



UNSW MEDICINE CLASS OF 2026



UMBILICAL



TABLE OF CONTENTS

welcome class of 2026!	4
medcamp 2021	5
meet your medsoc exec	6
stay in the loop	9
first year opportunities	10
social events	11
wellbeing and charities	12
special interest groups	14
performing arts groups	16
affiliates	18
classes, materials & preparation	20
self care	21
your medsoc	22
course structure	24
how to study in med	26
assessment in phase 1	27
resources	32
study techniques	33
textbooks	34



welcome class of 2026!

Daniel Rebello (II) & Madhu Sarjapuram (II)

This is your famous Umbilical! This is probably the second most important umbilical of your life (a BGDA joke). This is your one stop shop for all the juicy aspects of being part of the UNSW med culture!

When we were asked to write this opening message with our advice for you first years, to be very honest with you, we initially struggled with what to write. As you can guess, our first year uni experience was heavily impacted by COVID and with only 4 weeks of in-person classes under our belt it was a liiiil hard to think of any banger advice for you guys.

However, the more we thought about it, the more we realised just how many opportunities were offered to us, even whilst being online! Subcommittees, online events, in-person picnics... the list goes on! The special thing about studying medicine is that the community is so close-knit; no matter what's happening in the world, we can always come together and bond through what we study.

The friends we made and the experiences we got this year are indescribable and we want to stress to you the value of taking every opportunity that comes your way. Don't let anything stop you (except if you have COVID, pls stay at home), as you can make lifelong connections, witness great events or even have a funny story to tell to your future kids hehe. So go sign up for that subcomm, attend that SIG event or come along to Medcamp (shameless promo but it's gonna be epic).

These following pages contain the knowledge of many talented older medical students (and a few things from us too :)) who have been where you're at right now. We will now proceed to endlessly promote the usefulness of this little magazine to you :o



If you want to get involved in the Medsoc community, this is the place!

If you want access to the gold mine of academic folders and resources, look no further!

If you want to know what the sick deals and discounts you can get on campus, this is the place!

If you haven't already, please join the UNSW Medicine Class of 2026 Facebook group as this will contain posts about Medsoc opportunities, faculty information as well as our exhaustive attempts to produce funny (cringey) posts to get you to come to events.

Otherwise, email us to get added to an emailing list!

If you ever need help or guidance, we're here for you as your First Year Representatives (at year1@medsoc.org.au or on Facebook) until you elect your own in the coming weeks.

We can't wait to meet you guys and please come up and have a chat if you see us!

Love,
Dan and Madhu



MEDCAMP 2021

MEET YOUR COHORT, HAVE SOME FUN AND
MAKE LIFELONG MEMORIES AT MEDCAMP!

APRIL 10-12
3PM 3PM

OUTDOOR ADVENTURE CAMPS
- WISEMAN'S FERRY
(BUSES FROM UNSW PROVIDED)



KEEN TO SEE YOU ALL THERE!

ALL FIRST YEARS ARE WELCOME
(YES EVEN IF YOU'RE UNDERAGE)

meet your medsoc exec



President: Michael Orjekh (IV)



Advice to first year self: Chill out dood, have fun, smell the roses, take it one step at a time. There are so many diverse and passionate people all around you (even when things be online) - take some time and get to know them. Medicine just adds more colour and vibrance to that chaotic whirlwind called life. Strap in and enjoy the ride.

Quote to live by: You can do everything... just not at the same time ;)

Fav Med lecturer and why: HONESTLY ITS SO HARD TO PICK. But if I had to..... Martin Weber! He is a radiant soul that always has amazing stories from his many walks of life then somehow manages to teach through them too! Plus his voice is just arghhgrhhppsp!fesdf

Vice President Internal: Jade Tran (IV)

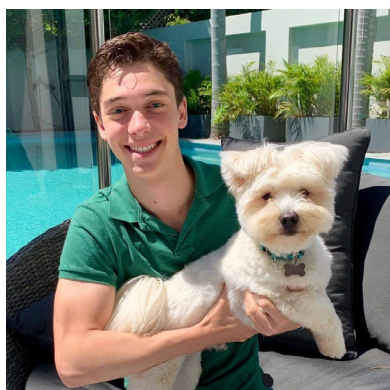
Fav Med moment: Celebrating the ending of medshow (our theatrical production) with the whole cast!

Advice to first year self: Have fun in Med school! You have the rest of your life to focus on academics, make sure you balance your university experience by meeting new people in societies (both in Medsoc and outside of medicine), trying new things (like joining Medshow!) and learning new skills! Make the most of your uni life <3

Fav place to study/hang out on campus: The pho at the pavilion is pre fire + studying in the library is great if you can find a secluded spot



Vice President External: Josh Lowinger (III)



Fav Med moment: Too many amazing memories to include all of them, but some of the best have to be: getting egged in lectures, diving into the UNSW pool in full hospital attire, absolutely roasting Medicine Faculty in the annual MedSoc Great Debate, getting a massage from our pathology professor Nicodemus Tedla using only his feet, running riot around the city in our lab-coats at PubCrawl, pulling five all-nighters at uni in a row for MedShow, breaking into and rampaging USYD during Poster Run, and having the best time EVER at MedCamp.

Advice to first year self: Sit back, relax and enjoy the ride. Med school can be a crazy and hectic time, but the experiences you have over the next six years will be the most amazing and unforgettable ones of your entire life. Look out for your friends and peers, support one another, and if you're struggling, don't be afraid to reach out and ask for help. We're always here for you.

Med pick up line: Are you a tumour? Cos I wanna take you out ;))

Secretary: Jason Djafar (III)

Advice to first year self: Stop being proud and hating Anki. Look at you now. You live and breathe flashcards. Join AMSA Convention. Do the mud run. Join up and make the most of every event and opportunity you got cos the first two years are the most chill ones you'd ever get. And have fun :)

Quote to live by: "There's only one thing I hate more than lying: skim milk. Which is water that's lying about being milk." (Swanson, 2013)

Fav Med lecturer and why: Martin Weber. Just a humble beard and simply beautiful man with hints of exotic European and notes of just a good bloke. In the dreary depths of histology - trust me, he'll be your saving grace too :)



Treasurer: Noosha Litkouhi (III)



Quote to live by: Work to live, not live to work

Fav place to study/hang out on campus: Pavillion: Close to the Med Building - decreased walking = increased happiness for lazy people. Close to good food - the viet food is one of three places I rotate between. They have booths and charging stations, so v comfy.

Most embarrassing moment in Med: I returned as a leader to medcamp, did the demo for mud run, and literally fell over in every obstacle.

Academic Director (IV): Kish Arora

Fav Med moment: Learning the cranial nerve exam at 1 AM on the walk to Kingsford Maccas post-dress run of MedShow in an absolute state

Quote to live by: B Positive - my blood type

Advice to first year self: Enjoy every moment and learn from and with each other



Events Director: Angela Xue (III)



Fav Med subject and why: Okay I don't know if anyone's gonna agree but I really like physiology. It's so systematic and logical, and the great thing about it is once you understand it you'll never really forget it! (unlike anatomy...I remember maybe 20% of phase 1 anatomy at best now)

How much do you like Taylor Swift? Yes :))

Advice to first year self: I wish I knew this earlier but blindly memorising things is NOT THE WAY TO GO!! Use anki instead, anki is an app that's basically just online flashcards and it will literally change the way you study forever

Public Relations Director: Elisabeth Abhayaratna (II)

Most embarrassing Med moment: Forgetting someone's name three different times over two weeks... sorry Sam <33

Advice to first year self: Meet as many people as you can in Med and outside of it! There are so many lovely people out there for you to meet, you just have to put yourself out there. :)

Advice for online learning: Online learning is tough. It's easier said than done, but try to put your phone down and actually listen in your online classes... you will save future you so much time.



Sponsorship Director: Josh Mok (III)



Most embarrassing Med moment: Sitting next to someone during the whole of the first SG, then introducing myself to them again 5 minutes after class. Meeting people is hard guys!!

Advice to first year self: Why so serious?? You're part of a super supportive cohort filled with amazing people and friends - Go forth and meet them! Also, make friends with senior students because we really aren't that scary and we've all been freshers too!

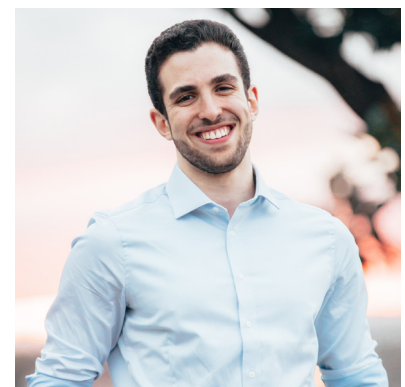
Fun fact: I've had KFC Wicked Wings come with and without bones, which really is deeply confusing.

AMSA Representative: Felix Jay Altit (IV)

Advice to first year self: Get as involved in as many MedSoc groups as possible but also don't let med be your whole life! Get involved in other societies within the Uni.

Quote to live by: The people that mind don't matter and the people that matter don't mind.

Fav Med subject: Physiology. I love understanding how the body works, and without knowing how things are supposed to function, you can't appreciate when things go wrong.



stay in the loop

Join these various Facebook groups and follow MedSoc on social media to keep updated about everything UNSW Med! Alternatively, email year1@medsoc.org.au to get added to an emailing list!

**UNSW MEDICINE CLASS OF
2026 FACEBOOK GROUP**



**UNSW MEDICINE
NOTICEBOARD FACEBOOK**



**UNSW MEDICAL SOCIETY
FACEBOOK PAGE**



**UNSW MEDICAL SOCIETY
INSTAGRAM**



first year opportunities

Daniel Rebello (II), Madhu Sarjapuram (II) & Elisabeth Abhayaratna (II)

Carpe diem (+ however you say “but only if you’re wearing a mask” in latin)!!!!

There are sooooo many ways to get involved in Medsoc in your first year. Below, we’ve listed the main roles open to you guys in 2021. We’d like to stress that there will be plenty of positions throughout your 6 years so don’t fret if you don’t make one this year.

First Year Reps

We hope that you guys will be inspired by your current first year reps (FYRs) to sign up for this role in a couple of months. FYRs play a major role in communicating student concerns to Medfac, organising the iconic Medcamp and making sure everyone in the grade is happy. It’s a great way to meet not only your cohort but also make lots of connections in Medsoc. Most importantly, you’ll be having an unforgettable first-year experience. We really are just scratching the surface here so definitely consider applying!!

Assistant Secretary

The Assistant Secretary is the assistant to the Secretary (ifykyk) and helps to coordinate event recordings and video recordings for MedSoc events. They help to organise food for council meetings, take minutes in Council meetings and they even get to sit in on Executive meetings to help take minutes. They play a major role in compiling the fortnightly MedSoc Mail-Out. This is a fantastic opportunity for a first year to make heaps of friends across the six years of the medicine program while finding out exactly what MedSoc gets up to.

Subcoms



Academic Resources



Charities and Wellbeing



Memberships



IT



Photography



MedBall



Environment



Socials



Publications



International



Womxn



Queer



Prof Dev



Academic Events

Subcoms

Subcoms are the best way to get involved while doing something you’re specifically passionate about. Ranging from wellbeing to academics, there’s over 13 subcoms which you can join. As well as suiting your interests, it’s a great way to have fun, meet new people and form networks across the Medsoc community. If you’d like something which requires a bit less commitment time-wise, then subcoms are perfect for you. Make sure to read the details of each subcom in the subcom guide before signing up.fdf

Information on how to apply for these roles will be made available on the UNSW medicine 2026 page so keep your eyes open around week 5 of term 1! We really recommend that you all give it a shot!. You won’t regret it!

social events

Joshua Tran (II) & Joyce Wu (III)

MedFac Student Life Session - 11th Feb

The Student Life sessions give insight into the Clubs and Societies that Arc the student life body run.



MedSoc Cruise - 7th May

Mark your calendars for the newly introduced Medsoc Cruise, and get keen to dress for the theme!



UNSWxUSyd Party - 18th June

An inter-uni party with USyd Meddies - stay tuned for more details.



PubCrawl #2 - 5th August

If one wasn't enough, a second Pubcrawl to help you forget about your end of course exams and destress.



Phase 1 Chocolate Rose Exchange - TBD

Socials bring the chocolate rose initiative to Phase 1. A perfect way to end the year; get ready to swap chocolate roses with your new friends and practise thankfulness.

wellbeing and charities

Afreen Akbany (III) & Divyansh Sharma (IV)

Who are we?

To keep it short and sweet, we're a bunch of people who try our best to look after you, your mental health and make your experience in Medicine enjoyable! In 2021, we will be running a series of events and initiatives focussed on:

- **Skill Building**
- **Support**
- **Connection**

Have a look below for what these are! We've colour coded them for you!

What do we need from you? Participation! That's it! The more you interact with our events and initiatives, the more we can help you, and the more fun everyone has! We encourage you to participate in events from all three focus areas.

Oh and, if you're feeling adventurous, join our close knit team - we would love to have you!!!! Subcommittee Applications should be open soon, so keep your eyes peeled for us!

Events and Initiatives

- **One-on-one Peer Mentoring:** Application forms will be available soon via your cohort's Facebook page!
- **Tai Chi:** 24 Feb, 14 Jul
- **Resilience Workshop:** 16 Mar
- **Meditation:** 4 May, 22 Sep
- **Mental Health Webinar:** 4 May
- **Chain of Hearts:** 24 May
- **The Great Debate:** 27 Jul
- **Wellbeing Week:** 11-15 Oct

Stay tuned to Facebook for more details about these as we get closer to each of our events.

Some Helpful Wellbeing Resources From Us

Medicine can be busy, but here are some tips from us for you to do well and have fun doing it:

- Balance work, life, sleep! Take days off, take care of yourself. Don't take on more than you can handle.
- Look at nature, it has shown to make people happier! (You'll learn about endorphins and opioid receptors soon enough.)
- Have your own GP – see one at least once per year for a general check-up.
- The UNSWhealth service bulk bills students with medicare cards for most consultations.
- Overseas Student Health Cover (OSHC) cardholders are not out of pocket if they have current OSHC Worldcare or Medibank OSHC insurance.
- Physical health - at least 30 minutes of exercise 3 times a week. You could even do mentoring group runs / fitness activities (just make sure you social distance!)
- Come to our events!!!! (Not so subtle plug. Again.)

Wellbeing Resources

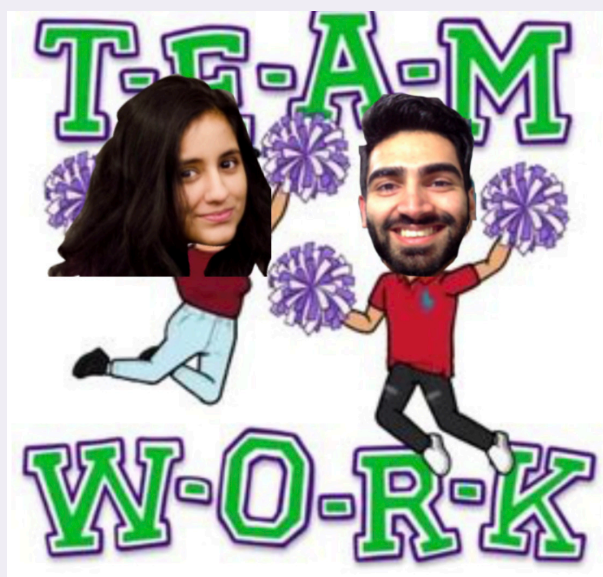
If you're feeling down, stressed, or overwhelmed, or just not your usual self, don't be afraid to seek help. Here are some places you can go:

- Faculty Wellbeing Officer Catherine Marley c.marley@unsw.edu.au
- Counselling and Psychological Services (CAPS) at the Quadrangle Building from 9am to 5pm to book appointments (more information via <https://student.unsw.edu.au/counselling>)
- Headspace: <https://headspace.org.au/> (Bondi Inc: 9366 8000)
- Beyond Blue: <https://www.beyondblue.org.au/> (1300 22 4636)
- Black Dog Institute: <https://www.blackdoginstitute.org.au/>
- Lifeline: 13 11 14

Don't forget to check out our very own UNSW MedSoc Wellbeing Guide at <https://tinyurl.com/medsocwellbeing> for more resources.

Congratulations on getting into Medicine. Getting here is an achievement you should be very proud of. The next step is for you to enjoy this experience, and we will try our best to support you and facilitate this.

Yours,
Divyansh and Afreen
2021 Wellbeing and Charities Officers



special interest groups

Particularly in first year, the vastness of the medical field can seem daunting. UNSW MedSoc's Special Interest Groups (SIGS) provide a bridge towards exploring your interests, exposing you to specialities that may appeal to you. They not only offer a chance to attend or help organise events that may spark newfound passion, but allow you to build friendships and networks with the talented people around you!



Covering some of the most critical areas of medicine, **CriticalCare Soc** is going to be delivering some red-hot, fast-paced and action-packed events to you this year that focus on anaesthetics, intensive care and emergency medicine! Not for the faint of heart, it is absolutely **critical** that you stay tuned and get keen! Our team can't wait to meet you all this year!



UNSW DERMATOLOGY SOCIETY

Are you interested in skincare? Do you have acne? What is dermatology? Well, we've got you all covered! UNSW **DermSoc** provides medical students with greater exposure to the field of dermatology through many cool opportunities and fun-filled events!



IMSoc warmly welcomes all who are interested in internal medicine! Our society organises unique events to help medical students pursue their passions in **internal medicine**, as well as gain exposure to various specialties and practical skills. We also have many exciting plans for 2021, including many academic tutorials, and our flagship event The Internal Medicine Conference! If internal medicine is where your passion lies or if you are simply looking to learn more, check out our Facebook page for more details!





OculusSoc is filled with exciting learning opportunities for eye lovers, from tutorials to real-life clinical placements. We hope to introduce and guide you through the appealing specialty of ophthalmology. Join us at <https://www.facebook.com/OculusSoc> to see into your future!



PsychiSoc welcomes you to join us in learning more about/growing your interests in psychiatry! We do events ranging from pathways night (for those interested in a career in psychiatry), to mental health conferences and mock exams. Get involved this year by & keep a look out on our page: <https://www.facebook.com/PsychiSoc>



Our goal at UNSW **Surgical Society** is to provide insight into the specialised world of surgery by teaching a variety of surgical techniques from all 9 specialties. We hold several events throughout the year designed to elevate your skills, ranging from our staple suturing workshops to conferences, careers night and sub-specialty focused workshops taught by surgeons! Spots are always limited so be sure to keep an eye out for new events in 2021.



Women's & Children's
Health Society

WCSoc welcome all students interested in the beautiful world of paediatrics, obstetrics & gynaecology. From volunteering opportunities at primary schools, to academic sessions getting you ready for exams, to hands on skills with simulating childbirth, we've got you covered! Keep up to date with our amazing events on FB.



performing arts groups



In **Medical Music Society**, we create a close-knit community for music lovers. even with our busy term times, we hope to get together to make music in a meaningful way that benefits our community. We have weekly orchestra, acapella rehearsals and monthly jam sessions for everyone who enjoys music. We welcome newbies who want to try out something new and experienced diploma instrument players alike. We prepare for regular volunteer performances in hospitals and nursing homes, as well as our annual concert. As the saying goes 'music is the medicine of the mind', come join us to share our love for music!



MedShow is a musical production written, produced and performed by med students from all years. We welcome all of you who are interested in anything from dancing, acting, band and singing to working the stage, sound and lighting! MedShow is not only about the incredible show produced, but also about the family made along the way. To quote seasoned MedShow alumni Dr. Martin Tran, who did

MedShow his entire 6 years of med school:

“MedShow has been my family away from home and honestly I wouldn’t be the person I am today without it! I got to perform with and meet people I’ve never expected, and it has given me so much self-confidence over the years (lol shoutout to my friends saying I just dance and medicine is a side-thing).”

What are you waiting for, come join MedShow!



connect with

sigs, pags and affiliates

CritCare Soc**PsychiSoc****MedShow****DermSoc****SurgicalSoc****RAHMS****IMSoc****WCSoc****MSAP****OculusSoc****MMS****MOA**

affiliates



UNIVERSITY OF NSW

RURAL ALLIED HEALTH AND MEDICAL SOCIETY

The Rural Allied Health and Medical Society is UNSW's one and only rural health club, involving students from 8 different health disciplines. We are also part of the National Rural Health Student Network which includes rural health clubs from 28 medical schools across Australia.

Our goal is to raise awareness and advocate for rural and Indigenous health as well as inspire and support students just like YOU to take advantage of the amazing opportunities that studying and working in a rural area offers! After all, the first step in closing the health disparity gap is education and awareness of the next generation of healthcare professionals.

So, if EWE would like to be part of big changes to the health of people across Australia, come along to some of our events and get inspired! In 2021 we are running:

- Rural Appreciation Weekend – if you like hands on medicine activities, dinner around a fire, shearing sheep and generally experiencing rural life, this is the event for you!
- Guest speakers – education sessions on rural health and what we can do to help
- Clinical skills nights – learn essential medical and allied health skills for your practice
- Rural high school visits – educate and inspire those from rural backgrounds to study at uni, especially in a healthcare discipline

And much more! Keep up to date with the latest events and news by signing up on the NRHSN website and following our Facebook page, or shoot us an email!



GENERAL
PRACTICE
STUDENTS
NETWORK

Breathing new life into general practice



General Practice Students Network (GPSN) is a not-for-profit student-run national organisation aimed at promoting general practice and primary care medicine to medical students. with a club at each of the 21 medical schools across australia, GPSN contains over 13,000 members nation-wide. our goal is to promote and develop lifelong skills for medical students in the general practice speciality by organising fun & informative events that allow you to engage with other students with similar interests, medical professionals and the local community. such events include clinical skills night, where experienced seniors will revise your history-taking and clinical examination skills in preparation for your OSCES. in advocacy of community health and indigenous health, we run pathway nights, GP placement programs, & many more opportunities where you can interact with members of the general practice speciality. if you want to learn more about the speciality, or just want to interact with more like-minded students, sign up at our GPSN stall in O-week, like our facebook page and stay tuned for our 2021 events!



Medical Students' Aid Project

What is Medical Students' Aid Project (MSAP)?

We are a global health group at unsw, which operates as a student-run, nonprofit charity organization, aiming to promote global healthcare equality and student empowerment.

How did we begin?

What do you do if you open a hospital first aid kit, only to find a band-aid and a cockroach? our founders, greg fox and greg maloney, returned from their medical placement after experiencing this in malawi with an unshakeable determination to ameliorate healthcare inequality. thus, in 2001, MSAP was born.

What do we do?

Today, we maintain the same core mission but our expanded activities now include education, advocacy and action. we run the global health short course — a dean-certified series of stimulating talks about global health spearheaded by expert speakers. we actively advocate in areas of refugee health and climate change. additionally, we instigate real action through local and international projects like food for thought in india.

What can you do?

Come along to launch night on march 2nd to learn more! keep in touch by liking our facebook page (facebook.com/msapfb) and instagram ([msap_unsw](https://instagram.com/msap_unsw))! join us and we'll show you that you can make a difference.

other opportunities



Founded in 2015, Medical Outreachers Australia (MOA) seeks to improve the health literacy of communities and organise health-related services by connecting university students with populations in need locally, rurally, and internationally. Each year, we hold a local conference with esteemed speakers from the healthcare sector, assist in STI testing and liver checks in conjunction with UNSW Health & Wellbeing, hold our highly popular outreach to Dubbo, NSW, and embark on an international trip to serve communities overseas. In 2021, we hope to expand our local volunteering initiatives and collaborate with Medical Outreachers Hong Kong to develop health curricula and international social media advocacy campaigns.

Ultimately, our mission is to cultivate a passion and devotion to the practice of medicine so that our volunteers will be able to contribute to the improvement of health wherever their future may take them. So, what are you waiting for? Look out for opportunities on our facebook page (www.facebook.com/medicaloutreachersaustralia), insta ([@medicaloutreachersaustralia](https://instagram.com/@medicaloutreachersaustralia)) and website (medicaloutreachersaustralia.org)!

classes, materials & preparation

Brandon Lau (III) and Henry Wen (III)

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

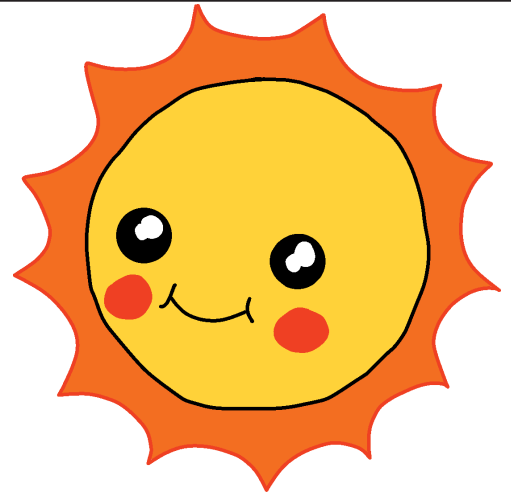
self care

Jade Tran (IV) Vice President Internal

Hi class of 2026, the hugest of welcomes to you guys entering your first year of unsw medicine! We are so excited to meet you and hope that you enjoy the next 6 years of learning, new experiences and fun!

Maintaining your personal wellbeing throughout medicine is a super underrated, yet incredibly important part of being a medical student. Not only are there academic challenges with the course, but there are increased struggles that can come with living away from home, such as financial burden, as well as personal issues that influence general wellbeing. Balancing being a medical student with other aspects of your life- being a friend, a parent or child, a partner and more, are key to maintaining personal wellbeing and staying sane amidst the whirlwind that can come with such a lifestyle.

Your first two years of medicine should be seen as a time to experience university life (granted, COVID has robbed some of it but hopefully the situation will improve!). As a high-school leaver, I was deeply in the HSC grinding mindset when entering university, but learnt over time to prioritise my free time and energy into activities I enjoyed, like MedSoc, MedShow, and friendships.



The attitudes towards studying vary greatly between medical students, and that is okay! Some people choose to dedicate more free time to studying, others to work, social life etc. All of these are completely normal. My only advice as a fourth year student- everything is good in moderation. Studying all the time can create more stress than it's worth, and can detract from social wellbeing. The content you learn will be revisited over and over again, and cemented with clinical practice that you will receive in older years. You could be missing out on the experience of going to your first pubcrawl, learning choreography with your friends, working on global healthcare advocacy- the list goes on. On the other hand, always prioritising the social aspects of your life over the academic can be detrimental to your results and progress as a medical student. University is a unique sandbox: you are granted the independence to grow but the safety of failure. I would definitely advise to put this to use and try new things that you may have not before due to high school, work or other commitments.

Within Medsoc, there are so many opportunities to participate in student life, whether that be in a special interest group, performing arts group or within Medsoc council itself. As someone who has made many friends and had new experiences due to these opportunities, they have truly shaped my university experience and created the fondest memories of my past few years here. Beyond MedSoc, there are lots of university events and hobby societies that you can participate in as well! Besides this, I hope to see some of your faces at orientation or in person as the year goes by- until then, all the best with your first year! Take care of yourselves and your wellbeing <3

Jade x

your medsoc

welcome to the community! here's what you have to look forward to

Josh Lowinger (III) Vice President External

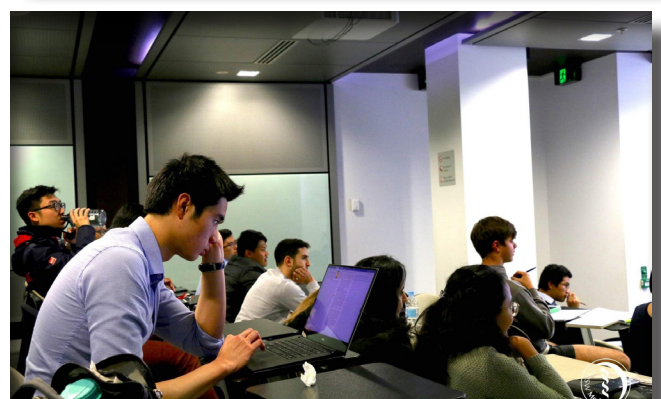
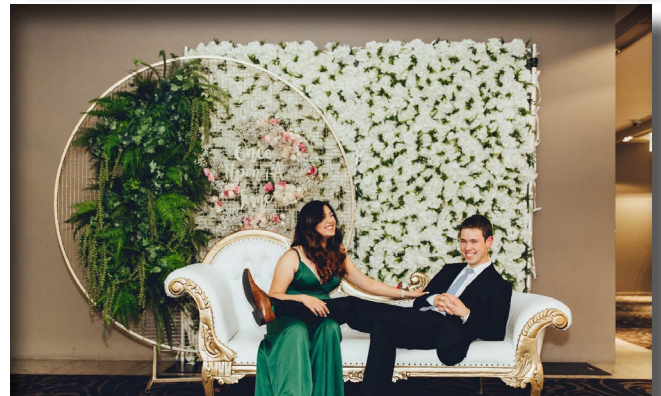
A **huge congrats** again on getting into UNSW Med! You've just joined our MedSoc family of over **1600** Med students and more than **10,000** Medicine alumni – one of the most amazing and vibrant communities you'll ever meet, and a community that you'll now always be a part of!

Now that you've made it here, you've got so much to be excited about. There are more events on the MedSoc calendar than there are days in the year, and even more initiatives, resources and opportunities for you to jump into.

With so much on offer it's easy to feel a little overwhelmed at first, so I've put together this short guide to give you a sneak peek before you get more info in the coming weeks...

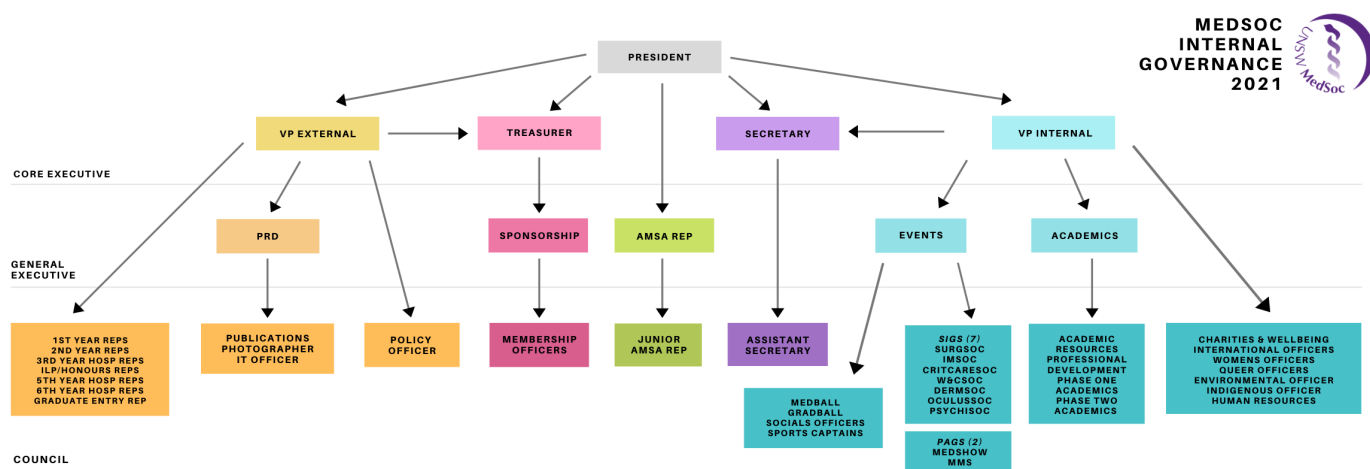
Advocacy

We're lucky to be super tight with our Medicine Faculty, which means there are lots of opportunities for us to advocate for improvements to the Medicine program. Applying to be a Year Rep, getting involved in Focus Feedback Groups and even just filling out the Feedback Docs posted on your year Facebook page are great ways of helping make the student experience better for all Med students – both present and future. You can also get involved in advocacy in one of the subcommittees of the International Officers, Women's Officers, Queer Officers, Indigenous Officers or Environment Officer. Finally, AMSA and NSWMSC events such as Convention are a great way to get involved at a state and national level.



Community

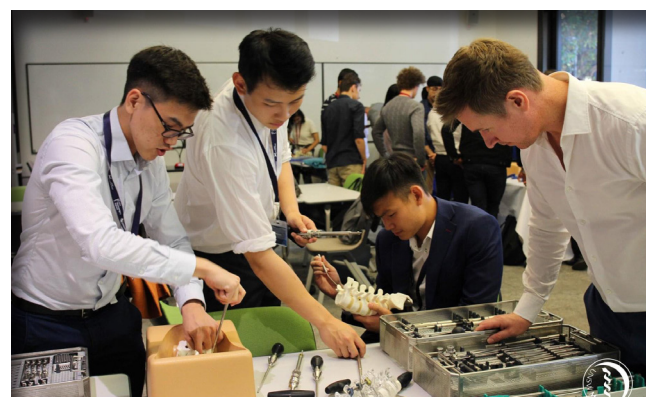
The MedSoc community is a bustling place that extends well beyond classes and events. Check out our online publication The Jugular or join the Publications or Photography subcommittee to explore your creative side. Our Charities and Wellbeing Officers organise Wellbeing Week, while our Human Resources Officers organise Med Retreat for MedSoc volunteers. And our MedSoc community extends even further - we have 7 Special Interest Groups (SIGs) ranging from our Critical Care Society to our Surgical Society, which run events such as Pathways Nights, Suturing Nights and many more. Our two Performing Arts Groups (PAGs) - MedShow and Medical Music Society - put on our biggest dramatic, musical, orchestral, vocal and dance performances each year. And our four Affiliates - MSAP, RAHMS, GPSN and MOA - all run their own amazing programs and events. As you can see, there's a HEAP going on.



Keep your eyes peeled on the Class of 2026 Facebook page and Medicine Noticeboard to hear more about all of the opportunities and events mentioned in this article!

There's a lot to take in so don't stress as you've got plenty of time. Do make sure though that you reach out to a friend, mentor or older student if you have any questions - we were all in your shoes and are here to help you find your feet!

Best of luck and enjoy the amazing times ahead.



course structure

Brandon Lau (III) and Henry Wen (III)

The program is divided into 3 phases, each being 2 years in duration.

Phase 1 consists of eight 8-week courses in years 1 and 2. It is arranged with a miscellaneous course at the beginning of each year followed by Beginnings, Growth and Development course (BGD), then a Health Maintenance course (HM), and then an Ageings and Endings course (AE). You can think about each year as a progression through a person's life!

With each course, you will have to do 1 individual assignment, 1 group project on top of the end of course exam. Additionally, at the end of first year, you will have your first practical exam. Your second one will be halfway through next year, after your second course and your final one will be at the end of 2nd year. You will also do an MCQ end of phase exam, an OSCE and portfolio exam (you will write a 3500 word essay) at the end of 2nd year.

Foundations

You will start with Foundations - a nice introduction to get you into the groove of things. In Foundies, there will be a wide variety of topics and content so don't stress about not knowing everything in detail, you'll revisit almost everything in later courses!

Top tip: this one doesn't count so take some time to get used to everything uni! It can be a big change so just relax, make some friends, and get comfortable with the course. This said, find some study techniques that work for you because this will make life easier for you in the long run.



BGDA

After Foundies, you will do BGDA, your first proper course (YAY!). You will look at mainly themes and content surrounding obstetrics and gynaecology and sexual health. This includes learning about the development of an unborn child and birth (YAY for embryology), learning about male and female reproduction, and so much more! Top tip: Embryology is a pain. Get someone (maybe peer mentors/friends) to help explain it to make your study and life easier. Spatial visualisation is key so be sure to check out video explanations online.

Heading into the second half of the year, you will combine with the 2nd years to do your Health Maintenance and Ageings and Endings courses. These courses alternate between years meaning that this year you will do HMB and AEA.

HMB

HMB will look at the content surrounding the kidney, liver, obesity and energy metabolism. You will encounter conditions such as hepatitis, alcohol-related disease and diabetes.

Top tip: This is a chunky boi. There is a lot of complicated content (I'm looking at you renal physiology and biochemistry). So try your best to stay up to date with the material.

AEA

AEA will look at the musculoskeletal and peripheral nervous system, as well as a bit of oncology (cancer). You will look at fractures and osteoporosis, joint diseases, breast cancer and colorectal cancer. You will also study pain management and dealing with death.

Top tip: This term is heavy like HEAVY on anatomy, so we highly recommend smashing out some flashcards/diagrams throughout the course.

Society and Health (SH)

YAY you're now in second year! Congrats! There are 3 concurrent topics that run through this course; immunology, respiratory and infectious diseases (HIV/influenza/COVID-19/tuberculosis). COVID will inevitably be mentioned so study up on the pathogenesis of 5G cancer from Bill Gates.

Top tip: This may be a good time to do a negotiated assignment. Respiratory physiology is also quite conceptual and each lecture builds upon each other, so make sure you stay up to date with the content.

BGDB

BGDB approaches adolescent and childhood issues, extending on what is learnt in BGDA. It covers MANY like MANY things, including: gastrointestinal anatomy and physiology, childhood development, embryology of the hormonal, sexual, gastrointestinal and facial structures, childhood infections and psychiatry.

Top tip: Pay attention to the clinical insights you get from your visits to the Women and Children's hospital because this WILL get assessed in the OSCEs. We'd also recommend starting studying for the prac exam before the end of course exam because you only get a day-and-a-half to study for it.

HMA

HMA is all about that beating lump of muscle in your chest: love. Some of the topics you will cover include ischaemic heart disease, heart failure, peripheral vascular disease, and recreational drugs (particularly ecstasy).

Top tip: The cardiovascular physiology lecture series does build upon previous lectures so try to stay up to date. Also make sure that you have completed all the grad caps for your assignments so you can get that sweet, sweet exemption in AEB :)

AEB

We're pretty sure the B in AEB stands for brain. You will look at space-occupying lesions (things in your skull that shouldn't be there), then apply the neuroanatomy you learn to stroke syndromes.

Finally, you come to dementia and neurodegenerative diseases (bring tissues for a series of tear-jerking videos in your scenario groups).

Top tip: Neuroanatomy is quite the conceptual beast so focus on understanding what's going on.

Brainstorm is an amazing resource for visualising these concepts.

For more information on the course, visit the UNSW Medicine website (you'll have to login): <https://medprogram.med.unsw.edu.au/phase-one>

Phase 2

Phase 2 consists of clinical courses in year 3 where you will have 3 days at hospital and 2 days on campus. You will be rotating through 6 different areas of medicine, with 2 major exams at the end of the year. The independent learning project/honours research takes place in year 4. You are also required to take general education courses either during ILP year or if doing honours, it is advisable to take on general education during Phase 1.

Phase 3

Phase 3 is all clinical, with few campus days, unlike Phase 2.

how to study in med

Henry Wen (III)

Principles of study::

As you move through Phase One, you'll find yourself adopting new study techniques and dropping others. Some people purchase Osmosis subscriptions, others ruin their spacebar key using Anki. No matter what technique you use, there are a couple of study principles that will incomparably increase your study efficiency.

Active Recall

We often consider learning to be what comes before testing. However, testing is actually a powerful tool for learning. Active recall simply refers to retrieving information from your memory. Actively recalling information enhances your retention, and making mistakes helps you identify your weaknesses. The beauty of it is you don't need to perfectly remember information to test yourself on it - the very act of testing yourself helps you improve your memory. You can apply active recall through:

- Flashcards
- Questionbanks
- Memoranda/past papers (see 'Resources')
- Quizzing friends

Spaced Repetition

Information that we remember will be forgotten over time - this exponential decline in retention is known as the 'forgetting curve'. Spaced repetition takes advantage of this by making attempts to retain the information at spaced intervals. Every time we apply active recall for a piece of information, it becomes harder to forget. For example, when you learn something during a lecture in the first week, revising it the day after, then 3 days later, 1 week, 2 weeks etc removes the need for cramming at the end of the term, and greatly increases the chance that you'll remember it during and after the exam.



assessment in phase 1

Daniel Rebello (II) and Bhumika Gowda (II)

End of Course Exams

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

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



Cottage Printing and Stationery is a one stop shop for your printing, paper and stationary needs! The best prices and excellent quality.

Check out their website:

<http://www.cottageprinting.com.au/home/>

Or email them:

info@cottageprinting.com.au

Practical Exams

- Each section of exam is roughly 30 minutes and you rotate between them.
- The content of exams are derived from courses prior to it, except Foundations (PPE1 = BGDA, HMA & AEB, PPE2 = SH & BGDB, PPE3 = HMB & AEA).
- There is a 'cumulative total' system – i.e. that you need a total mark over 50% over the three exams to pass and 50% in each discipline over the three exams to pass. It is best to study hard for the early exams so there is less pressure come the final PPE when you have all the EOP exams.
- Always review memorandums for any examinations (although note - now most exams are in an online format, so no longer short answer)

Histology/pathology/embryology

- You will be shown images (on a computer) from the virtual slides collection/embryology wikipedia that you have previously gone through in class. You will not be told where the specimen was collected from. You will be asked MCQs on the slides, most often derived from adaptive tutorials.

Anatomy

- With the online anatomy exam there will be several question types - you will receive an image of a specimen with multiple pins. Identification questions involve a dropdown menu of multiple selections (often more than 10-20) and you choose the correct answer associated with the letter/arrow on the online diagram (usually quite similar to the smart sparrow modules you have access to). There will also be questions relating the specimen to function and relations. Some of them may be cloze questions (e.g. The pancreas is responsible for ____).

Physiology/pharmacology

- As of 2019, this exam has moved to an online format and will ask MCQ, Drop down, match statements and brief short answer calculation questions. This is on the questionmark (used for EOC Formative quizzes on Moodle)

Microbiology/biochemistry/genetics

- As of 2019, this exam is also an online format also on questionmark.
- Exam questions often come straight from your prac manual so pay attention in pracs + read over MedBible prac notes before exams.

Assignments and Group Projects

- There are 8 graduate capabilities that you need to cover through your assignments and group projects:
 1. **Basic and Clinical Sciences**
 2. **Social and Cultural Determinants of Health**
 3. **Patient Assessment and Management**
 4. **Effective Communication**
 5. **Teamwork**
 6. **Self-Directed Learning**
 7. **Ethics and Legal Responsibilities**
 8. **Reflective Practitioner**
- Each assignment is 2000 words and a group project is 2500 words +/- 10%
- Each assignment/project has 2 'focus capabilities', which are taken from the selection of grad caps listed above. Each capability will receive an individual grading (F/P-/P/P+) and your assignment/project will have an overall grade. Note you do **NOT** do a teamwork individual assignment
- It is highly recommended to obtain at least a P in all grad caps
- During phase 1, you'll need to do a negotiated assignment which covers self-directed learning and one other grad cap of your choice

Assignments and Group Projects

- In each assignment there are 3 generic capabilities - effective communication, self-directed learning, and reflective practitioner. You **CANNOT** rely on these marks to satisfy the graduate capabilities, you **MUST** also complete these as focus capabilities
- In each project, there are 3 generic capabilities - effective communication, self-directed learning, and reflective practitioner. You do **NOT** need to cover every grad cap as a focus capability in your group projects, besides teamwork.
- It is recommended that you learn how to use EndNote for citations as they make your life easier and you will likely need to know it for ILP/Honours year
- Get familiar with different databases, which you can view from the UNSW Library Medicine Subject Guide:
 - MedLine
 - EMBASE
 - Best Practice
 - Scopus

OSCE and SOCAs

How it works:

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

Student Tips:

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

UNSW Medicine – Student-Patient Observed Communication Assessment (SOCA) formStudent: _____ Year: 1st 2nd GE (circle)

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

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

Observe student interviewing patient (real or simulated) and comment on the student's ability to:	Grade
1. Provide structure <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i> <ul style="list-style-type: none"> A. Initiates the session appropriately with introductions, defining of the purpose and agenda B. Clarifies and summarises at key points during the interview C. Uses transitions and signposting D. Manages time effectively E. Closes the session appropriately with a plan and/or summary 	F P- P P+
2. Gather information <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i> <ul style="list-style-type: none"> A. Encourages the patient to tell their story in their own words B. Explores the patient's problems and perspectives (beliefs, worries, feelings, goals) C. Uses open questions initially, listens attentively, and then synthesizes closed questions as appropriate D. Facilitates patient's responses using encouragement, pause/silence, repetition, paraphrasing, interpretation – with limited interruptions E. Avoids using jargon and requests clarification and further information where needed 	F P- P P+
3. Build relationships & develop rapport <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i> <ul style="list-style-type: none"> A. Picks up and acknowledges patient's non-verbal behaviour (e.g. body language, speech, facial expressions, affect) B. Demonstrates respectful, encouraging and non-controlling non-verbal behavior (eye contact, facial expressions, posture, position, movement) and vocal rate, volume and tone C. Acknowledges patient's perspective and efforts to cope and is non-judgemental D. Handles uncomfortable topics sensitively E. Involves the patient, and shares own thinking as appropriate – ideas, thought processes, dilemmas 	F P- P P+
4. Ensure a shared understanding of patient's needs and perspective/impact of problem <i>Please circle any descriptors below that were NOT achieved and then to the right, circle grade awarded.</i> <ul style="list-style-type: none"> A. Explores impacts, concerns and expectations B. Relates subsequent questioning and explanations to previously elicited ideas, concerns or expectations C. Checks interpretation of information with the patient – clarifying and asking for any corrections or questions D. Recognises and prioritises patient's needs 	F P- P P+

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

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

Please provide further overall or specific feedback to the student:

Assessor name: _____

Designation / position: _____

Signature: _____

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

For a detailed breakdown of the assessments in Phase 1, see Dayna Duncan's Guide to Assessment in the UNSW Medical Program:

https://drive.google.com/file/d/1mT0rwFeeUJSfQmyqLfLjx0_125DFYJOA/view?usp=sharing

resources

Kish Arora (IV), Angus Fung (III) and Brandon Lau (III)

Medconnex

Centralised database for UNSW-specific resources such as past papers, assignments/projects and student notes. Bookmark this page ASAP: <https://www.medconnex.com.au/>

General Resources

Resource	Description
<i>Theory (Basic and Clinical Sciences)</i>	
Anki + Quizlet	Flashcard based services. Very useful for spaced repetition and learning (i.e. not cramming). With consistent effort you can remove the need for cramming altogether and have a stress free exam period. Anking has useful guides on how to use Anki. The Ankus drive has flashcards for half of phase 1 and 3rd year. Downside: Expect to spend 2-3 hrs a day for phase 1 (can do this on public transport). https://www.youtube.com/c/TheAnKing/ https://tinyurl.com/AnkusMed
AMBOSS	Comprehensive and well organised set of online notes with ability to create quizzes. A nicer version of a textbook, with fantastic diagrams and images. Information is relevant for medicine degrees and you can easily use search function to directly find the information you are looking for. Downside: Expensive subscription https://www.amboss.com/us/
Osmosis	Online medicine videos - provide fantastic simplified explanations arranged by discipline and body system, Incredible for those who have a long commute and are concerned about losing time to study. Downside: Paid subscription that is very expensive (but if you get a large enough group, you can abuse the 2 week free trials they offer and survive phase I). By attending some medsoc events you can get vouchers codes for longer trials. https://www.osmosis.org
Armando Hasudungan (YouTube + Website)	Online medicine videos - same benefits as osmosis but free! MedSoc Academics often arrange events where Armando comes to UNSW in the flesh and runs a tutorial about a particular topic (very useful event!) Downside: Sometimes too complex for phase I level or difficult to find video for specifics. https://armandoh.org https://www.youtube.com/user/armandohasudungan
Complete Anatomy	MUST HAVE FOR ANATOMY - fantastic software available on most devices but best on touch screen (e.g. iPad). Essentially a 3D textbook, incredibly valuable resource for those struggling with anatomy. Downside: Expensive purchase of atlas + even more expensive subscription. However, MedFac may purchase a subscription for students (keep asking if not available) https://3d4medical.com/student
USMLE First Aid for Step 1	Summary book for the step 1 exam (American medical exam). Very well structured with beautiful diagrams. Should use this a summary after you have learnt the content.

<i>Resource</i>	<i>Description</i>
<i>Assignments and Projects</i>	
UpToDate	Essentially the legitimate wikipedia that is actually used in practice by many doctors and nurses. Has information about conditions, treatment and management - usually avoid citing in assignments (use the references that it uses as you references). Account can be made via CIAP at your clinical school (ask older students for assistance) https://www.uptodate.com/login
BMJ Best Practice	Nice summary of presentation, diagnosis and management of conditions - avoid referencing but usually helps in establishing understanding and finding initial references Bestpractice.bmj.com
	<i>Clinical</i>
Geeky Medics	Fantastic website + clinical videos. Watch relevant examination video prior to your clinical skills session. has info that is helpful for preparation for OSCEs. https://geekymedics.com/
MedSchool (iPhone or Android app)	Particularly useful in hospital and OSCE preparation (more helpful for phase II). Quick reference pocket guide and explains signs and symptoms for each aspect of examination, definitely download on your phone!

study techniques

<i>Technique</i>	<i>Comments</i>
Note-making	A passive form of study that neglects active recall and spaced repetition (unless you use a method such as the Cornell notes system). Not recommended since there are already various sets of notes available (see MedConnex). Ultimately, you should decide on your reasons for making notes - is it to have all the information from lectures in one place (use/edit notes from MedConnex) or as a form of revision (use other methods involving active recall).
Flashcards	Highly efficient form of revision incorporating active recall and spaced repetition (if you review your cards at intervals). A common mistake is to only revise cards during exam time - flashcards are most powerful when used consistently. Recommended flashcard software includes Quizlet and Anki (see 'Resources').
Group study	Works very well if group members are not easily distracted and help each other remain focused. Good break from mundane self-study. Make sure you find techniques that work well for group study e.g. the Jigsaw technique: https://itali.uq.edu.au/files/3077/Resources-teaching-methods-jigsawtechnique.pdf
Textbooks	Useful for clarifying concepts or searching for additional information/alternative explanations. Note that textbooks are optional. Generally NOT efficient to sit down and annotate/read a textbook chapter by chapter. See 'Textbooks' section of 'Resources'.
Watching videos	Useful for clarifying concepts or searching for additional information/alternative explanations. Resources include Osmosis, Armando Hasudangan (see 'General Resources'). Generally NOT efficient to sit through videos and write notes, if you have already been watching UNSW lectures, unless you are searching for something specific.

textbooks

Subject	MedFac Recommendations	Our Recommendations	IMBD Rating
Anatomy	Gray's anatomy for students (Drake) OR Clinical anatomy by systems (Snell)	Gray's is organised by region (head, lower limbs etc) vs. Snell is organised by system It's up to what you prefer! Most have Gray's	Gray's Anatomy 8/10 Gray's anatomy 9/10
Clinical	Skills for communicating with patients (Silverman) AND Clinical examination (Epstein) OR Clinical examination (Talleys')	You would most likely never use Silverman. Epstein is used mostly by Phase 3 students, and Talleys' by Phase 2. Can be useful in Phase 1 OSCEs as a secondary resource. Online resources e.g. Geeky Medics, MedSchool App are very helpful	3/10 for Phase 1 15/10 for Phase 3
Embryology	The developing human: clinically oriented embryology (Moore) OR Larsons' human embryology (Schoenwolf)	Embryology is a bit of a confusing topic, so a textbook may be a good idea Although you can probably get a nice PDF off of your mentors Most use Larsens'.	10/10 for wiki-allergic people
Histology	Wheater's functional histology (Young) OR Human histology (Stevens) OR Junqueira's basic histology (Mescher)	The images help with the practical exam. Junquiera is recommended by the lecturer, but Wheater's has great labelled images However <i>adaptive tutorials</i> and listening to <i>PDP in class</i> is the best.	6.5/10, but Fabric of Life ftw
Immunology	Immunology for medical students (Nairn)	Immunology mostly taught in second year - wait until then to see whether you need it	4/10 for now
Microbiology	Mims' medical microbiology (Goering) OR Microbiology and infection control for health professionals (Lee)	Lecturer recommends Mims'. It's good for assignments/projects and helpful for those wishing to do more than rote learn. Has a section dedicated to immunology.	6/10
Neuro-anatomy	An illustrated colour text (Crossman) OR Essentials of the human brain (Nolte) OR Color atlas of anatomy (Rohen) OR Atlas of human anatomy (Netter)	Neuroanatomy is hard - Harder than 4 unit maths. The lecturer recommends Crossman, and it has very good diagrams, which make things much clearer. An atlas is handy for practical exams (there's only 3 though). Rohen uses cadaveric specimens and is arguably more useful than Netter's hand-drawn boss images. BrainStorm is an online platform made available via moodle and is recommended to use and it defeats the need for a textbook	6/10

Thank you to all of our contributors!

**layout and design:
Elisabeth Abhayaratna**

**article compilation:
Brandon Lau and Henry Wen**

**Front cover main photo:
Hossein Tavassoli**

**Back cover main photo:
UNSW Sydney**



