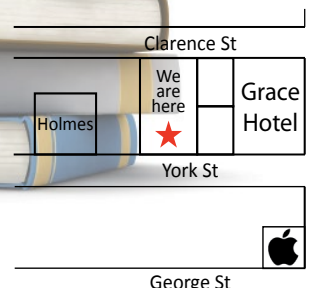
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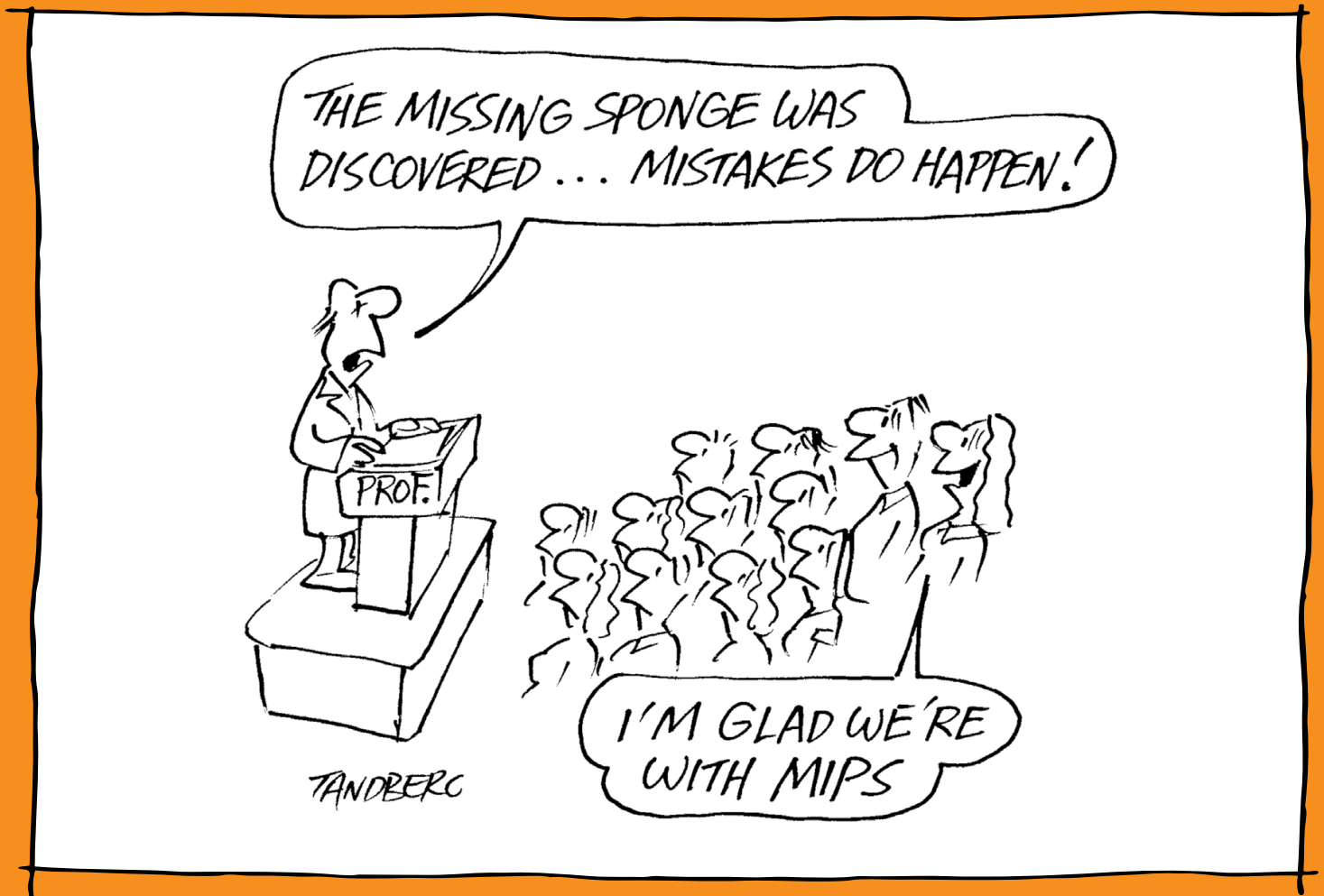
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# CAMPUS FOOD GUIDE

Food is a necessity for any university student, especially medsticks. Our rigorous (frequently boring) lectures and timetables make us crave brain food in the form of anything from the daily mandatory coffee from the **coffee cart** (starting from a meagre \$3.50) to the HUGE bowls of **laksa** that never seem to get eaten. Food on campus is quite affordable, starting at under \$5, with the upper limit being around \$18. As uni students, we all know what it's like to have that silent ache in our wallets or jeans pockets, UNSW caters for just that.

For newbies, there are 2 main areas on campus you need to be aware of, for food - **Matthews Cafeteria** (between the main library and the biomedical sciences building) and **The Terraces Pavillion** (aptly named as it resides under The Terraces building).

Between these two food paradises, one can get pretty much every single major cuisine available to man kind, to satiate your insatiable hunger, satisfy your taste buds and provide contents for your bowels. From Indian, Asian (including sushi), Lebanese, Mexican, Mediterranean and Italian to good ol' Australian drumsticks and chips, from **Max Brenner** and on the complete opposite end of the spectrum, the classic healthy food "**Stockmarket**". Then there are the classic franchises - **Boost**, **Coco Cobano**, **Moochi** - everything (nearly) that you could want, is here.

There are also a plethora of cafes on campus, in the **Tyree** building, next to the **Science Lawn**, **Biblio** (next to main Library) and the most popular of all, the **Whitehouse**. The Whitehouse is most famous for its wedges and chips, as well as the classic Pear flavoured Bulmer and Heineken/VB beer.

Here are some of the highlights

- **StockMarket** healthy juices and salads
- Late night waffles and hot chocolate at **Max Brenner**
- \$8 starting kebabs from **Classic Kebab**
- \$10 starting burritos from **Guzmo Y Gomez**
- Churos from **Coco Cobano**

The **Roundhouse** is another food and drink hotspot, raging wild during Roundhouse parties. Food wise, it serves your classic american fast food options - a variety of burgers, fries etc for a very affordable under \$10. Drinks wise, there's variety galore from cheapo beers (starting at \$4.60) and vodka mixed drinks to hard vodka/tequila shots.

So with this know-how and newly acquired wisdom, go forth med-sticks, and satisfy not only your thirst for knowledge, but your insatiable hunger as well!!!

*by Milonee Shah (II)*



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