



2022

# JCUMSA PRECLINICAL HANDBOOK

A James Cook University Medical Students'  
Publication

## ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation, JCUMSA acknowledges the Bindal and Wulgurukaba People, traditional custodians of the land on which this resource was developed and published. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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## THE STAR PROJECT



### STANDING TOGETHER AGAINST RACISM, EST. 2012, IS A JCU COLLEGE OF MEDICINE AND DENTISTRY INITIATIVE SUPPORTING THE AUSTRALIAN HUMAN RIGHTS COMMISSION'S AIM OF A MORE INCLUSIVE SOCIETY

Racism has no place in healthcare.

Yet, when surveyed, many students and health workers say that they don't know what to say or do when they witness racism and have reported that they would like to respond more effectively to it. Some report that they do not feel confident about speaking out or are frightened about a backlash, especially if the discrimination comes from a person senior to them.

In response, students and staff at JCU's College of Medicine and Dentistry inaugurated the STAR project with badges to be worn by anyone wishing to make a dignified statement opposing racism in health and education. With strength in unity, it is hoped that the more people who wear the elegant, yet discreet badge, the more potent our message of anti-racism becomes.

Get your STAR badge from SEPU (ground floor of Building 39) and visit [www.starproject.me](http://www.starproject.me) for more information on racism in healthcare, how it affects staff, students and patients alike; and ways you can help advocate for equitable treatment - to promote a safe and respectful environment for all.

# FROM THE PRESIDENT

Hi everyone,

On behalf of the JCU Medical Students Association (JCUMSA), we would like to offer you all a massive welcome to Medicine at JCU! Firstly, congratulations on your well-deserved position in the program! I hope you're all excited for the year ahead and ready to start your medical school journey.

JCUMSA is a student-run organisation dedicated to ensuring you have the best medical school experience in every way possible. From organising fun events to advocating for changes to the curriculum, we hope we can provide you with any assistance you need over your 6 years of study.

This handbook has been written and designed by JCU medical students to help give you an insight into studying medicine at JCU. This brand-new edition has up to date and relevant information to help ease you into studying, whether you're starting university for the first time, studying a second degree or haven't studied in a while! The tips and tricks included have been written BY students FOR students!

Before you dive into this handbook I'd like to leave you some advice:

1. Believe in yourself and remember you're not here by chance. The journey can be tough and at one point or another, we all feel like we don't belong where we are (hello imposter syndrome). But it's important in these moments to remember that you have been individually selected as someone who will one day be an accomplished clinician.

2. Take care of yourself! Being a great medical student isn't about studying more than everyone else or being the last person to leave the library. It's more about learning how to balance your studies and personal life while taking time to look after yourself. Unfortunately, it doesn't get easier when you finish medical school, so it's important to learn how to manage your time and take care of your own needs early. Your physical and mental health should always come before the demands of this degree. Myself and the entire JCUMSA team are always available for you to reach out to if you ever need any help or advice.
3. Make the most of your university journey and get involved as much as possible! I certainly don't look back at the last 5 years and wish I spent more time studying. Embrace the time you have at uni and create long-lasting memories with a support network that you will be able to approach in years to come.

GOOD LUCK AND ENJOY THE JOURNEY! IT MAY BE DIFFICULT, BUT IT WILL BE THE BEST 6 YEARS OF YOUR LIFE!

If I can ever be of any assistance, please don't hesitate to ask! All the best!

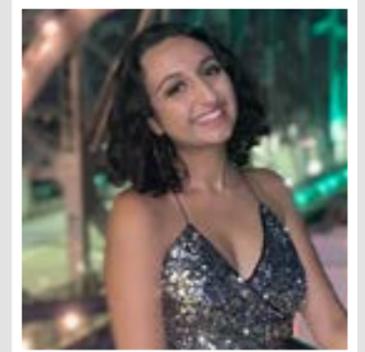
From,  
Bianca



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## YOUR JCUMSA EXECUTIVE

# FROM THE ACADEMIC VICE-PRESIDENT

ABI BALAJI



Hey everyone,

A huge welcome back to all our returning students and a massive congratulations to our new friends in the class of 2027! We hope you are settling in okay and enjoying your first few weeks here at JCU xxx

I hope you're all excited for the year ahead and for our first years, ready to start your medical school journey. The JCUMSA team have been working hard to ensure that this year will run smoothly and will be full of exciting events! My role as the Academic Vice President of JCUMSA is to work alongside students and the academic staff to advocate our wellbeing and provide a much-needed student voice to the medical school (plus organising lots of fun events for everyone to enjoy 😊). This year I'm excited to work with my incredible team of academic representatives who play an integral role in representing each cohort. We will be looking for two 1st year reps so stay tuned and apply to join our team!!!!

Firstly, congratulations on your hard-fought position in this program. You were selected for a reason, so please remember that as the year goes on and the study gets harder – you deserve to be here, and we all look forward to seeing you thrive in this degree! The next couple of years will be full of highs and lows, but you will meet incredible people throughout this journey and make lifelong memories.

I remember my first semester of med school being one of extreme adjustment and major learning curves. However, it was also one of my favourite semesters to date. Try to be kind to yourself as you make this huge change and be sure to reach out to a friend, an academic rep or myself if you find yourself in need of some advice. Over the year you will meet lots

of different people with different ways of studying and keeping up with content. BUT, remember that everyone's journey will be different and that you have 6 long years to improve and learn how best to do this degree. Don't stress if 1st year isn't your peak, you have plenty of time to meet your goals!

Learning how to balance your studies and personal life while looking after yourself is one of the most important lessons you will need to master while at uni. No doubt at some point we all feel stressed or burnt out from time to time but during these moments it is super important to take time out for yourself to recharge. Unfortunately, it doesn't get easier once you finish medical school, so it's important to learn how to manage your time and take care of your own needs early. Your physical and mental health should always come before the demands of this degree and know that the entire JCUMSA team and myself are always available for you to reach out to if you ever need any help or advice. Once again congratulations and all the best for the year ahead!

Yours truly,

Abi Balaji

THE NEXT COUPLE OF YEARS WILL BE FULL OF HIGHS AND LOWS, BUT YOU WILL MEET INCREDIBLE PEOPLE THROUGHOUT THIS JOURNEY AND MAKE LIFELONG MEMORIES.



TBA  
YEAR 1



TBA  
YEAR 1



ARNAV JAWALE  
YEAR 2



THULANI ARACHCHIGE  
YEAR 2



CHATHMAL DE SILVA  
YEAR 3



REECE MARTIS  
YEAR 3



BLAIR SHEARWIN  
YEAR 4 - TOWNSVILLE



IMAAAN ASHRAF  
YEAR 4 - TOWNSVILLE



HANNAH WOODS  
YEAR 4 - CAIRNS



WILLIAM McDONALD  
YEAR 4 - CAIRNS



ANEESHA GHOSH  
YEAR 5 - TOWNSVILLE



CARMEN PRINSLOO  
YEAR 5 - CAIRNS



EMILY DAUMULLER  
YEAR 5 - MACKAY



BAVELIN GILL  
YEAR 6 - TOWNSVILLE



EUSEBIO GONCALVES  
YEAR 6 - CAIRNS



GERALDINE LE  
YEAR 6 - MACKAY

## YOUR ACADEMIC TEAM

# FROM THE EVENTS VICE-PRESIDENT

LARA HUMADI



What will we remember when we finish medical school? The time we spent cramming for our exams or cramming as many events as possible into our social calendars? The answer is clear. We're going to remember laughing at Med Revue, meeting new people at mixers and dancing the night away at Med Ball. I cannot wait to see you all at JCUMSA events this year de-stressing and making memories to last a lifetime. Here's what the events team have got planned for 2022:

### Welcome BBQ:

- All about getting to know JCUMSA, our sponsors and of course... FREE STUFF (I still have pens and water bottles from my welcome BBQ)!
- There will be free food and stalls to help you get to know our organisation

### Med Camp:

- Unfortunately, due to COVID Med Camp has been unable to occur in the past couple of years but this year we're planning to bring Med Camp back to its former glory
- Have a chat to some students in years above you about their Med Camp experiences - you'll definitely hear it's a weekend to remember
- A chance to get away from the medical school and get to know people in your cohort

### Med Ball:

- Med Ball is the most glamorous event on the social calendar
- It's a chance to pull that suit or formal dress out of your cupboard that you may have thought you'd never wear again
- You'll dance the night away!

### Med Revue:

- JCUMSA's annual performing arts show where we poke fun at our degree (it's mainly

just Pebble Pad jokes but they won't get old until we have to stop doing reflective essays!)

- I was a Med Revue Convenor last year and a main cast member in first and second year. Being part of the show has been some of my favourite memories of my medical school journey so far!
- Anyone can be part of the show (there's a variety of roles from stage managers to cast members) or you can buy a ticket and be an audience member with all proceeds to charity

### Clinical Cocktail Parties:

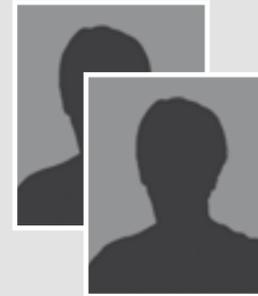
- For clinical students at each of the clinical sites
- A chance to mingle and dress-up

### Mixers:

- A chance for people in different years/ within the same year to get to know each other
- Organised by year level reps - get in touch with your reps if you have ideas on an event you'd like to see happen!

"MY TOP TIP TO FIRST YEARS IS TO PUT YOURSELF OUT THERE AND GO TO AS MANY EVENTS AS YOU CAN!"

You're going to be with this bunch of medical students for the next 6 years so take the time to make long-lasting friendships. Ever since attending JCUMSA events in first year, I knew I wanted to someday have the role of Events VP so I feel truly privileged to be able to help make 2022 a year to remember!



TBA  
YEAR 1



HARINI JEEVARAJ  
YEAR 2



SIRET MALHI  
YEAR 2



JORDAN LY  
YEAR 3



NITHYA LOGAN  
YEAR 3



CATHERINE DUDDY  
YEAR 4 - TOWNSVILLE



ZACHARY HUNT  
YEAR 4 - TOWNSVILLE



GRACE LLOYD  
YEAR 4 - CAIRNS



TISH SIVAGNANAN  
YEAR 4 - CAIRNS



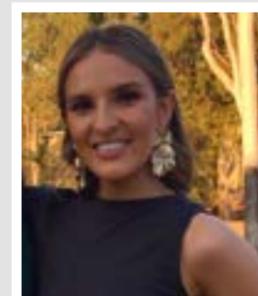
TBA  
YEAR 5 - TOWNSVILLE



TBA  
YEAR 5 - CAIRNS



TBA  
YEAR 5 - MACKAY



EMMELINE HOUSE  
YEAR 6 - TOWNSVILLE



REBECCA LYDEN  
YEAR 6 - TOWNSVILLE



HAL ROBINSON  
YEAR 6 - CAIRNS



DANICA AVERY  
YEAR 6 - MACKAY

# YOUR EVENTS TEAM



AYRA KASSAM  
JUNIOR AMSA REP



EMILY FONG  
IT OFFICER



MORGAN APEL  
— VAMPIRE CUP CONVENORS —



ADI ENJETI



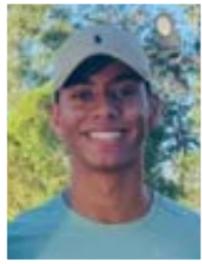
ELISE RAWLINSON  
TEDDY BEAR  
HOSPITAL CONVENOR



PATRICK DE WAELE  
INDIGENOUS  
STUDENTS' REP



CLARA FREEMAN  
— INTERFACULTY SPORTS REPS —



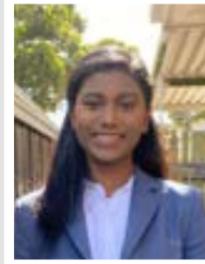
FAIZAN HUSSAIN



NITHYA LOGAN  
INTERNATIONAL  
STUDENTS' REP



FATIMA SIDDIQUI



ADEENA  
THANKAKUMAR



LACHLAN WILLIAMS  
RACGP  
MEDICAL REP



DYLAN BOGGLID



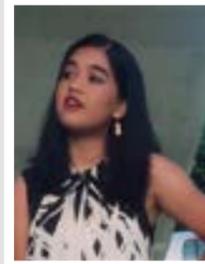
ERIN McCONNELL



DENNIS PEREZ  
JUNIOR SPONSORSHIPS



BEA TORRES



NOVA SIDDIQUI



ERIC SMITH

MED REVUE CONVENORS



ANEESHA GHOSH  
RESEARCH OFFICER



NATASHA  
RAJKUMAR  
POLICY OFFICER



TBA  
EQUITY +  
DIVERSITY



LUCY  
LLOYD-MORGAN  
— COMMUNITY + WELLBEING —



YI-JING  
ZHENG

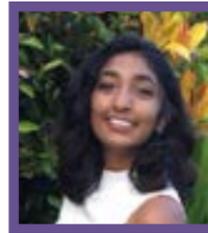


AARUSHI SOOD  
GRAD WEEK  
CONVENOR

## YOUR JCUMSA SUBCOMMITTEE



GABRIELLE PEARCE  
PRESIDENT



ASH DURGAM  
VICE-PRESIDENT



ANSON YANG  
FINANCE



EUNAH JOO  
SECRETARY

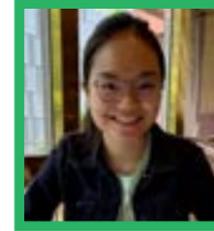


MITEE PAREKH  
MACKAY REP



GEORGIA KRAUSE  
CAIRNS REP

## INPSYCH



GERALDINE LE  
CHAIR



CIYONA BIJU  
— VICE CO-CHAIRS —



RAJ VAIDYA

## MINT



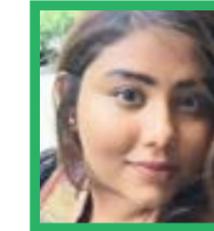
KRISTI MANDAL  
MEDIA



YI-JING ZENG  
SECRETARY



ANEESHA GHOSH  
FINANCE + SPONSORSHIP



NABA WAHEED  
— DOCTOR LIASION —



MUSKAAN SINGH



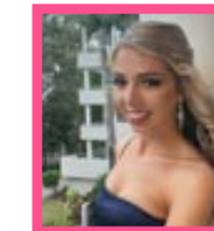
REAHN FARINA  
PRESIDENT



RHEANNON GRIFFIN  
SECRETARY



VID PAHEERATHAN



LAUREN BOSLEY  
— TOWNSVILLE REPS —

## JCU OBYN



RACHEL VERRI  
— CAIRNS REPS —



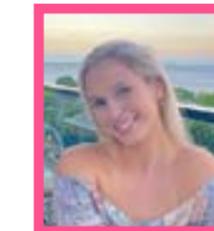
MEDHANI KARIYAWASAM



SIMRAN GILL



EMMA-LEE MAY  
— MACKAY REPS —



EM ZDILAR  
FINANCE

## AFFILIATED CLUB EXECUTIVE



“ Meeting so many new people from different backgrounds who all share the same goal: to pass the year

All of the study! There is a lot of it and it can be very overwhelming. It's a bit like drinking from a fire hose - you'll never get it all in so all you can do is keep on drinking

Finding the relevance of learning kinase kinase kinase... some subjects mightn't be the most enjoyable but they help answer tricky questions down the track!

★  
★  
★  
★  
★  
**BEST BITS OF MEDICINE**  
GEMS FROM PAST STUDENTS

“ It's really rewarding when you're on placement and the doctor asks you about something you know, or you see a patient come in with something interesting you've seen before or have been learning about.

That sometimes it feels like med is 'consuming' your life.



“ The fact that you don't need to compete anymore; everyone's in the same boat now and we're all in this together

The lack of clarity with many of the topics - there will always be more questions about the content. But if you see what you don't know as a challenge rather than a frustration, I believe you will enjoy things far more even if the uncertainty can be exasperating at times. Make sure you make good use of lecturers.

**THINGS I LIKE LEAST ABOUT MEDICINE** ★  
●  
●  
●  
●

“ Seeing the smiles on patients' faces when they gradually get better can be really touching and satisfying.



“ You are always meeting so many interesting people from different backgrounds, with different experiences and amazing stories.

Long days and nights, getting home exhausted in a way you've unlikely ever felt before. Hopefully there won't be too many of them, and getting a routine going with things to look forward to each day helps!

“ You never stop learning. There is always some room for improvement

# PROFESSIONALISM

“ TAKE IT FROM SOMEONE WHO'S MADE THIS MISTAKE BEFORE YOU... PUBLISHED WORDS HAVE A HABIT OF BEING COPIED, PASTED AND SENT TO DEANS OF MEDICINE!”

-ANON

## ONLINE

With social interaction dashed by pandemic protocols, it's a good idea to have your camera on in small-group video calls if your internet permits.

While the LearnJCU Blackboard Collaborate subject room is used for lectures, Collaborate breakout rooms and Zoom are good whiteboard-capable options for study groups, homegroup or clinical skills teams.

By default Zoom has your microphone on too but that can be changed in settings. Unmute yourself only when you want to talk and use headphones to reduce feedback. Dress like you would if you'd meet your team in person and find a suitable real or virtual background. There's a chance what you do or say is being recorded too so be careful of what you do or what's around you.

One last handy hack - your student license has unlimited Zoom host minutes - just download zoom for PC/Mac and remember to sign in with SSO.

## IN SOCIAL MEDIA

Maintaining confidentiality is an enormous responsibility that comes with studying/ practicing medicine, and occasions where it's compromised (especially in small rural areas) can pop up without you knowing it! We still love a good placement post, but there are a few thoughts to have before you share it with the world. Someone, for example, might know the patient you've described even if they're de-identified. This is discussed at length in early integrative sessions.

Consider everything public on your socials accessible by employers, supervisors and hospital selection committees. Still, live your life online - just remember to review your followers and privacy settings - and avoid posting on the internet when you're angry.

“ I HOPE THIS EMAIL FINDS YOU WELL...”

## IN EMAILS

Head to <https://my.jcu.edu.au> and click on mail to sign into Outlook. Your email will be `firstname.lastname(number)@my.jcu.edu.au`

Check your inbox regularly! We get a lot of mail, sometimes with short notice to action so consider getting the Outlook App for push notifications.

Double-check you're replying to the right people. Consider using cc and bcc when appropriate too. Endeavour to keep attachments small, with an informative title and in the most accessible format possible (.pdf, .docx etc).

Staff have emails at the domain @jcu.edu.au. Their contacts can be found in your subject outline or lecture material. Until informed otherwise, it's best practice to address all academic staff and health professionals with their official title. Start and end your email courteously and pay attention to grammar. And don't ask questions that could be answered by your lecture slides! This applies to piazza questions as well.

Set up an automatic signature with your name, year level and university details. If you have a club exec email, add your role and alternative contacts too.

## CLINICAL DRESS

The best advice is to keep it subtle and tidy - you can still show people who you are as long as it doesn't turn too many heads (wow they're hot or wow they need a shave/ iron etc). Invest in quality slacks, formal/dress shoes and a button-up or blouse that leaves your arms bare below the elbow (QLD requirements). While only needed for clinical skills sessions, placement and the odd GLS, you'll be in clinical dress every day in years 4, 5 and 6.

If you grow facial hair, groom it to a professional standard or give it a shave. If you wear makeup/ cologne, keep it simple and not overpowering.

At the start of placement, err on the side of formality (JCU polo shirts are a great option if you can find them!) and take clues from to see what's locally appropriate.

Consider the impression you give to others about yourself and JCU to colleagues, supervisors, and patients.

DO:

Dress like a professional - and you'll be treated like a professional. Take note of what older students wear and ask your supervisor if you're unsure.

Wear something comfortable, preferably with pockets, that you're happy to be walking in all day and rushing around if need be - steer clear of anything you'd worry about getting dirty, heels, crocs, low cut tops, see-through shirts, jeans or shorts (even if your supervisor might wear them!)



# YEAR 1 MED SCHOOL TIPS

## 01

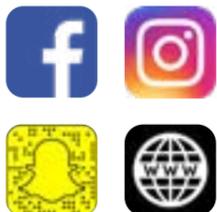
### Where are you going?

If your classes aren't online (Blackboard Collaborate or Zoom), you'll be at the College of Medicine area of the Bebegu Yumba (Douglas) Campus (light blue in [this interactive map](#)). Uni room codes are notoriously confusing, but there's method to the madness! 46-104A, for example, refers to Building 46, first floor, quad 'A' of room 04. You'll become very familiar with 45-002, the big theatre with red seats for lectures, and whole-of-year sessions.

## 04

### Keep in touch x

We announce all our awesome social, academic and community events through Facebook and our website. Make sure you're in your '[Class of 2027](#)' group, and follow us @jcumsa on Snapchat, Facebook & Instagram to keep up with us.



## 02

### How are you getting there?

[Parking](#) can be purchased in yearly or half-yearly permits, or on a casual basis. Popular free parking is available all-day in the Vet precinct, and green-marked 4-hour free bays can be found around campus. Parking can be limited close to class start times so take it into consideration before leaving for sign-ins like integratives, GLS's, clinical skills and homegroup.

## 05 IT, Portals & Logins

You've got two numbers: an 8-digit student number with your offer for all uni identification purposes, signing up for student clubs and exams. The second is your 'jc' number (e.g. jc123456), for all of JCU's IT portals and services, including public computers, printers, LearnJCU, StudentsOnline, eStudent, the JCU App and InPlace for placements.

[LearnJCU](#): go-to for subject content, updates and assignment/online exams. The organisation tab has the medicine course site for all general forms and guidelines. LearnJCU also launches other apps like PebblePad.

[eStudent](#), which you're probably familiar with, is for enrolment, fees, and requesting an academic record.

## 03

### Paperwork!

It's important all your placement paperwork is submitted before it's due. Follow the checklist of requirements to ensure you can go on placement and progress to next year. Some documents need a witness/ a few weeks of approval, so read the requirements carefully. For any placement questions, email [DTHM-placements@jcu.edu.au](mailto:DTHM-placements@jcu.edu.au), or visit them in building 41 behind @theWagon. Email [mbbs1@jcu.edu.au](mailto:mbbs1@jcu.edu.au) for all other enquiries, or visit them at SEPU (Bld 39)!

[StudentsOnline](#) is used for exam timetables - you can even search other subject exams!

[Timetable](#). Select your subject, week and days to display. Click on each item for details, like which homegroups it applies to, or whether it's online or sign-in. Timetables are stable for ~2 weeks in advance (on the rare chance a change is made you'll be notified by email), so screenshot away!

Outlook for email. Your license includes unlimited drive storage and access to O365 Apps - woohoo!

[Piazza](#): used as a collaborative Q&A forum for a more accessible, anonymous alternative to emailing lecturers. Specific subjects might use other platforms like Padlet, Kahoot and GoSoapBox.

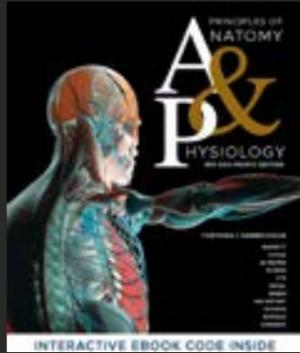
The JCU website - including [library](#) - for pretty much everything else.

## PRECLINICAL ACADEMIC ADVICE

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# TEXTBOOKS

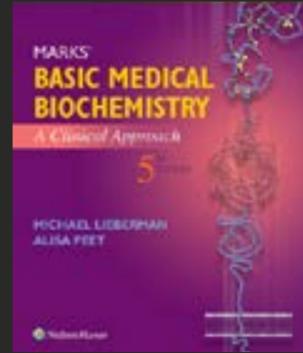
## YEAR 1



### TORTORA'S

#### PRINCIPLES OF ANATOMY & PHYSIOLOGY

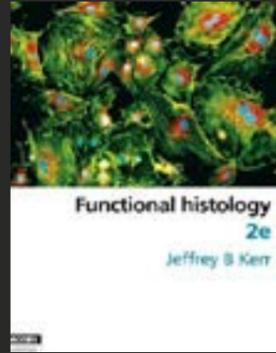
A chunky but hassle-free guide to your new degree! Not at the depth you'll need for years 2+, but if things get overwhelming it's a great place to start + easily answers general GLS q's. Often referred to in MSS and many CTL slide diagrams are from here.



### MARK'S

#### BASIC MEDICAL BIOCHEMISTRY

The only prescribed textbook for MTC - Lionel will ask you to read a few chapters prior to each lecture. A lot of students get through without ever reading this text, but it will probably make your life easier if you do actually complete the pre-reading.

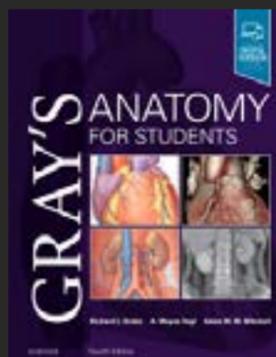


### KERR'S

#### FUNCTIONAL HISTOLOGY

A sight for sore eyes, images in this book come time and again in lectures, GLS's, and some have reported dreams, in first (CTL, MSS, REPRO) and second year.

There's no e-book for this as resolution is usually compromised so if you're purchasing one hardcopy text, make it this one!



### GRAY'S

#### ANATOMY FOR STUDENTS

Every medical student's pride and joy, not only is it very cool to own a copy of 'Gray's Anatomy', it will be your staple anatomy text for the rest of your career. Illustrations are gorgeous and the muscle tables for MSS have everything you need. Consider it an investment.



### LEWIS'

#### HUMAN GENETICS - CONCEPTS & APPLICATIONS

Year 10 science might've taught you Punnett Squares... but for everything else, this text lays down just about everything you need to know for your genetics subject. A second hand copy will likely be sufficient.

## PRESCRIBED TEXTS

### Notes:

- The prescribed and recommended textbooks in this section are ones which lecturers often refer to in the subject outline, weekly overviews and/or in lectures. Having a copy of these are handy, but definitely not compulsory.
- Relevant excerpts are often made available on LearnJCU under the 'Readings' section, and JCU subscribes to Elsevier's ClinicalKey which has some of these already. Search ISBN's in the JCU Library's OneSearch for free-access texts.
- PDF versions of other textbooks can be found online or through peers, or if you prefer hard copies be sure to check out our new [textbook buy/swap/sell Facebook group!](#)
- Having an older edition/ second-hand copy of most books isn't a huge issue - usually a lot cheaper too!
- An interactive anatomy app is a great alternative to an atlas - JCU subscribes to Anatomy TV which you can use for free either online or on mobile - check it out [here](#)



### ALBERT'S

#### ESSENTIAL CELL BIOLOGY

A previous prescribed text, and a great supplementary resource for MTC, CTL and G&H

### MCMINN'S

#### & ABRAHAM'S CLINICAL ATLAS OF HUMAN ANATOMY

Can be used in conjunction or as an alternative to Gray's if you prefer a different approach. May not be essential.

### TALLEY & O'CONNOR

#### CLINICAL EXAMINATION

Probably not on this year's list but an honourable mention! Great for clinical skills like GALS this year and sworn by students in clinical years

## RECOMMENDED TEXTS

### GUYTON & HALL

#### MEDICAL PHYSIOLOGY

Prescribed in future years of medicine, so you will need to get your hands on it at some point. Can come in use for CTL and MSS. It is a very comprehensive text so be careful not to get too lost.

### JOHNSON'S

#### ESSENTIAL REPRODUCTION

Really only necessary if you need a different explanation of what you're learning in REPRO - a histology text might be more useful though. Damien likes his excerpts so you can usually hunt down what you need in GLS folders/ readings

### GANONG'S

#### REVIEW OF MEDICAL PHYSIOLOGY

Similar to Guyton & Hall's, geared towards upper years and erring on the side of convolution - but free eBook [access!](#)

### MURTAGH'S

#### GENERAL PRACTICE & COMPANION HANDBOOK

A wholesome power couple that is referenced a fair bit in clinical skills. The companion has info on patient communication which is handy too. There will be plenty more opportunities to practice these in year 2 and above

## PRESCRIBED TEXTS

### YEAR 2

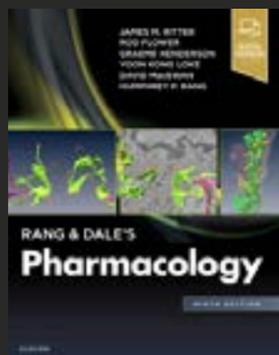
FROM YEAR 1'S  
PRESCRIBED LIST^^:

#### LEWIS' | GENETICS

A bit of a mystery as to why it's on the year 2 list as well, but nice to hang onto if you're looking into the genetic origin of the diseases you're learning

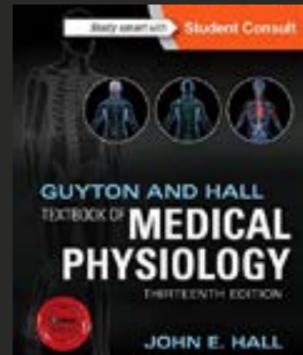
#### GRAY'S | ANATOMY

LOML <3<3<3



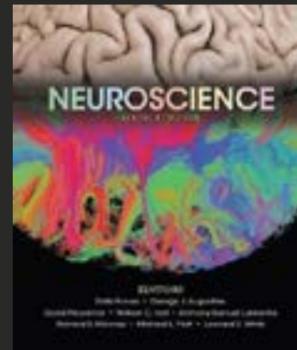
#### RANG & DALE'S PHARMACOLOGY

Great guide, has awesome pictures and drug tables frequently referenced in lectures. Great if you need more info but you can survive without it. If you really want to smash pharm, Goodman and Gilman's is far superior. It is the best and most complete pharmacology book; but it's chunky with lots of biochem/physiology that's not required by MP.



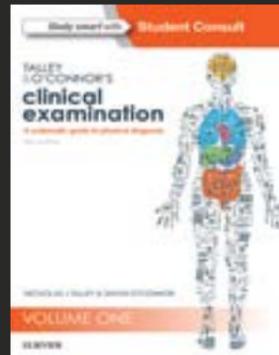
#### GUYTON & HALL MEDICAL PHYSIOLOGY

A second-year essential - a bible for knowledge and answering GLS questions at the right level of depth!



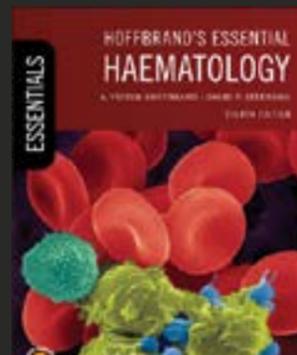
#### PURVES' NEUROSCIENCE

Many students have got through Neuro without this (since Naga's lectures are AMAZING). A superb and well-aligned extension on neurology for extra keen students. Worth the investment if you love neuro, otherwise second hand/not at all is the way to go



#### TALLEY & O'CONNOR CLINICAL EXAMINATION

This is basically where your clinical skills guidelines are written from - so it has all the answers to the mandatory pre-workshop homework! A gem on this earth.



#### HOFFBRAND'S ESSENTIAL HAEMATOLOGY

Excellent introduction to haematology, with very clear and simple language. However, it's only useful for a couple weeks and ideally should be bought second-hand if at all

## RECOMMENDED TEXTS

FROM YEAR 1'S LIST:

#### KERR'S | HISTOLOGY

A lifeline for passing the dreaded histo MSAT station

#### GANONG'S | PHYSIOLOGY

Handy for CVM/ HRM (but you can easily survive with Guyton's)

#### LILLY'S | HEART DISEASE

Lecture slides are really all you need for CVM, this is not really needed

#### WEST'S | PULMONARY PATHOPHYS

Nice straightforward explanations of an otherwise trickier subject. Guyton's also does the job though

#### GEISSLER'S | NUTRITION

Don't sweat - relevant excerpts available in readings (same goes for Smith's Rural/Remote/Indigenous Health text)

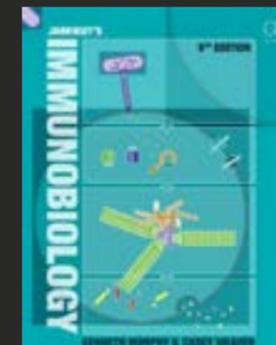
#### GOLDBERGER'S | ECG'S

Useful for 3 weeks of CVM - and more relevant in years 3/4, since lecture slides cover everything for year 2.

## PRESCRIBED TEXTS

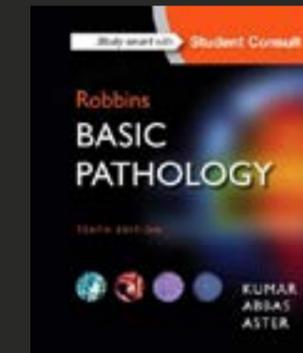
### YEAR 3

By now, you should've somehow realised what you've got to do - and feeling pretty weary about purchasing texts unless you absolutely have to. While some choose to collect them all (Pokemon style), it is possible to get by with a few key texts and access to the JCU databases.



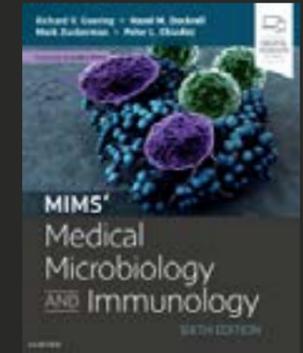
#### JANEWAY'S IMMUNOBIOLOGY (MURPHY)

This text provides an amazing amount of detail about all things immunobiology, but sometimes its explanations of concepts can be a bit confusing. It may be best to use the lecture slides provided by the lecturers as a guide as to which sections to read



#### ROBBIN'S BASIC PATHOLOGY (KUMAR)

Provides a great explanation for all things pathology, with a relevant overview of relating medical conditions. This is also referred to as 'Baby Robbins', and it is a matter of personal preference whether you use this text or 'Daddy Robbins' for your studies



#### MIMS MEDICAL MICROBIOLOGY

While it does provide some fantastic information, some students prefer to use different resources and have gotten by without this text. Other recommendations include hiring MIMS from the library or using journal articles based on the amount of time and depth you want to study in.

FROM YEAR 2'S LIST:

#### TALLEY & O'CONNOR CLINICAL EXAMINATION

We won't say it again - but this book is a must-have for the rest of medical school

#### BROWN & CADOGAN EMERGENCY MEDICINE

While this is a good text going through emergency presentations systematically, some students prefer online sources (e.g. LITFL) and have gotten by without purchasing this text. Rosen's appears to be an alternative but there's not too much information for this new recommendation.

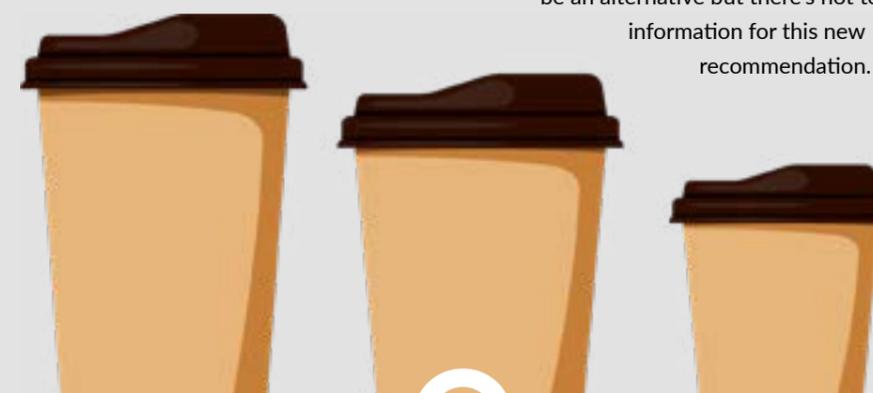
#### SAUNDER'S ADDICTION MEDICINE

This is a relatively new recommendation and with a change in lecturer this year, we're yet to publish student opinions on this text

#### WELLER'S

#### CLINICAL DERMATOLOGY

Another newer recommendation, though it appears to be helpful if you're after support in giving some structure to your learning and understanding. Skin is a vast subject so only pay attention to the areas discussed.



# SUBJECTS

## YEAR 1

### SP1 (MD1010)

#### MTC

- The first two weeks will be daunting - especially if highschool chemistry wasn't your best. Luckily, the content from these two weeks are hardly, if at all, tested on the exam (you might like to double-check with the lecturer if this will be the case for your cohort though).
- Once you start learning the biochemical pathways, first conceptually understand the content and then DRAW OUT the pathways! This is a classic rote-learn subject so getting a whiteboard is great for this! Memorise enzymes, regulating factors and inhibitors for each pathway too (this and other niche stuff is much more assessable now and useful in upper years/ clinical practice).
- The non-pathway weeks (molecular biotechnology and DNA replication, translation and transcription) will likely come up on exams too. Attend the week 13 review session - your exam self will thank you!

- A mishmash of a subject but lays vital foundations for the next three years. The first two weeks of cover high school-level biology, so brush up on your mitosis and meiosis (usually assessed in more ways than you think!). For those who prioritised ATAR scaling, YouTube videos or Osmosis will catch your biology up - and don't be afraid to let your friends, GLS tutors and lecturers know if you're stuck.
- From weeks 3-6, you'll learn all about a type of tissue each week. It helps to make up your own charts/ diagrams to learn all the different cell shapes and arrangements e.g. stratified squamous, which come up in exams both now and down the track. Use GLS's to gain confidence in setting up a microscope and identifying slides for the end-of-year MSAT (still a while away but it tends to catch people by surprise).
- Start to take note of how the latin derivatives of biological terms can help you figure out where they are located and what their function is. Some examples are: "epi" means around, "myo" refers to muscle, and anything "chondro" is cartilage-related.
- Weeks 7-12 are spent exploring topics of pharmacodynamics, pharmacokinetics, immunology and pathology

#### CTL

- While EH1 can be though to be passed off as a bludge, it could end up literally saving your marks with a its high study output:input ratio. You'll notice that the lecturers put in a great amount of effort to teach you all about the social side of medicine in hopes that you become socially accountable doctors - arguably more important than nailing the biomedical sciences itself.
- The weekly overviews + learning objectives are spot on, so just follow these in your summaries and exam study, which should involve main points from intro and synth lectures. Memorise key definitions and numbers, but don't get too caught up in filling out every question from the GLS workbooks as they aren't always relevant to exam content--still try your best to get the workbooks done though.
- Medicare and PBS content is always assessable and will come up again in EH2

#### EH1

- Hot, generous and loved by all, ENDO is a breath of fresh air where learning the hormone actions will reap huge rewards in your exams and will help in future years. Marking is fair, so make good notes and give this subject the time it deserves. Hormone tables are a great study method - work with a friend or make your own.
- The first few weeks on transporters and second-messengers are insanely important for next year - don't forget
- The summaries provided at the end of semester along with the 100-slide summary are a literal godsend. If not anything else, refer to these and passing is likely (but we all want better for Naga).
- Ninja Nerd on YouTube walks through hormones actions brilliantly. Osmosis is also great, but with less detail.
- GLS questions for ENDO diseases are similar to those that appear in the KFP and MSAT. Do the Blackboard MCQ's for exam prep, the KFP's and SAQ's hidden in folders throughout the weeks are great revision tools.
- In particular, know Diabetes Mellitus, Addison's, Cushing's and the Thyroid conditions inside and out.

#### ENDO

- Take notes on the workbook before workshops to get the most out of your session and prepare you in case you get called on to demonstrate. Be sure to arrive at your session on-time and in clinical dress, as latecomers are usually not allowed in and may need to attend another session or submit an assignment on professionalism.
- Check the online timetable each week to see if your homegroup has a Clinical Skills session scheduled. Clinical Skills theory will be tested in the KFP exam paper.

#### CS

### SP2 (MD1020)

#### G&H

- Conceptual understanding is key to doing well in this subject, but make sure you spend time memorising information associated with the genetic conditions mentioned in lectures and GLS workbooks. Tables work well for this subject too.
- Make the most of the little lecture slide clues and the Synth sessions which have valuable clarifying information
- Also take the time to learn the chi-squared/Hardy-Weinberg equations (the big G&H math question is always a stumper in the written papers) as well as how to draw pedigrees - you'll most likely have to do two.

- Stay on top of the content from the start of the semester and try your absolute best to stay afloat throughout.
- Make sure you watch the lectures and read the prescribed resources before anatomy lab, as doing so will allow you to make the most out of your sessions and ensure you are well-prepared for MSAT (I had never seen my life flash before my eyes until the anatomy station).
- Anki is a great program for memorising a large amount of terms, as are mnemonics. Older students, tutors and homegroup facilitators are great places to start, with a cornucopia of pickup lines and life advice (e.g.: 'Smash my ribs' = semispinalis, multifidus, rotatores (all intrinsic back muscles); or "Some lovers try positions that they can't handle" (go figure ;)).
- It's not all muscle and bone! Innervation, arterial supply and important plexuses, tunnels and sites of crossover should definitely be areas to focus on. In fact, origins and insertions are usually less important, except for notable muscles such as SCM.
- Make the most of additional scheduled anatomy sessions, they're a great opportunity to solidify your understanding and to ask for clarifications. Use the tutors for study tips and familiarise yourself with specimens as they're used in MSATs too!

#### MSS

- A reincarnate of EH1 (there's an equivalent virtually every pre-clin semester). Keep memorising stats (ballpark figures and trends)
- Remember, it's weighted equally to your other subjects, so give it a good amount of love and attention. Try your best not to slack off in the last weeks of EH2, as the content from the Coping Mechanisms & Strategies, Medication Use & Society and Determinants of Chronic Disease weeks all make for great exam questions.
- You may find it of great benefit to pay close attention to the Health Behaviour & Behavioural Change week before your MSAT.

#### EH2

- The first week is overwhelming as you will go through reproductive anatomy - get this under your belt as soon as you can and the rest should be smooth sailing.
- Some GLS sessions will be spent back in the histology lab to look at ova and testes slides which like to come up in MSATs too.
- The GLS's cover a broad scope usually not mentioned in the week's lecture, but is just as assessable. Be sure to understand the content surrounding embryology, hormones, stages of labour and even lactation (mentioned in one of the GLS workbooks)

#### REPRO

Brace yourself for a much tougher year than first year - GLS answers aren't usually posted after the sessions (just discussed in synths) and clinical skills expect a lot more from you too

## SP1 (MD2011)

### CVM

- Introductory lectures are a must, the lecture slides have the exact information you need to know to ace CVM.
- Drawing out diagrams of electrophysiology and the cardiac cycle are very useful in connecting concepts.
- YouTube has plenty of videos that simplify concepts. Armando Hasudungan and Khan Academy are favourites.
- Remember: VEINS carry blood TOWARDS the heart, and ARTERIES carry blood AWAY from the heart.
- It's handy to think of ischemia as an issue between supply and demand - when oxygen demand is high and supply is low, it causes the cardiac tissue to become ischaemic. Working logically helps grapple with heart failure concepts etc.
- The delivery of CVM is very straight forward, you get told exactly what you need to know in lectures. But since it does not delve into more detail, if you're interested in CVM you'll need to read further

- There are some very difficult to grasp concepts, however Suzy Munns explains key topics well so ensure you attend every lecture, or you be playing catch up early on.
- It is important to link anatomy and physiology to understand how everything works. Cannot stress knowing common respiratory conditions inside and out, such as emphysema, chronic bronchitis, and asthma (asthma is a very important one).
- Suzy is happy to answer any questions and clarify any issues. Utilise your time with the lecturer wisely.
- Attend every session, Suzy has amazing lectures, GLS and SS. There is a lot of content to cover and additionally necessary information are presented in GLSs and SS.

### RM

- Don't neglect RRITH - its very content heavy and cannot be crammed in SWOTVAC whatsoever (still some students try and don't succeed). Like EH last year, you'll need to remember stats too!
- Guest speakers are important to attend and can be examined.
- Tropical diseases is a great couple weeks to look forward too but content-heavy. Organise them into tables or flashcards and they all come together.
- Learning Objectives are brilliant. Consider group discussion and study is to get everything to stick.
- Attend the GLS sessions, many questions in the exams are based on activities from GLSs, for that reason GLS booklets are a good resource for SWOTVAC.

- Attend Naga's lectures, GLSs and SS - he often highlights the key points and depth to know. On top of making awesome summaries, he also summarises Shashi's lectures, which are otherwise hard to follow, content heavy and go into considerable depth.
- Know the material for blood group week quite well (blood groups, blood grouping and donation ability, HDN, RhD), including the vet sciences practical GLS.
- Know the different types of anaemias inside out (IDA, haemolytic anaemia, megaloblastic anaemia (sickle cell isn't as important in HRM)) and be able to identify key features.
- The coagulation cascade (why pay \$12 when you can pay \$11.98?) is an essential part of HRM. You'll be asked specific questions even if you don't have to draw it out.
- Renal be a bit tricky, but ultimately know the sections of the nephron, their histology and the transporters in each. Additionally, how specific hormone affect filtration and urine concentration.

### HRM

All the modules in MD2012 link together quite well and so there's some concepts like depression or Parkinson's that you revisit many times.

## SP2 (MD2012)

### MP

- This is definitely not a subject you can cram in SWOTVAC! Reviews, no matter how brief, throughout the semester will help you to understand and retain the information better (and can help to reduce the stress of learning or what feels like a million different drug names and mechanisms of action!).
- For each drug understand the basic principles and mechanisms (What drugs can be used for a specific condition? How do they work? What are some potential side effect?)
- The sheer number of drugs lends itself to getting caught up on smaller, unimportant stuff. Content and exams reward big-picture thinking, so incorporate different learning aids such as drug tables, flashcards (just don't get lost in making them instead of using them!) and white boarding to add variety to your study.

- GLSs provide a comprehensive every view of what the key points for each week. Use the readings that the lecturers supply you and focus on the concepts covered in each GLS, and YouTube can help if you're stuck too.
- Some of the concepts are hard to understand, try drawing them out (e.g. hormones of the stomach, stimulatory and inhibitory hormones). Know the identifying histological feature of each section along the GI tract.
- Know your anatomy - thankfully the gastrointestinal tract is relatively straight forward, and unlike some other things in the human body it makes a lot of sense!
- Donna's content is quite straightforward, but there's a decent amount of it and contributes to ~half the exam so don't neglect her weeks! Select GLS answers are discussed during the synths which are great to reference the depth you need to go into (and she gives out choccies!)

### GIMN

- Learning Objectives are the ultimate guide to approaching PMHD, since lecture slides can be all over the place. Tables can also be useful to organise key concepts and ideas. In saying this though, the exams assess their fair share of niche definitions, so brainstorm what kind of questions would come up for each paper.
- Connect disorders in a chronological order of human development (developmental disorders in childhood etc).
- Have a list of definitions and know some strengths and weaknesses of each theory of development, and memorise the entire Eriksson's table (including maladaptions).
- Know the psychological disorders and timing of each. YouTube videos are also a good resource for furthering understanding, especially looking at cases of the conditions. Generally, using imagery and examples to understand conditions is a great way to consolidate learning. For example, you might know someone or a fictional character who exhibits similar traits to a personality disorder. e.g. Antisocial Personality Disorder - Gone Girl
- Going to the GLS's! A discussion with the tutors/class is a very good way of making sure you understand the content the way the lecturers want you to and clear up any confusion.

### PMHD

- One of the heaviest modules in all of medical school. Find resources that explain concepts the way the you best understand. Anatomy labs are essential, the tutors are amazing and give excellent tips on remembering the key points to know for neuro anatomy.
- Draw out the blood vessels of the brain, until you know them off the top of your head. The Circle of Willis is an important concept - know it so you're not going in circles in SWOTVAC (all puns intended)
- The special senses (taste, hearing, sight) are taught in much greater detail in third year, but the basics are still important for MD2012. Naga usually highlights what's important so don't stress out too much
- Know neurotransmitters, their formation, path in the CNS and receptor types that they act on, and how defects in the Basal Ganglia Pathway leads to Parkinson Disease.

### NEURO

## ANY STUDY PERIOD (MD3000/OTHER)

### ELECTIVE

- This semester is the one time you get to feel like a normal uni student choosing your own subjects!
- Everyone approaches the Selective differently, some take the opportunity to upskill and do College of Medicine provided subjects, while others branch out completely and do that subject they always wanted to, from Maths and Astronomy to French and Effective Writing. Then there are the strategic types who choose an easy subject or block subject that allows them more time for Med! An increasingly popular option are early offerings of block mode subjects, some of which, like other subjects, can be attempted online (externally).
- Another option is to apply for an International course to complete in your holidays that can then be counted as your Selective
- Ask older students what they have done and then make a decision for yourself

## SP1 (MD3011)

- Be on time to class!
- Beware of Janeways. It is a fantastic book (useful in preparing GLS answers) but contains a lot more depth than you generally need to know in this subject. Focus your reading on the broader concepts discussed in class, rather than additional fine details explained in the text.
- Link all concepts into one process, this makes it easier to learn and understand. Link pathophysiology/diseases where the process fails. Common exam pitfalls happen with simple things like percentages in the differential for blood cell counts, conversions from L to mL etc.
- A few common and big topics that we would recommend knowing include titres, IgM and IgG graphs.
- Similar to other modules there is a lot of new vocabulary, a list of definitions might be useful!

### III

### TIN

- Know your cytokines and chemokines (it will also help you with III)
- Some of the GLS sessions will involve patients coming in to talk to you about their experiences with cancer. It is always worth attending these, as these patients have extremely valuable insight into the more human aspects.
- CTL comes back to haunt us in TIN as histology is very important (visually recognising the signs of tissue injury and neoplasia) - and in saying that, TIN comes back to haunt you in Clinical years!
- Try to link the process of tissue injury to its histological representation to increase comprehension
- Baby Robbins is a very helpful book to use for TIN (take advantage of the easy to read diagrams and definitions)

- While there's a significant amount of content that you will need to learn (and you can't just rely on common sense for), it's a subject which will be extremely useful to you in your clinical years
- As some parts of PAS are steered towards clinical medicine, look to integrate it with MP, TIN and III
- Motivational interviewing and brief interventions are essential life skills to have
- Take note of the different clinical tools (screening tests, Lifescripts, decision-matrices) mentioned in this module. It is expected that you will know which screening tests are used for each particular addiction. In addition, this holds relevance to clinical practice
- Statistics (like PPV, sensitivity, specificity) can be tricky, but it is worth spending the time to understand them and doing the practice exercises. These terms get thrown around in clinical practice and knowing what they mean will make you that much more the competent doctor!
- Practice the clinical/hands-on aspects as many times as possible with your family/friends, using different pretend cases each time.

### PAS

You're here! Congratulations for getting this far :)

## SP2 (MD3012)

### ID

- Really obvious point - but make sure you understand III as it will help you understand the pathogens and their resulting infectious processes
- Categorise all the pathogens to make their differences clear. Link the pathogen and its virulence factors to the pathogenesis of the disease, which you should then link to the clinical presentation and laboratory tests.
- Be able to describe the bacteria based on description, features and location inside and outside the human body
- Do not neglect lab sessions - they are easy to forget, but contain really useful practical information which is examinable

- Learn the online study guide and the topics that your lecturer recommends first - only expand your learning to other topics once you have covered the basics.
- Create a logical framework that you can use in almost every situation to identify and distinguish the diseases. Practise using this framework with every case that is presented, so you have a consistent way of thinking about the diseases and the differences between them - it makes it much easier to diagnose the conditions.
- Some of the guest lecturers will go into a lot more detail than you necessarily need to know
- Definitely attend the last two GLS sessions - these often cover Snellen, Rinne and Weber's tests which you need to know and are really useful for clinical years.
- Refer to clinical skills workbooks and online resources for clinical application of SSS
- Note: the answer is almost always "all of the above" except on the actual exam! And truly, best of luck.

### SSS

- Millennium Development Goals are essential knowledge! Do your wikis on time each week - it is much easier than having to do the makeup exercises
- Try to vary the types of questions you do for the wiki each week, and don't be tempted to only pick the easy questions. Come exam time, it is much better to have experience in answering different types of questions
- Practice causal chains each week - even if it isn't your turn for the wiki, at least think about what you would have written- the more you practice, the more confident you will be by exam time
- Engage in the practical teaching sessions and peer presentations by asking questions - it helps to keep you on-task during the presentations and helps you to consider connections between the content, which helps your learning and understanding and makes it easier to apply your knowledge to specific cases

### GH

- ABCDEFG!
- Go to lectures!
- Following a structure when considering every case and patient can be extremely helpful to guide your thoughts, so you don't forget anything. For example: ABCDEFG, observations and examination, investigations
- Ensure you know your ECGs, especially common ones such as normal sinus rhythm, AF, VT, STEMIs and their different locations. Books such as 'ECGs Made Easy' and similar websites can help give you extra practice
- Have a systematic way of going over chest x-rays: it doesn't matter which one you use, pick one you are comfortable with. There are lots of different websites which have some great images to practice with
- There are many helpful textbooks around, but these are not necessarily essential to complete this subject

### EM

# TIPS FOR ASSIGNMENTS

## 01

### ON STARTING

Get it done early. It's much easier to write an essay if you have something to work with. If you're struggling to start, jot down your ideas and key points that you need to have in the assignment.

Do a skeleton of the order of your assignment, and then expand from there - don't be fooled by starting with the intro - it is often the hardest part to write so it can be best to leave to last!

Do a bit of background reading before starting to get a feel for the topic. Check your references' references - there may be other great articles you can use.

## 03

### ON REFERENCING/FORATTING

Endnote (free on JCU!) might seem daunting at first but it will be well worth your time in the long run, especially with the alphabetical nature of AMA Vancouver. The library runs EndNote workshops which you can follow along with. Have the Med Libguide open when you're finalising your reference list.

If you are going to need a key reference text from the library (one that everyone else in your class will want as well e.g. Principles of Biomedical Ethics for an ethics assignment), get on the waiting list early.

Find the CMD Referencing & Style Guide before you start. There's nothing worse than discovering just before hand in, to realise you've done it all wrong

Aim for at >10 references, and make sure they're relevant.

## 02

### ON GOING

Note the URL and a quick description of each source you've used as you go along in your doc, and favourite / save articles to your browser's collections so you don't have to search for it each time you want to refer to it.

Take note of the session you have about how to use the JCU databases and journals - OneSearch is brilliant and JCU pays for our access to these journals, so don't just rely on Google Scholar!

If you're having trouble finding information on the internet, seek out Stephen Anderson - he's a librarian specifically to help medical students so utilise him. You can hit up Studiosity if you need a fresh pair of eyes for proofreading.

## 04

### ON SUBMITTING

Use the CMD Assessment Cover Sheet - found on LearnJCU - 'Medicine Course Site -> Assessment -> Assessment Forms', or make your own as long as it has the same fields as on the original cover sheet.

If you're concerned your work might flag plagiarism checkers, there's a dropbox to check first. Once you've submitted your draft, Blackboard remembers it and will flag your final submission as a copy of a previous student's (your) essay - don't worry, the markers know about this. (Blackboard is smart, but not that smart).

Note the requirements for naming your assignment!

# TIPS FOR STUDY & EXAMS



### Getting Organised

Check out the JCU Academic Calendar for key dates, and the Online Timetable prior to the beginning of the week and either add relevant information to your own calendar or download the weekly timetable as a pdf.

Check out the Subject Overview for Assessment Due Dates (I print out the weekly overview and stick it on my wall too!) and make a start on assignments as soon as you can - you will not be told when you should start or where you should be up to.

Set deadlines for what you would like to have done, and when. while scheduling in downtime, social activities, exercise and time for your interests outside of medicine.

### Digesting Content

Don't be afraid to ask for help - all the older grades would be happy to answer your questions, and ease your journey. While previous students notes are available, however, don't rely on these as your only resource everyone understands and summarises information differently.

Rely on high-efficacy study methods like active recall, spaced repetition, teaching others and practice questions. Study groups and team-based learning is a great and enjoyable way to get through study, especially for Clinical Skills and MSAT

Refer back to the learning outcomes to check you've covered everything for that week. Learning how to study is a personal, long-term and ever-evolving process so don't feel pressured to follow a certain method or to stick to just one method

Do not leave the bulk of your studying to SWOTVAC. Also, be sure to factor in content learnt in Clinical Skills (MSAT and KFP) and Integrative Sessions (usually 'big picture' concepts that you would've outlined in summaries).

### Exams!

- Double check when and where your exam is (and what you need to bring), they are not always held in Building 46 or the med precinct!
- The night before, gather all the permitted materials you need to sit your exam, don't forget your JCU Student ID card.
- Use the calming strategies that work for you and don't worry about what anyone else is doing--you deserve to be here just as much as anyone else.
- During SWOTVAC and exam week, motivation can be at an all-time low, but remember it's only for a few more days - make the most of it!
- Once you're out of the exam room, you should never feel obligated to discuss your answers as what's done is done. Appreciate all your hard work and recharge your energy for the next one/ celebrate!



## TIPS FOR CLASSES

### LECTURES

Scan through the lecture slides beforehand to get a general overview of what you'll cover in the session.

During the lecture, you may wish to add handwritten notes onto printed slides (an iPad is a great alternative to printing) or to a digital version of the slides (you could copy and paste the text onto a Word document or, better still, add the slides to One-Note).

Remember if you sign in with your uni email (up to 6 devices), everything will already be backed up to the cloud and you've got unlimited storage!

While in-person attendance is encouraged by the university, you may instead wish to watch the lecture recording after it has been uploaded (which is usually same-day).

Blackboard collaborate recordings don't have a playback speed controller, so consider a browser extension [like this one!](#)

If you're prone to falling asleep in lectures, try giving your calves a squeeze and keeping hydrated. Popping outside for some fresh air between lectures is another good idea, and chat to your GP about a check-up, with a review of bloods, and eating/sleep habits.

### GLS'S

Look over the workbook before the session to see where you may need help from your peers or discuss with tutors. Some students prefer to start answering workbook questions prior to the Guided Learning Session, though you will get the most out of your learning if you work together with and discuss with your peers as you go.

Use the GLS time to your advantage - ask questions and take your time to understand the concepts. Make the most of the tutors there, they've done well in your subject and have a good idea of what is expected/ can help you head in the right direction. These sessions are a good indication of the depth of study you should do.

A select few GLS's need clinical dress - be sure to check your timetable for your correct session and what to bring. Anything with a practical component has every chance it will come up on an MSAT, so beware!

Don't be afraid to switch up who you sit with in the GLS sessions if you find that you don't work at the same pace as those around you or don't work well together.

### SYNTH SESSIONS

The lecturer will often take this opportunity to go over some of the GLS answers and/or add in any extra content they didn't have time to teach in the lecture. To make the most of this session, make sure you've finished the GLS workbook before the SS so you can take this chance to ask any last questions you have about the content.

First-years will have synths on Thursdays/Fridays, but second and third years will have the weekend to tidy up notes before this session (which would make it less of a weekend but hey, your Mondays aren't too bad!).



## TIPS FOR PLACEMENT

### BEFORE YOU START

Research! Consider where your placement is, travel, accommodation, food, dates and other holiday commitments which will influence what you preference. Ask older students or check out our website where people have shared their experiences (when you're done with yours you can add to this too!). Look out for extra opportunities like the Lynn Kratcha Memorial Bursary or the John Flynn Placement Program, with EOI's emailed from the faculty.

When your placement is confirmed, consider food, key contacts, things to do and who will be there with you. Knowing demographics, common health conditions, and brushing up on clinical skills/ content will be useful too. It's vital all paperwork in the LJC 'placement' folder is done - including extra PPRs!

You might feel nervous arranging and organising placements. However, this is a skill best learned early in your career. Make your objectives clear with your supervisor. E.g. 'I would really like to improve my history taking skills' or 'I'd really like to learn how to take blood'.

### WHEN YOU GET THERE

Be on time and polite. Always introduce yourself when you meet someone new and on phone calls. Asking what their name is and what they do will show your interest.

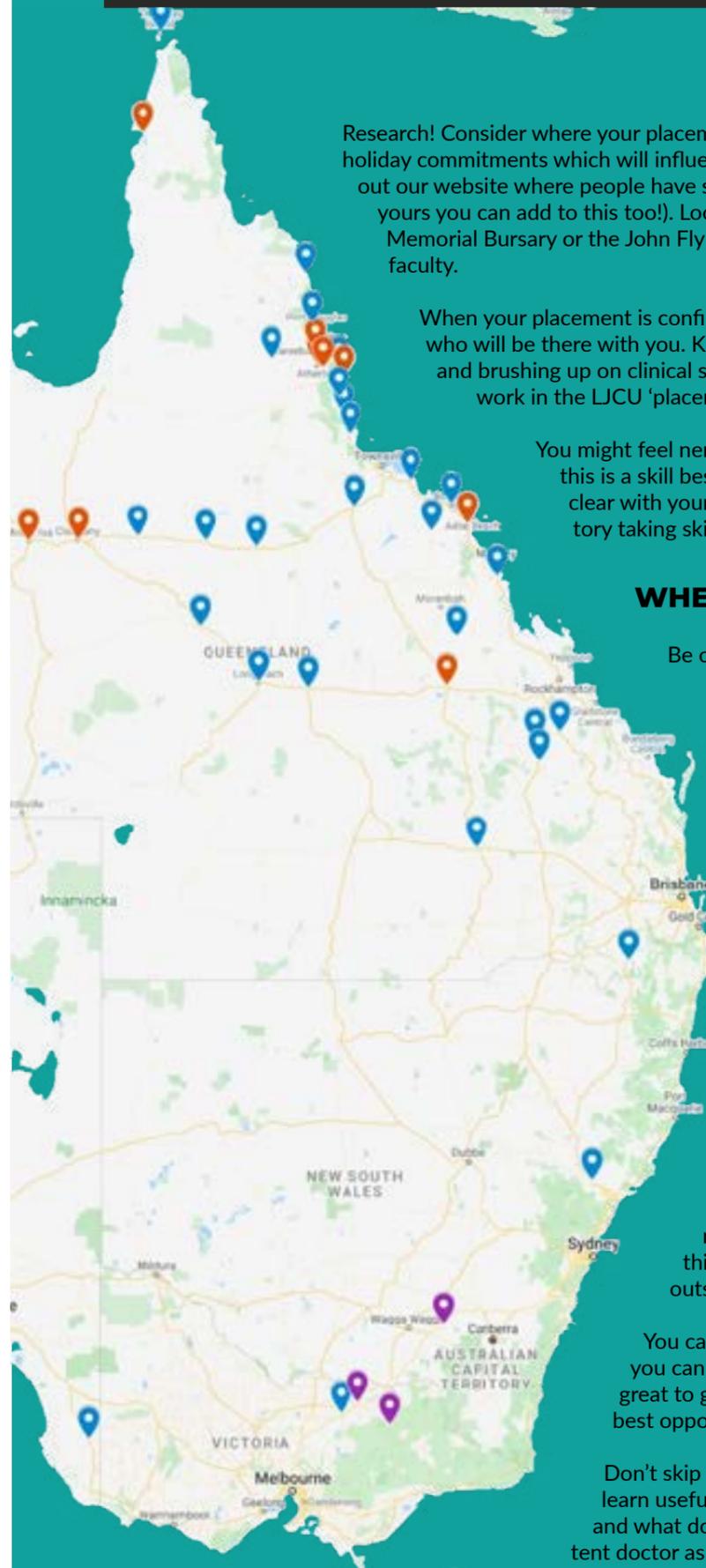
You don't have to be an HD student to do well and be liked on placement! You may feel like you are getting in the way - simply ask if there is anything that you can do to help. Have a notepad and take notes - you'll be amazed later on looking back on the cases that you have previously seen.

When asked 'have you X before?' reply with 'No, but I would love to learn!' or 'Yes, a few times, but I would love more practice!'. You can also be proactive (you may never know what you are allowed to do unless you ask, just ensure that you receive informed consent from both patient and doctor).

If you don't know something, be honest - it is ok to not know. Don't be afraid to ask questions, but do this in conjunction with your own study and Googling outside of placement hours.

You can learn a lot from nursing staff and allied health. Ask if you can examine the patient while a supervisor watches. It is great to get feedback from someone experienced as this is the best opportunity to perfect your clinical skills!

Don't skip things that may seem boring, like handover. You will learn useful tips about what makes a good patient presentation and what doesn't, which in turn will help you become a competent doctor as you move through clinical years.



# WORK-LIFE BALANCE



It might seem like everyone has a better idea of what's going on than you do - trust us - the vast majority are in the exact same boat.

Take a bit of time to experiment with study strategies. Paper notes vs typing notes, flash-cards vs mind maps, recordings vs pictures... There is no right or wrong answer, and we all learn differently!

Set realistic study goals. There is nothing worse than sitting down to do some study when you know you will never be able to achieve what you have set out to do.

It's easier to take little bites out of study over a longer period of time. Utilise your free time productively - this can help free up some weeknights and weekends. Even those 1 hour breaks between classes can be used to smash out a surprising amount of content.

It's really helpful to use a diary or lists to keep track of what needs to be done each week, and what particular areas you struggled with. It can also help you to plan your time better.

You might be told that university should be treated like a full-time job, but don't feel that you need to give up other commitments entirely in order to study. You may need to compromise, but dropping everything in first year to study all the time is a common rookie mistake; it's much better to see what you can handle before cutting back on commitments. And bear in mind, having an activity that you really enjoy is an excellent way to unwind after a busy day of Medicine.

If you do decide to take on a job, and many people do, consider ones which fit your university schedule better, or jobs through the university such as tutoring. Yet again, you are the best person to decide if and for how many hours you are able to work and study.

Don't expect to have the same balance as someone studying a different degree. Don't even expect to have the same balance as other people in Medicine! Comparison is the thief of joy - just because a peer asks genius questions in class or another can go out most weeknights without falling behind on CTL doesn't mean you're doing it wrong!

Congratulations on getting started on such an incredibly rewarding career. It's demanding but if you chip away and remind yourself why you're here and who's with you on this journey, you'll be feeling great on your best days and well-supported during your worse. <33



Exercise is key; it's an important part of a healthy lifestyle, and keeps you covered for all those not-so-healthy study snacks. It's also a great way to work out the stress of study.

Get involved in student clubs, social sports, and other fun things! Make friends in class, waiting for the anatomy labs and outside Uni hours. You'll be surprised to find how many kindred spirits are lurking in the corridors of your cohort and beyond.

Give blood, or volunteer if you can. You don't have to be a doctor to be able to save and change lives. Many of us come from volunteering backgrounds; why not keep up the tradition and give back to the community?

Vampire Cup is a blood donating competition between Australian medical schools, so roll up a sleeve for JCU and bring our trophy home! Follow our journey and post your donations in our group [here](#)!

Sleep is NOT for the weak! Most of us need between 7 to 9 hours of sleep daily. Getting a good night's rest can make the next morning that bit easier to focus, improve your memory and increase your energy levels. Try find the amount of time that allows you to be operational for the whole day without relying on caffeine.

Try steering clear of caffeine and sugar for a few hours before bed, and limit using electronic devices in the lead up to sleep (difficult, we know), and separate "study space," from "sleep space," to make it easier to relax and go to sleep.

Eat well. Your gut bugs will thank you for it. Just because you CAN live on Pringles and coffee, does not mean that you should. Without writing an essay, here are three simple rules to avoid "The Fresher 5.":

- Steer clear of excess processed foods and simple sugars.
- Eat a variety of food types.
- Throw in vegetables, fruits, nuts and seeds wherever possible (n.b. McDonald's fries at 2am do not count as vegetables).

Eating well, sleeping well and exercising will bolster every aspect of your physiology and psychology, and will correlate with improved performance in medicine and other ventures.

Amidst all this, remember to make time for yourself. Relax, go for a stroll, spend time with friends, and enjoy life. Please know that if anything terrible happens, there is always support from the medical school and JCU Student Counselling. Check out our flow-chart on the following page ->>

# Accessing Student Support in Medicine at JCU

A guide by JCUMSA & The JCU College of Medicine and Dentistry

## START HERE

I need some assistance... Something is interfering with my studies. This may be physical, mental, social or environmental

Issues identified by the CMD during literacy or numeracy exams, by lack of attendance or failure to meet professional standards

Is the issue mostly related to coursework?

Yes

No

### Touch base with:

- HG Facilitator
- Module / Rotation Coordinator
- Year Co-ordinator
- Academic Services
- Studiosity

If your issue is not resolved

### CMD Student Support:

- Academic Advisors
- Academic Lead Student Support
- Associate Dean of Students

### University Services:

- Study skills
- International Support
- Housing Support
- Support services for Aboriginal and/or Torres Strait Islanders
- Financial Support
- Mental Health (Counselling)
- Disability Support

Do I need well-being support?

Yes

Check in with your pre-existing well-being support. This can include family and friends, your GP, or psychology / psychiatry services

### Community Services we can put you in touch with:

- Academic tutoring
- Financial Support
- Medical / Mental health support (GP, psychology, psychiatry)
- Hand-n-Hand peer support (this is offered to all JCU medical students and can be accessed in all three campuses)
- Doctors Health Queensland
- DRS 4 DRS

### Other avenues for non-acute wellbeing support:

- HG Facilitator
- Peer Mentor
- JCUMSA Wellbeing Officer
- JCUMSA Wellbeing Representatives
- Hand-n-Hand Peer Support

## Important Contacts & Resources

### Academic Advisors

Townsville  
Years 1 - 4  
Dr Anna Kokavec  
Anna.kokavec@jcu.edu.au, Tel: 4781 5976

Mackay  
Years 5 - 6  
Ms Liz Ware  
Liz.ware@jcu.edu.au, Tel: 4885 7143

Years 5 - 6  
A/Prof Nikki Harvey  
nikki.harvey@jcu.edu.au, Tel: 4781 6408

Cairns  
Year 4  
Dr Aileen Traves  
Aileen.traves@jcu.edu.au, Tel: 42267139

Years 5 - 6  
A/Prof Anna Vnuk  
Anna.vnuk@jcu.edu.au, Tel: 4232 2314

### Associate Dean of Students

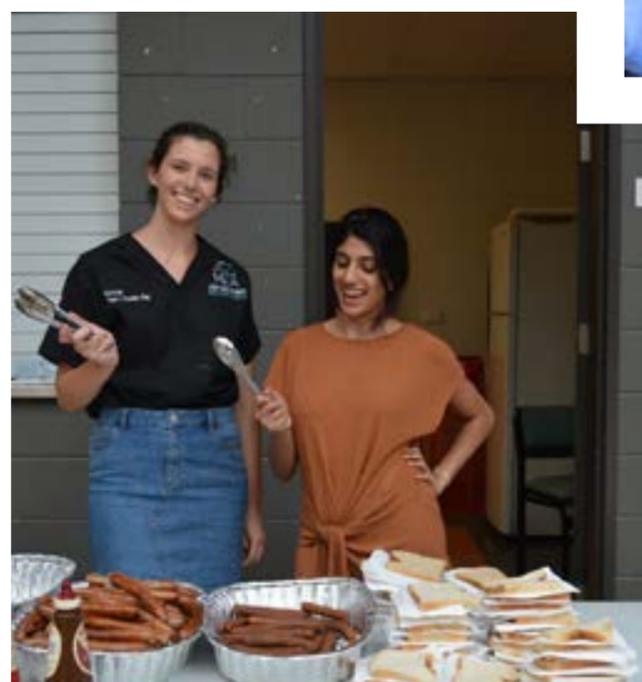
Dr Jane Harte  
Jane.harte@jcu.edu.au, Tel: 0497 997 497

### JCUMSA Wellbeing Officer (2021)

Róisín Lyons  
wellbeing@jcumsa.org.au

### Helpful Resources

- [www.beyondblue.org.au](http://www.beyondblue.org.au)
- <https://www.dr4drs.com.au>
- <https://handnhand.org.au>
- <https://dhq.org.au>
- <https://www.jcu.edu.au/student-equity-and-wellbeing/resources/information-sheets>
- Rural Hotline (1300 RURMED) for adverse personal events on a rural placement
- Studiosity: <https://www.jcu.edu.au/learn/news/studiosity>



## FROM THE COMMUNITY & WELLBEING OFFICER

CATHY  
CHOONG



Hey everyone! My name is Cathy and I'm beyond excited to be your Community and Wellbeing Officer for 2021.

While we're constantly bombarded with information on how to look after ourselves (ie endless circulating mindfulness tips online), as med students we often fail to put these self-care strategies into practice, even if we recommend these to others. I know this because I have been guilty of this many a times. In this full time course, we become so involved in helping those around us that we can forget to nurture our own wellbeing and mental health which can quickly turn into burnout and an increased susceptibility to mental illnesses.

In saying this, I hope this lil summary can act as your guide throughout the year, however, if you are ever feeling overwhelmed remember that there is always time to breathe and that those around you want to help whenever they can.

Starting with the most basic, make sure you prioritise sleeping, eating healthy and keeping active. These are often overlooked during our most stressful times; however they are the easiest activities to complete and the best mood stabilisers you can modify. Once you find time for these, it gives you a stepping stone to building healthy coping strategies.

You'll hear this many times, but medicine really is a team sport. It is super important to look out for others, and at the same time not be afraid to seek help when you need it. Having a regular GP in Townsville cannot be stressed enough – these doctors were once med students so they're able to understand you. And if you've moved away from home to go to JCU, it is an especially good idea to keep connected

to your family and friends from home!

In saying that, we need to work on our own wellbeing before giving to others. This might look like learning to say 'no' to going out one night or prioritising self-care before committing to something. Whatever it is, know that future you will thank you!

Another really great tip is to make time for doing the things you love! Each one of us has our own hobbies and interests, so why stop pursuing them now? Not only is this amazing for your mental health but it contributes to your well-rounded identity that makes you unique. As Roisin, the former officer said, "there's always time for you in med school, and whilst study becomes more important in exam time, the best doctors are real people with real interests." And if you're someone who hasn't found your spark yet, there's a list of communities you can join within med school, the JCU or wider community!

Finally, wish each of you all the best for this coming year and I look forward to meeting you guys! If you have any concerns, questions or just need a listening ear, don't hesitate to talk to those around you or reach out to me on [wellbeing@jcumsa.org.au](mailto:wellbeing@jcumsa.org.au).

MAKE TIME FOR DOING THE  
THINGS YOU LOVE!

## FROM THE AMSA LIASION REP

STEPH  
SULLIVAN



Hey everyone, I'm Steph – your AMSA representative for 2022!

AMSA is the Australian Medical Student's Association. They are a non-for-profit organisation that connects, informs, and represents the 17,000+ medical students across the 23 medical schools in Australia. They run Australia-wide events with education in medicine and other areas such as public health and medical advocacy. These events are also a fantastic opportunity to make some amazing memories and meet other medical students around Australia.

COVID? Never heard of her.

THIS is the year we bring back our events, I can feel it in my bones. What events I hear you say? Well...

- AMSA National Convention (Newcastle): 5 days of mind-tingling academics, 5 nights of intensely fun social and a heart-racing sports day, combined with the artistic and funky vibes of Newcastle.
- AMSA Global Health Conference (Melbourne): 5 days of mind-blowing academics, engaging hands-on workshops, and sizzling social nights! The conference aims to bring medical students together from across Australia to discuss and explore issues around global health in our modern age.
- Rural Health Summit (Mackay): Every year, RHS brings together the future rural workforce to explore all that rural health has to offer.
- National Leadership Development Seminar (Canberra): NLDS provides a unique and intimate forum to discuss issues integral to health, education, politics, and leadership, and is designed to shape the medical leaders of tomorrow, both in a professional & personal context.

Just to name a few..

How can you get involved?

AMSA has opportunities to get involved throughout the entire year. You can help to organise local and national events, assist with national AMSA policies, offer up a particular set of skills, or simply donate blood (look out for Vampire Cup)!

You can find regular updates on events and opportunities through the "AMSA @ JCU" facebook page.



You can also find these details and more at [www.amsa.org.au](http://www.amsa.org.au)

What is my role?

My goal is, and always has been, to be an approachable point of contact for you guys. I hope that I can be as efficient as possible in making sure that JCU is up to date on all things AMSA, but also vice versa - I want to make sure that AMSA is up to date on all things JCU.

If you have any concerns, feedback or advice - I will happily advocate for you on a local and national level.

If you have any questions or just want to have a chat, please email: [stephanie.sullivan@amsa.org.au](mailto:stephanie.sullivan@amsa.org.au)

## FROM THE TREASURER

ERIC SMITH



Hey there pre-clins! I'm Eric and I'm your 2022 JCUMSA Treasurer. Unfortunately the Treasury is often shrouded in mystery with no-one really knowing what goes on – but I can assure you there's a lot happening here behind the scenes! I will be working hard once again this year to ensure JCUMSA fulfills its obligations as a non-profit organisation – to invest in the special events, activities, and equipment that you truly care about. I work with the JCUMSA Executive and the wider student body to put together sensible budgets that redirect the funds we raise from sponsors and Gold memberships into various things like making tickets to Med events cheaper for you. I also coordinate the technical side of reimbursements, deal with refunds, revise financial policies and altogether strive to ensure complete financial transparency with everything I do.

If you have any questions or queries regarding the JCUMSA finances, please do not hesitate to contact me! After all, JCUMSA's money is your money – so let your voice be heard :) - treasurer@jcumsa.org.au

## SPONSORS



DEFENCE FORCE RECRUITING

**\$15/  
YEAR**  
\$90 upfront  
for first years

## YOUR GOLD MEMBERSHIP

- amazing discounts on almost every JCUMSA Store purchase

Events tickets, academic resources, merchandise... you'll make your money back in no time :)

- amazing discounts with our local business (food + retail) partners

(we'll keep you updated with finalised deals on our Facebook)

- ability to nominate & second nominations in elections

including first year reps!

<https://jcumsa.org.au/product/jcumsa-gold-membership/>

## FROM THE SPONSORSHIP OFFICER

ALENA ADAMS



Hey everyone!! My name's Alena and I'm the Sponsorship Officer for JCUMSA. This pretty much just means I work with all of our lovely sponsors and help secure that \$\$\$ so we can run all of our events that we know and love!! I also help secure awesome prizes for you guys from our sponsors, like free stethoscopes, vouchers, keep cups and textbooks!! Be sure to keep your eyes peeled for upcoming deals with our Gold Membership program --> Big hint: there's HUGE discounts on JCUMSA events, local restaurants and even websites like AMBOSS, OSCELAB and Osker!!

But more importantly, I really hope all of you guys have an amazing First year in Med. First Year is truly one of the greatest years to learn heaps of new things, have fun and meet some amazing people along the way. Please remember to be kind to yourselves!!! Even better, take some breaks and come along to our events that we run just for you to help calm the soul.

If you ever need anything, whether that may be answering any sponsor-related questions, or even just for a chat, please email me at sponsorship@jcumsa.org.au or find me around uni. Take care guys!! :)))

## FROM THE SECRETARY



Heya! I'm Anson and I'm so stoked to be your Secretary this year! As Secretary, I'll be doing lots of behind-the-scenes stuff to make sure everything runs smoothly. You'll see me plenty around campus in Townsville though!

I've been involved with JCUMSA since first year, as Events Rep then as Community and Wellbeing Rep. And it's been amazing!! I have met soo many incredible people and made lifelong friends through JCUMSA over the years - and I don't plan on stopping anytime soon! Like Bianca said, you'll be with these people for the next 6 years! So put yourself out there, find your people and build your support network. And don't forget to be kind to yourself; stay up to date and make time for yourself + for socials so as to prevent burnout!!

Quick word of advice, there is a LOT of time and plenty of opportunities to explore non-med things! Yes, Med can get busy but don't forget who you were before med school!! And when Med gets difficult, remind yourself why you're here and why you started!

If you have any questions, don't hesitate to shoot me a message on Facebook or email me at [secretary@jcumsa.org.au](mailto:secretary@jcumsa.org.au) :))

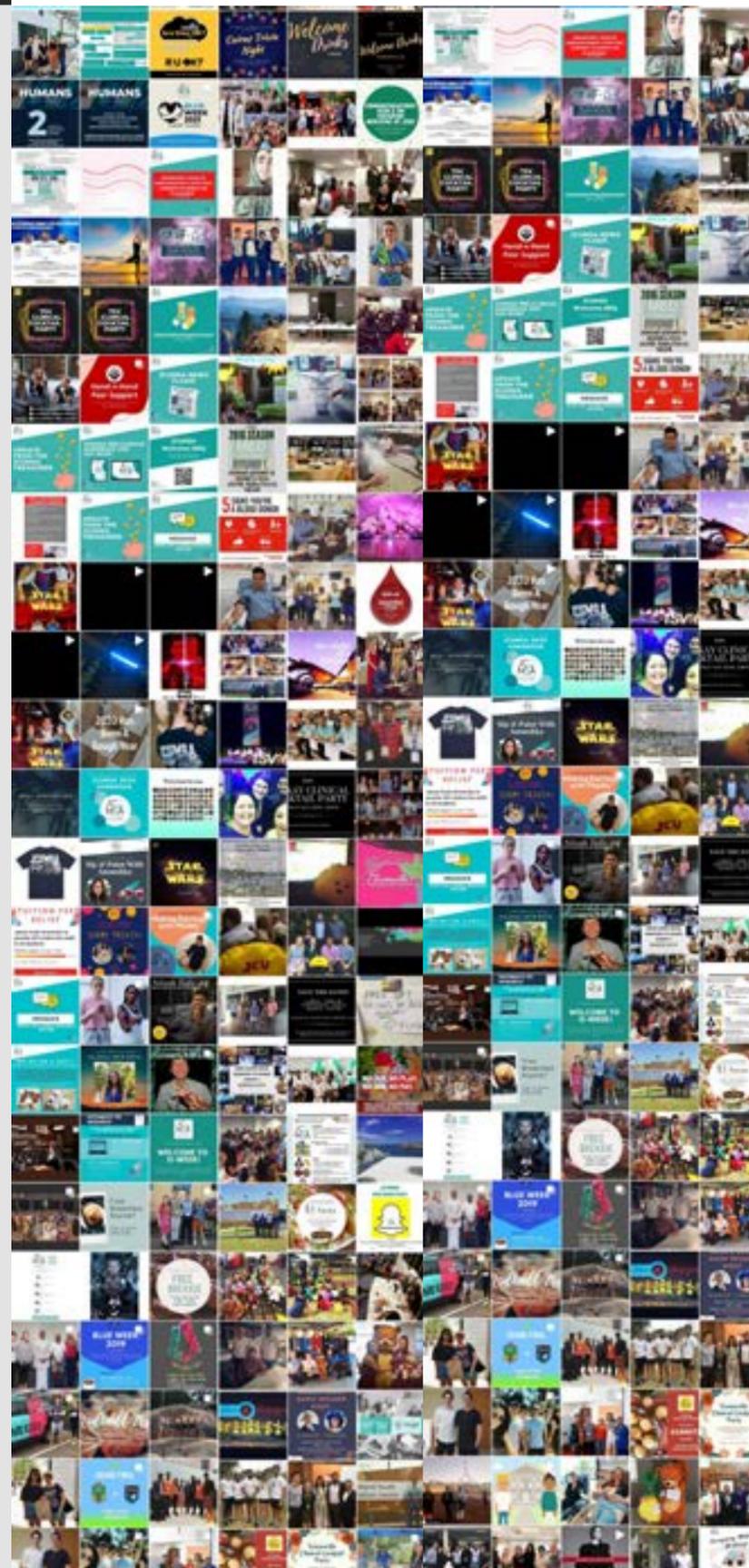


## FROM THE PUBS & PROMOS OFFICER

Hi there! Mali here, your publications and promotions officer this year. Perhaps the most fun role out of the exec, I edit, compile and design big publications (like this one!) and work with our awesome IT and Digital Branding Officers behind-the-scenes to keep our socials, emails, internal comms, website and ticketing humming as it should.

This year's handbook has a lot of extra IT hints to make your online uni life a little easier. I'll also be contributing to a 2-year long revamp project of our website, which has so much more than just tickets and everything in this handbook. I encourage you all to check out our resources at [jcumsa.org.au](http://jcumsa.org.au). A special mention for the year 2 placement database - I'd love to see it grow for future years to benefit too!

I truly hope you find this handbook useful, and that you make the most of every opportunity you get in this amazing degree. If you have any questions/feedback about JCUMSA promotions (or if you'd like to be featured in something, or need someone to geek over Adobe CC with, or absolutely anything else), reach out anytime!  
- [publications@jcumsa.org.au](mailto:publications@jcumsa.org.au)



## A HUGE THANK YOU TO ALL OUR CURRENT AND PAST HANDBOOK CONTRIBUTORS

This handbook is a compilation of the finest cut gems of wisdom from 2011-2021, revised for this year. Proudly brought to you by the sweat, (?blood, ?tears), and immense procrastination of the many JCUMSA executives, academic subcommittees and publications teams of the years gone by.

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- 2020  
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- 2019  
James Coventon (president)  
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JAMES COOK UNIVERSITY  
MEDICAL STUDENTS ASSOCIATION

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