

PRECLIN

THE HANDBOOK

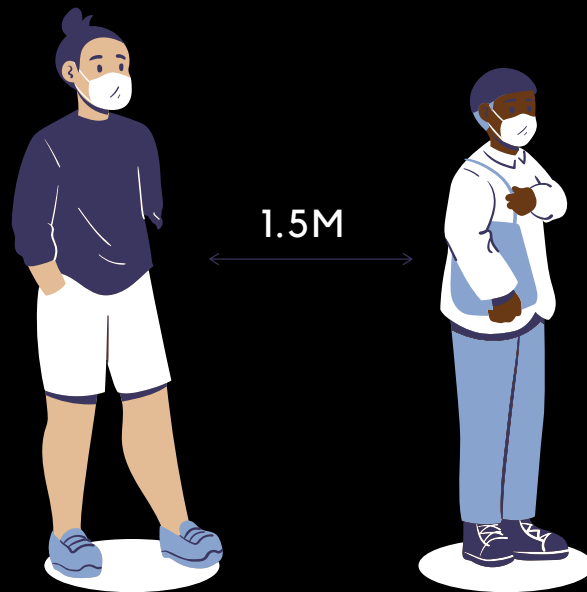
JCUMSA GOLD:
YOUR TICKET TO SPENDING
LESS, WHILE DOING MORE

DISCOVER STUDY
HACKS TO TACKLE
YOUR SUBJECTS.



SPECIAL ISSUE:
THE 2024 EDITION

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We acknowledge Australian Aboriginal People and Torres Strait Islander People as the first inhabitants of the nation, and pay our respects to Traditional Owners of the lands where we live, learn and work.

**Additionally, at the JCU medical schools, we honor the following traditional custodians:
Townsville the Bindal and Wulgurukaba peoples;
Cairns the Djabugay, Yirrganydji & Gimuy Yidinji people and
Mackay the Yuwibara people.**

We encourage you to engage with the history and culture of the countries you visit, especially during rural placements.

Lastly we would like to acknowledge the First Nations students. May your presence in the medical world contribute towards making healthcare safer and more accessible.



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MED SCHOOL 101

FROM THE PRESIDENT

Hello everyone,

On behalf of the James Cook University Medical Students' Association (JCUMSA), I would like to welcome you, with warm arms, into our huge family of medical students up here in Far North Queensland.

Firstly, congratulations on passing the first huge hurdle of Medicine - getting in. No doubt, wherever you have all come from, it has undoubtedly been a difficult road to get here, and you should all be commended on getting into and commencing what will be an exciting next chapter of your life and the start of a lifelong career in healthcare. JCUMSA is one of the largest, and oldest student-run organisations across the country, representing over 1000 full-time medical students from all six year levels of the undergraduate course. We are dedicated to ensuring you have the best medical school experience possible. From organising exciting events like Med Balls and Clinical Cocktail Parties to lobbying for changes to the curriculum and placement, we hope to advocate strongly for your interests throughout your next six years of study.

As students that were once in your shoes, we know the anxiety that surrounds the transition to Medicine. For many of you, it may be the first time you've moved away from home; some from across the country, others from across the globe. This handbook has been written and designed by JCU medical students to help give you some insight into studying Medicine here, and hopefully provide some words of wisdom and unfiltered advice about what's to come in the next few years. This brand-new 2024 edition has up to date and relevant information to help make your integration into Medicine as seamless as possible, whether you're starting university for the first time, studying a second degree or indeed or haven't cracked open the books in quite some time. The tips and tricks included have been written *by* our students *for* our students.

As President, I also recognise JCU's course has undergone several relatively recent, significant changes, particularly with respect to the new Cairns preclinical cohort of students, and I endeavour to advocate strongly to ensure all your voices are heard and any concerns promptly raised to the College of Medicine and Dentistry (CMD) during my tenure.

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

- Believe in yourself and remember you're not here by chance. You're all exceptionally high achievers to get here; no doubt many of you will be humbled by the fact that you may not be excelling at the top of your class anymore and that's okay. Now you've gotten in, eliminate any mindset of competition that unfortunately many systems like the ATAR breed; you're all here to help each other out now and get across the line together. The journey can be tough and at one point or another, we all feel like we don't belong when the imposter syndrome sets in. But it's important in these moments to remember that you have been individually selected, without unfair favour or bias, as someone who will one day be an accomplished clinician. So get comfy with self-doubt and challenge it at every opportunity.

FROM THE PRESIDENT

- Take care of yourself and your peers! Remember that being a great medical student isn't about studying more than everyone else or being the last person to leave the library. It's about learning to balance your studies and personal life while taking time to look after yourself. Quality of study really is superior to quantity. There is far too much content to cover so you need to learn to optimise your time and study habits to identify the "high yield" content to memorise. I think it's worth remembering that unlike many other degrees, marks beyond a pass in medical school ultimately really do not matter in the grand scheme of things. As the old adage goes; "What do you call a medical student who graduates bottom of his class? A doctor." Striving for academic excellence is admirable, but sacrificing your entire social life, family and friends for the pursuit of a university medal just isn't worth it, and would be a disservice to your future patients when you inevitably burn out.
- Make the most of your university journey and get involved as much as possible. I certainly don't look at the last 5 years and wish I spent more time studying – the disappointment of a less-than-ideal grade is nothing compared to the regret of wishing you enjoyed yourself more and got involved in creative pursuits like Med Revues or Talent Show nights or sporting outlets. Embrace the time you have at university and create long-lasting memories with a support network that you will be able to approach in years to come. Because if there's one certainty with this degree and indeed, career – there will be no shortage of study.

Finally, if I can ever be of any assistance, please don't hesitate to ask!

Good luck, buckle up and enjoy the journey! It will be difficult at times, but know that you are not alone, and if you need the support, we are here for you.

Lots of love,

Eric

Eric Smith

JCUMSA PRESIDENT



FROM THE ACADEMIC VP



ARNAV JAWALE, ACADEMIC VP

Medicine will always challenge and push you, sometimes beyond your limits, so getting comfortable with being uncomfortable is super important in your journey as a budding health professional. As difficult as medicine is, you are not alone! We've all gone through it, and we're more than happy to lend a helping hand if you ever need.

As a medical society, JCUMSA is here to serve your needs, so always feel free to reach out to us, regardless of whether it is about success or struggle. To our returning students, welcome back! I hope your holidays were incredible and a great refresher before semester starts up again. We are very excited to have you all back and are striving to make this year a memorable year for all!

Briefly before I wrap up, I'd just like to outline that my role in JCUMSA is to advocate for your academic (and overall) wellbeing, as well as organising and coordinating academic events that are both enjoyable and informative for everyone. Alongside the Townsville academic co-chair Dennis, Cairns academic co-chair Hannah and our lovely reps, I plan to make the following year as enjoyable and beneficial as possible for everyone, so stay tuned for it all!

Regardless of whether you are a new or a returning student, JCUMSA is here to make this year as memorable as possible for everyone, and we look forward to a great year ahead!

Hello everyone, and a warm welcome to our lovely new class of 2029, as well as all our returning preclinical students! My name is Arnav, and I'll be your academic VP for 2024!

To our class of 2029 - congratulations! You've made it! I hope you're all excited for the upcoming year - we here at JCUMSA definitely are. 3 years ago, I was where you undoubtedly are - a bundle of nerves with a sprinkle of anxious anticipation as to what is to come. As someone who has gone through what is to come, my small piece of advice is to enjoy it all! Med school only comes once, so make the most of it while you can. But our main message is to step out of your comfort zone!

ACADEMIC VP

FROM THE EVENTS VP



JULIA JACOB, EVENTS VP

Hello, party people!

I am Julia and I will be your Events VP for 2024. So it's my job to make sure you meet all the 'work-life balance goals' you write in your ILPs (I'll leave the work and study part to Arnav). Your time at uni is when you should be making as many memories as possible. It's so important to relax, destress, and just have fun while you're studying this huge degree.

We'll have a range of events this year, including mixers, cocktail parties, talent night, trivia, med camp, med revue, our sell-out med ball, and joint events with our many clubs! With so many options to take a break from the books, your year will be filled with new friends and memories.

If you ever want to reach out about events, med, or Townsville (certified local here) - please do! I'm here for you. I can't wait to make this a fun-filled year for you!

Julia Jacob

EVENTS VP

FROM THE SECRETARY

PARTH SHAH, SECRETARY

Hi everyone!

On behalf of JCUMSA, I'd like to extend a warm welcome to both our returning students and those embarking on their journey with us for the first time.

My name is Parth and I'll be your secretary for the year. My role is to ensure that JCUMSA operates in a coordinated manner by organizing club meetings with staff, planning JCUMSA elections, and advocating for the student body. With that being said, please feel free to bring forward your queries or suggestions and I will do my best to get you in touch with the right person.

To incoming first years specifically, make sure to enjoy yourselves and take the academics easy in the beginning. In my opinion, ensuring that you have a good group of friends is paramount to getting through this course and makes everything a lot easier. Friends will keep you company during lectures, assist you through guided learning sessions, and prevent your sanity from crumbling the weeks leading up to exams. Plus, you'll have people to talk to when the going gets rough.

As such, it's 100% worth putting in the effort to attend social events, talking to new people, and building familiarity with your cohort at the beginning of the semester. Just make sure to buckle down the weeks leading up to exams and in the end you will be golden :)



Parth Shah

SECRETARY

FROM THE SPONSORSHIP OFFICER



LACHLAN CAREY, SPONSORSHIPS OFFICER

Hi everyone! I'm Lachie, the Sponsorship Officer for JCUMSA this year. Welcome to the new academic year and congratulations to our first years joining us in 2024.

My role for this year is to liaise with our amazing sponsors and secure as much funding for our organisation as possible. For our returning students, you will have met many of these sponsors at the Welcome BBQ in the beginning of your first year. The generosity of our sponsors is what helps JCUMSA run many of our academic and social events throughout the year, which ensures that we can provide the best student experience for you!

Another important role of the Sponsorship team is to provide our JCUMSA Gold Members with benefits including discounts and deals at local businesses and cafes, online learning platforms, and so much more. We will keep you up to date on our latest deals through our social media and website!

Although a lot of the sponsorship work is behind the scenes, we hope that organising great deals and generating funding for our events makes your medical journey a more memorable one!

I'm always happy for a chat or to hear your ideas for our next big sponsorship goal, so always feel free to say hi! Wishing you all the best!

Lachlan Carey

SPONSORSHIPS OFFICER

FROM THE TREASURER



JOSIAH GEORGE, TREASURER

I'm Josiah, I will be serving you as treasurer of JCUMSA this year. My responsibility is to keep track of the finances of JCUMSA, I monitor how much money we spend and bringing and I make sure to maintain financial records. These are important for us to fulfil our legal obligations as a non-profit organisation.

If you have any questions about funding, budgets, grants, and reimbursements I am happy to have a chat. If you have any questions feel free to email me at treasurer@jcumsa.org.au.

Hope you have a great year. Tips for Medicine:

- Make sure you have fun, don't get bogged down with studies take to time to enjoy your degree.

Josiah George

TREASURER

FROM THE WELLBEING OFFICER



JESLEEN PATEL, COMMUNITY & WELLBEING

Hi everyone! My name is Jesleen and I am beyond excited to be the community and well-being officer for this year.

Life in med school can be a whirlwind and it becomes so easy to neglect our own wellbeing juggling everything life throws at us. I'm here to support your wellbeing with various events throughout the year but for now I'll leave you with a small guide that I hope will be of use to you this year.

I know you've probably heard it before but the key to success in med school truly is to find balance. While uni is a priority, so are YOU! It is important to not forget the essentials like quality sleep, nourishing meals and regular physical activity. Self care is the best care and it is so important to love yourself. Fuel your mind, body and soul everyday. Whether you go for a jog, sleep in, read, binge watch your comfort show, hang out with friends or indulge in your favourite foods. Whatever you choose, make it personal and make it count.

Another important point to remember is that we are all in this together. You'll hear it again and again but medicine is a team sport. Don't be afraid to lean on your colleagues, friends and family. There is always someone willing to listen so don't feel like you need to struggle alone and reach out for help.

At the end of the day well-being means something unique to each of us. Find what drives you, embrace it and make the time for yourself! I hope you all have a fantastic year ahead and look forward to meeting you at our wellbeing events. If you have any concerns, questions or just need a listening ear, don't hesitate to reach out to me on wellbeing@jcumsa.org.au.

Jesleen Patel,

COMMUNITY AND
WELLBEING

FROM THE AMSA LIASON



ABBEY DEGUARA, AMSA LIASON

What's on in 2024?

Hold tight because AMSA has TEN mind-blowing events lined up! From the iconic National Convention in Melbourne (imagine mind-expanding workshops, epic social activities, and the most competitive sports carnival of the year) to the Global Health Conference, Rural Health Summit, and more- it's a medical student's dream lineup. See the full list of in-person events below:

- National Convention Melbourne 22-27 July
- Global Health Conference Adelaide 20-23 September
- National Leadership Development Seminar Canberra Date TBA
- Rural Health Summit TBA
- National Councils (x3) TBA
- Global Health Intensive TBA
- Global Health Forums (x2) TBA

Plus, several online workshops and info sessions throughout the year. Please join our Facebook page [AMSA @ JCU](#) to stay updated on everything AMSA! Want to be involved?

Get involved with AMSA today and gain access to everything from exam materials to upskilling events and opportunities to connect with industry giants. Whatever your interests, AMSA will have some way to support you in exploring it.

As the 2024 AMSA Liaison Officer, I want to make sure your voice is heard and no JCU student misses out on the AMSA magic - register, join our Facebook page [AMSA @ JCU](#), and let's turn 2024 into a year of endless possibilities! If you have any questions, concerns, advocacy issues or just want to chat, please don't hesitate to email me at abbey.deguara@amsa.org.au.

Hi, I'm Abbey, and I'm beyond excited to be your AMSA Liaison Officer for 2024 - let's make this medical school journey legendary! My role this year is to represent and advocate for YOU, the JCU medical cohort at a national level as well as promote and educate the JCU cohort about the amazing opportunities AMSA has on offer throughout the year.

What is AMSA?

AMSA isn't just a name; it's your backstage pass to endless opportunities! As the peak representative body for over 18,000 medical students across Australia, AMSA connects, informs, and advocates for the emerging healthcare workforce. From writing policy to events organizing to initiative and advocacy groups, AMSA offers students several amazing and unique opportunities for medical students to upskill and explore their passions.

Abbey Deguara

AMSA LIASON REP

FROM THE PUBLICATIONS OFFICER



RAHAT SHEIKH, PUBS & PROMOS

Hey everyone! First of all, a huge congratulations to all of the new first-year medical students just starting the journey this year and welcome back to everyone else who's ready to go for another round of lectures, placements and some very fun times in between.

My name is Rahat and I'm your Publications and Promotions Officer for 2024, or Pubs and Promos for short.

This year, it's my job to make sure that you know the who, what, when, where and why something is happening, but more importantly, to make sure there are plenty of good pictures and videos of it all to remember the more blurry nights of your medical degree this year.

If you've ever got questions on how this whole medical school thing works, need advice on the best places to grab coffee or just need some directions around campus, I'm always happy to chat and answer any questions you might have!

The big goal of everyone on the JCUMSA team is making sure that you feel welcome here at JCU, so don't feel afraid to reach out if you're struggling or just need a hand with something!

Get involved, get around it and make sure you remember to make some good memories during your medical school journey. I look forward to meeting you guys in the coming future and wish you all the best in this marathon that we're all running in now.

Rahat Sheikh

PUBLICATIONS & PROMOTIONS

PS. Follow JCUMSA on Instagram and Facebook and I'll make sure I get good pics of you at events

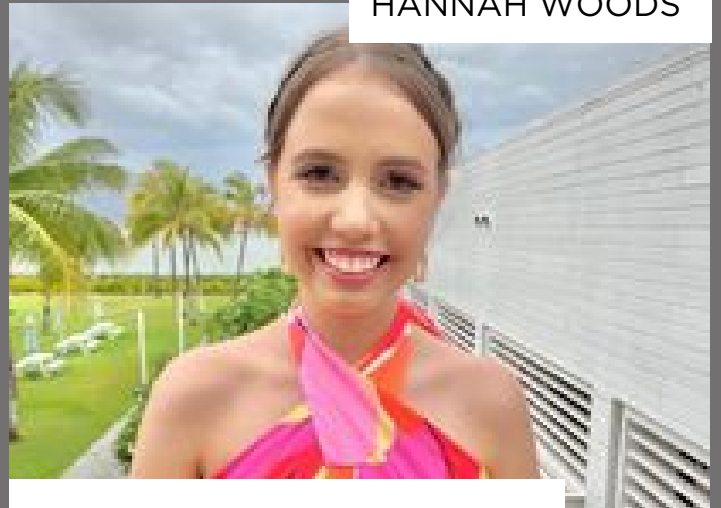
GENERAL EXECUTIVE

TSV ACADEMIC CO CHAIR



DENNIS PEREZ CASTILLO

HANNAH WOODS



CNS ACADEMIC CO CHAIR

HIMAYA FERNANDO



TSV EVENTS CO CHAIR

MANOJ PALLA



CNS EVENTS CO CHAIR

GENERAL EXECUTIVE

ABORIGINAL & TORRES STRAIT ISLANDER STUDENT REP



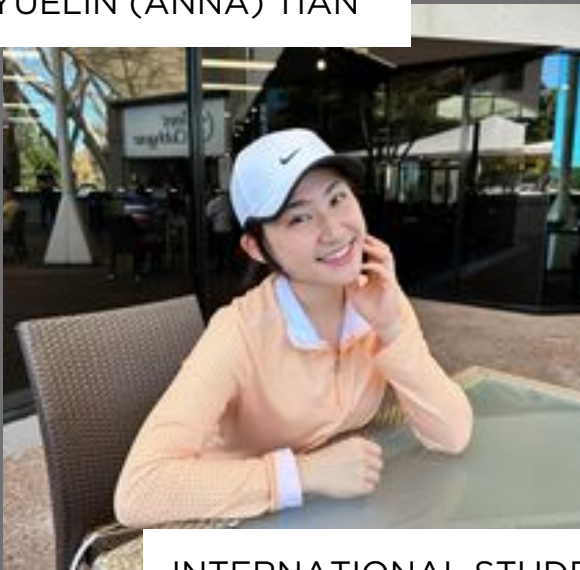
JENNI GULSON

EQUITY & DIVERSITY OFFICER



GABBY DE WEERS

YUELIN (ANNA) TIAN



INTERNATIONAL STUDENT REP

Join Avant and follow us on Instagram for your chance to WIN a \$250 JD Sports voucher.

Visit avant.org.au/students2024 for the terms and conditions that apply to your university. Promotion runs from 22 Jan - 31 March 2024.

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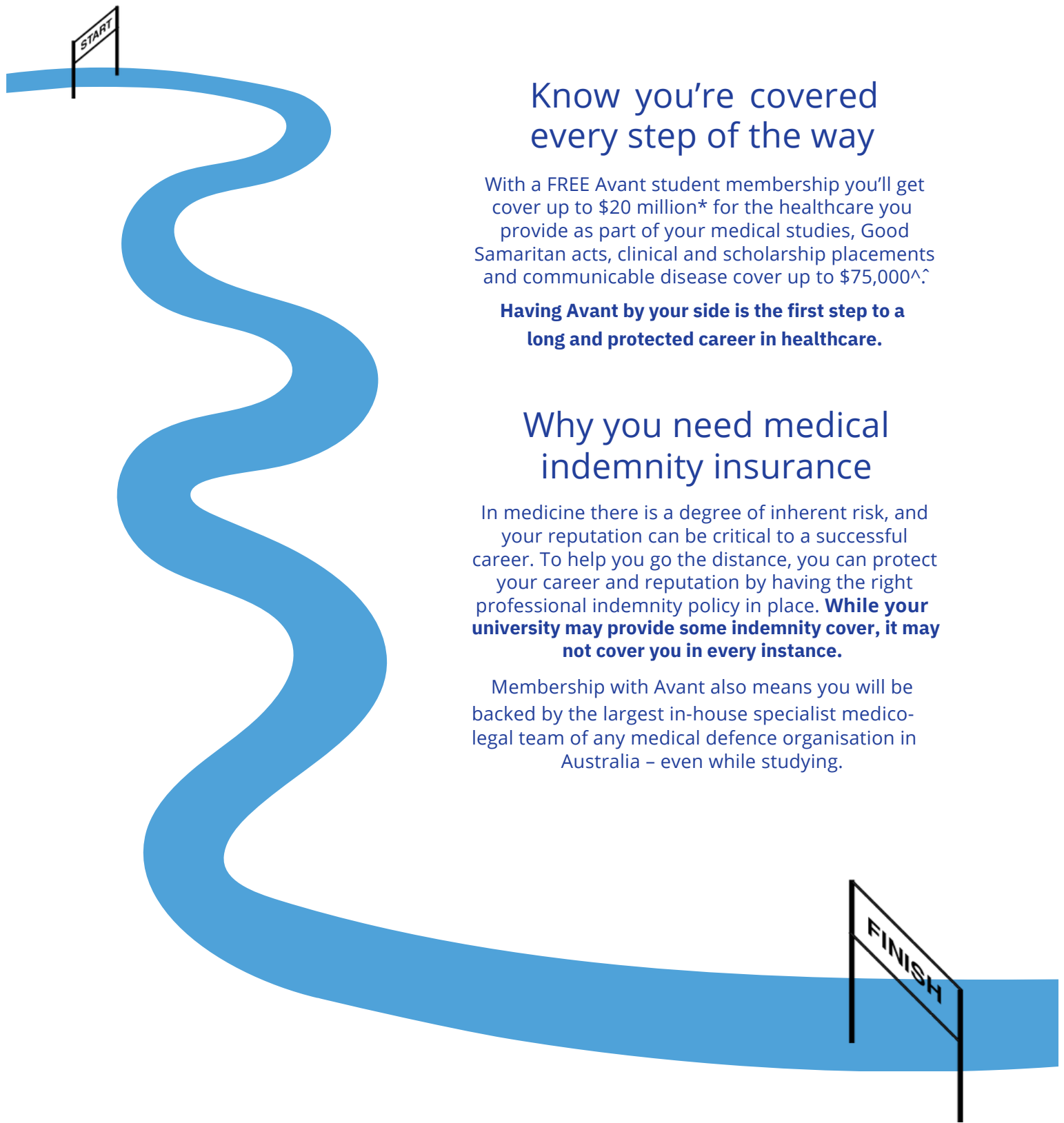
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JCUMSA NON-EXECUTIVE COMMITTEE

MATHEW SHEARER	ZOE BRODERICK	NASHMIA AKBAR	FIONH WALKLATE	AIMEE BRAND
JUNIOR AMSA REP	VAMPIRE CUP CONVENOR	VAMPIRE CUP CONVENOR	JR. SPONSORSHIP OFFICER	IT OFFICER
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ACADEMIC REPS

NEHA CHEERAMVELIL	KETHAN NUTAKKI	BELLA CASSIOPEIA	SOPHIE GREENHALGH	TAYLAH COLLINS
YEAR 2 TSV	YEAR 2 TSV	YEAR 2 CNS	YEAR 2 CNS	YEAR 3

ACADEMIC REPS

RAYMOND EAST	THULANI ARACHCHIGE	RAYANA OEYSHI	HAYLEY LYNCH	DENNIS PEREZ CASTILLO
YEAR 3	YEAR 4 TSV	YEAR 4 TSV	YEAR 4 CNS	YEAR 5 TSV
JENNA GAGNON	ADI ENJETI	BLAIR SHEARWIN	SOPHIE REYNOLDS	LARA HUMADI
YEAR 5 CNS	YEAR 5 MKY	YEAR 6 TSV	YEAR 6 CNS	YEAR 6 MKY

EVENTS REPS

PRAV MUNDRA	SANA SYED	ISABELLA WANGEL	NEHA RAVINDRA	LILY BROWN
YEAR 2 TSV	YEAR 2 TSV	YEAR 2 CNS	YEAR 2 CNS	YEAR 3
AADITYA MEDA	PHOEBE COLES	AMY TOMLINSON	NITHYA LOGANATHAN	WYLIE LEESON
YEAR 3	YEAR 4 TSV	YEAR 4 CNS	YEAR 5 TSV	YEAR 5 MKY

EVENTS REPS

SOPHIE
MCGREGOR

YEAR 6 TSV

YASMINA
RAHBARINEJAD

YEAR 6 TSV

RACHEL
VERRI

YEAR 6 CNS

SOPHIE
FREEMAN

YEAR 6 CNS

ZACHARY
HUNT

YEAR 6 MKY

INPSYCH

GABRIELLE
PEARCE

PRESIDENT

DEVNIE
NAVARATNE

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PRESIDENT

SANA
SYED

SECRETARY

RAYMOND
ZHUANG

FINANCE
OFFICER

HANNAH
MUNRO

SOCIAL
MEDIA
OFFICER

ABDUL
RAWTHUR

MKY REP

MEDICINE INTEREST NETWORK TOWNSVILLE (MINT JCU)

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RAHBARINEJAD

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ANSON
YANG

VICE
CO-CHAIR

LAUREN
BOSLEY

VICE
CO-CHAIR

TAMEEM
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DOCTOR
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LAURA
SCHEMBRI

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PROMOTIONS
OFFICER

SAMARA
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TSV REP

TAYLAH
COLLINS

TSV REP

HANNAH
WOODS

CNS REP

NEHA
RAMESH

CNS REP

NATASHA
RAJKUMAR

MKY REP

LEAH
MONCRIEFF

MKY REP

THE STAR PROJECT:

STANDING TOGETHER AGAINST RACISM

***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***



Stand Together Against Racism



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 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.

Racism has no place in healthcare.

KEY VALUES:

PROFESSIONALISM

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.

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.

Email Signature Example:

John Smith | 2nd Year Medical Student | James Cook University Townsville
Student Number: 000000

Email: john.smith1@my.jcu.edu.au |

Tips

- Double-check you're replying to the right people.
- Consider using cc and bcc when appropriate. 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.

Etiquette

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.

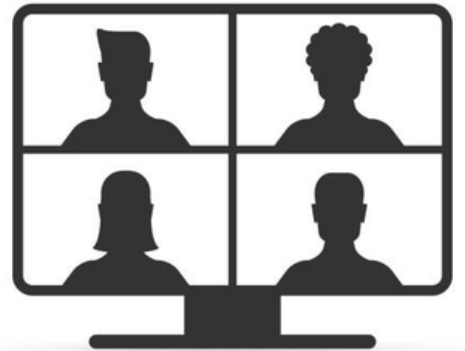
BE ORGANISED AND POLITE

KEY VALUES:

PROFESSIONALISM

WHEN 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, but this 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. If you are unsure, don't post!

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.

YOU HAVE A DUTY TO MAINTAIN CONFIDENTIALITY

KEY VALUES:

PROFESSIONALISM

IN 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 (enclosed) 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.

REMEMBER TO CHECK IF YOU NEED YOUR CLINICAL ID CARD AND STETHOSCOPE, AND IF THERE ARE ANY ADDITIONAL REQUIREMENTS (FACEMASKS MAY BE REQUIRED)

TIPS

- 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.
- Always make sure to 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!)
- 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.
- Take note of what older students wear and ask your supervisor if you're unsure.

**DRESS LIKE A PROFESSIONAL -
YOU'LL BE TREATED LIKE A PROFESSIONAL**

BEST BITS OF MEDICINE

WORDS OF WISDOM FROM PAST STUDENTS



YOU NEVER STOP LEARNING. THERE IS ALWAYS SOME ROOM FOR IMPROVEMENT. HAVING THE ABILITY TO CONSTANTLY KEEP IMPROVING YOURSELF IS A GREAT MOTIVATOR TOO!

THE FACT THAT YOU DON'T NEED TO COMPETE ANYMORE; EVERYONE'S IN THE SAME BOAT NOW AND WE'RE ALL IN THIS TOGETHER

MEETING SO MANY NEW PEOPLE FROM DIFFERENT BACKGROUNDS WHO ALL SHARE THE SAME GOAL: TO PASS THE YEAR

YOU ARE ALWAYS MEETING SO MANY INTERESTING PEOPLE FROM DIFFERENT BACKGROUNDS, WITH DIFFERENT EXPERIENCES AND AMAZING STORIES.

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 NEVER SEEN BEFORE OR HAVE BEEN LEARNING ABOUT.

SEEING THE SMILES ON PATIENTS' FACES WHEN THEY GRADUALLY GET BETTER CAN BE REALLY TOUCHING AND SATISFYING. YOU REALLY GET TO FEEL LIKE YOU'RE MAKING A DIFFERENCE IN THEIR LIVES!



STRUGGLES OF MEDICINE

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.



THAT SOMETIMES IT FEELS LIKE MED IS 'CONSUMING' YOUR LIFE. IT GETS HARD TRYING TO GET YOUR MIND OFF OF MED WHEN YOU'RE CONSTANTLY SURROUNDED BY IT AND PEOPLE WHO ARE ALSO IN MED...

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!



FINDING THE RELEVANCE OF LEARNING KINASE KINASE... SOME SUBJECTS MIGHT NOT BE THE MOST ENJOYABLE BUT THEY HELP ANSWER TRICKY QUESTIONS DOWN THE TRACK!

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.

THE PATH TO BECOMING A DOCTOR MAY BE CHALLENGING, BUT EVERY DIFFICULTY YOU OVERCOME MAKES YOU STRONGER AND RESILIENT



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- 24/7 access to advice and support
- Education and resources to boost your career



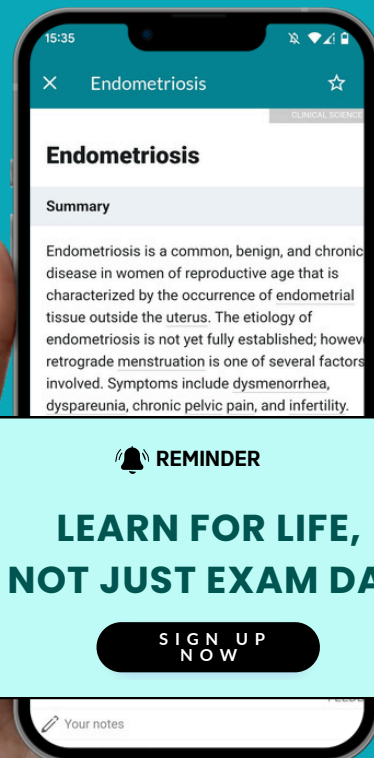
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AMBOSS

WHETHER YOU'RE STUDYING FOR EXAMS OR MAKING CRITICAL DECISIONS IN THE CLINIC, AMBOSS IS THERE TO SUPPORT YOU EVERY STEP OF THE WAY!

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- A MASSIVE QUESTION BANK FOR EXAM PREP,
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- OVERLAY FUNCTIONS,
- SMART ZOOM FOR MICROSCOPY,
- CLINICAL CALCULATORS AND CHECKLISTS,
- ANKI INTEGRATION



 REMINDER

**LEARN FOR LIFE,
NOT JUST EXAM DAY**

**SIGN UP
NOW**

**5-day
free
trial**



THINGS TO KNOW:

FIRST DAY OF MED SCHOOL

WHERE ARE YOU GOING?

Most of your class will be online (Blackboard Collaborate or Zoom) or at the College of Medicine area at the Bebegu Yumba (Douglas) Campus, or in the Medicine area at the Cairns Campus.

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 can use JCU's interactive map online to help find your way to your room

HOW ARE YOU GETTING THERE?

One option is to check online for local bus timetables

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. Check the JCU website for maps regarding free and paid parking zones. 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.

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 the next year. Note some documents need a witness or a few weeks of approval, so read the requirements carefully. For any questions, email DTHM- placements@jcu.edu.au, or visit them in building 41 behind @theWagon (the coffee cart!)

THINGS TO KNOW:

FIRST DAY OF MED SCHOOL

IT, PORTALS AND 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.

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.

TEXTBOOKS

MED 1 ESSENTIALS AND MORE:

TEXTBOOKS - TO READ OR NOT TO READ?

The textbooks mentioned below are ones which lecturers often refer to in weekly overviews and/or in the lecture slides. It is not compulsory for you to have a copy of these textbooks, but it is recommended. Relevant textbook excerpts are often made available on LearnJCU under the 'Readings' section, otherwise, pdf versions of some textbooks can be found online or through peers. You may wish to purchase the physical textbooks if you prefer working with a hard copy, but keep in mind that this is the most costly option.

Principles of Anatomy & Physiology - Gerard J. Tortora, 3rd Asia-Pacific ed.

Many diagrams from the CTL lecture slides are from this text, so it can be of great use to read the corresponding sections for further explanations. Referred to often in MSS in Semester 2.

Functional Histology - Jeffrey B. Kerr, 2nd ed.

There is no pdf or online version available, so if you do decide to purchase a physical copy of a textbook, make it this one. Referred to often in CTL and MSS (Semester 2), and comes in handy for REPRO (Semester 2). Histology comes up throughout the medical course, so you'll be able to hang onto this one for years to come.

Mark's Basic Medical Biochemistry - Michael Lieberman & Alisa Peet, 5th ed.

The only prescribed textbook for MTC--Lionel will ask you to read a few chapters from this text 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.

TEXTBOOKS

MED 1 ESSENTIALS AND MORE:

Essential Cell Biology - Bruce Alberts et al, 6th ed.

Great supplementary resource especially for MTC, but also for CTL and G&H (Semester 2).

Human Genetics Concepts & Applications - Ricki Lewis, 14th ed.

The only prescribed textbook for G&H (Semester 2).

Referenced often in this subject and can be great for supplementary information. Gray's Anatomy for Students - Richard L. Drake, 3rd ed. Highly recommended for MSS and REPRO in Semester 2 as it is often referenced in the lecture slides and given as readings.

McMinn and Abrahams' Clinical Atlas of Human Anatomy - Jonathan D. Spratt et al, 8th ed.

Can be used in conjunction with Gray's, or as an alternative if you prefer a different approach; hence, may not be essential.

Guyton and Hall Textbook of Medical Physiology - John E. Hall, 14th ed.

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 (Semester 2). It is a very comprehensive text so be careful not to get too lost.

Essential Reproduction - Martin Johnson, 8th ed.

Recommended by Damien for REPRO (Semester 2), but not prescribed. May be of benefit if you seek alternative explanations of the concepts covered in this subject.

Clinical Examination - Talley & O'Connor, 9th ed.

Referenced in the Clinical Skills workbooks, but not essential to read. This book is required reading in Clinical years.

TEXTBOOKS

MED 2 ESSENTIALS AND MORE:

Hoffbrand & Moss Essential Haematology 7th Edition

This textbook is excellent for an introduction to haematology, it has very clear and easy to understand language. However, it is only useful for a couple weeks and ideally should be bought second-hand if at all.

Guyton & Hall Medical Physiology 13th Edition

Cannot recommend this book enough, you need to add it to your collection if you have not already. It is essential for second year – it provides that perfect level of detail that you are expected to know and a bible for answering GLS questions.

Talley & O'Connor Clinical Examination: A systemic Guide to physical diagnosis 11th Edition

Basically, the bible to acing second year clinical skills. All the answers to clinical skills related questions are found in this book. The JCU guides are fairly comprehensive, this text however provides extra levels of details and this text will be used for the rest of medical school.

Gray's Anatomy for Students 5th Edition

Not to get confused with the TV show 'Greys Anatomy.' Gray's Anatomy is the single most important text in medical school, particularly in second year. If you did not get it in first year, I highly recommend you add it to your collection.

Kerr's Functional Histology

Excellent guide to understanding histology, a good resource to keep from first year. However on utilised in selected weeks of few modules in second year.

TEXTBOOKS

MED 2 ESSENTIALS AND MORE:

Lilly's Pathophysiology of Heart Disease

Perfect guide to understanding the pathophysiology weeks of CVM. However, many students got by just utilising lecture slides, but very useful resource for those interested in CVS.

West's Pulmonary Pathophysiology: The essentials

This text provides excellent and easy to understand explanations of respiratory pathophysiology and links the relevant physiology very well. But, many students got by purely using Guyton and Hall's but I recommend this book to those who want a deeper appreciation of RM

Ganong's Review of Medical Physiology

More in depth, but similar information to that presented in Guyton and Hall's. However, the language can be a bit more difficult to understand compare to Guyton Hall's. But an excellent book on physiology particularly cardiac and renal.

Smith's Australia's Rural, Remote and Indigenous Health

Available on LearnJCU to supplement weekly content, realistically only useful for those that want to excel in RRITH.

Goldberger's Clinical Electrocardiography: A Simplified Approach

Explains the fundamentals of ECG interpretation and underlying rhythm disorders. However, JCU guides are very comprehensive and basically all you need. So only get this text if you are super keen on ECGs.

Ayer's Psychology for Medicine

Great foundation to provides a foundational understanding of psychological medicine. Particularly useful for students who enjoy and are interested in the psychological aspects of medicine.

TEXTBOOKS

MED 2 ESSENTIALS AND MORE:

Rang and Dale's Pharmacology

Great guide to pharmacology, has awesome pictures and drug tables. Can also be a great reference if you are after more detail, however you can get by without it. It is frequently referenced by lecturers in lectures. But, if you are particularly keen on pharmacology or want to ace it, Goodman and Gilman's 'The Pharmacological Basis of Therapeutics' is far superior text. It is the best and most complete pharmacology book; however it is a 'thicc boi' so only get Goodman and Gilman's if you want to smash MP. (Contains a lot of underlying biochemistry and physiology that not required for MP).

Neuroscience

Many students have got through Neuro without the text (Because Naga's lectures are AMAZING). Provides superb extension on neurology for those extra keen students. Worth the investment if you love neuro, otherwise second hand or not at all is the way to go.

Human Nutrition

You can get by without purchasing it, however it is very useful in understanding select weeks of GIMN. Relevant readings related to this text are provided in the materials for the relevant weeks.

TEXTBOOKS

MED 3 ESSENTIALS AND MORE:

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.

Robbins 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 (Goering, Dockrell, Zuckerman)

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.

Clinical Examination (Talley & O'Connor)

And for the 3rd time, if you don't have this already - it is a must have. Although the JCU guides are fairly comprehensive, this is a text that you will use for the rest of medical school.

Management of Alcohol and Drug Problems (Hulse)

This is a relatively new recommendation, and we don't have a lot of feedback at this stage

Emergency Medicine: Diagnosis and Management

While this is a good text which goes through emergency presentations in a systematic manner, some students prefer to use online sources and have gotten by without purchasing this text

MEDICAL SCHOOL 101

HOW TO ACE EVERYTHING! MED 1

ECOLOGY OF HEALTH 1 (EH1)

Upon first impression, it is easy to fall into the trap of passing off Ecology of Health as the easy subject that doesn't require much love and attention. However, it could end up literally saving your marks if you put in the time and effort to understand and learn the concepts discussed. 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 responsible doctors.

The weekly overviews and learning objectives are pretty spot on, so if you follow these, you should be all set. Make summaries of the main points from the lectures, add in any new information discussed in the synthesising sessions and memorise key definitions. Don't get too caught up in filling out every question from the GLS workbooks as these questions are not always relevant to exam content--still try your best to get the workbooks done though.

Pay close attention to the Medicare and PBS content as this is always assessable and will come up again in Ecology of Health 2.

CELLS TO LIFE (CTL)

The first two weeks of CTL are spent covering cell biology that many of you would have learnt in high school biology. Brushing up on your knowledge of mitosis and meiosis will certainly come in handy. Don't fret if you didn't do biology at school--hit up some youtube videos or Osmosis, and don't be afraid to let your friends and lecturers know if you're feeling lost.

From weeks 3-6, you'll learn all about the types of tissue--epithelial, connective, muscle and nervous. It helps to make up your own charts or diagrams to help you learn all the different cell shapes and arrangements i.e. stratified squamous, simple squamous etc. Being confident in setting up a microscope and identifying the slides in front of you will really help you for the end-of-year MSAT.

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.

MEDICAL SCHOOL 101

HOW TO ACE EVERYTHING! MED 1

MOLECULES TO CELLS (MTC)

The first two weeks will be daunting--especially if highschool chemistry wasn't your strong suit. Lucky for us all, the content from these two weeks are hardly, if at all, tested on the exam--be sure to check with the lecturer if this will be the case for your cohort though.

Once you start learning the biochemical pathways, be sure to first conceptually understand the content and then **DRAW OUT** the pathways! This is one of those times when you must rote-learn and memorise the content. A whiteboard is a great tool for this. Make sure you are also memorising the enzymes, regulating factors and inhibitors for each pathway. You can find songs on YouTube if you want to take a different approach and/or are more of an auditory learner.

Don't discount the non-pathway weeks as content from molecular biotechnology and DNA replication, translation and transcription will likely come up on exams too.

ENDOCRINOLOGY (ENDO)

ENDO is one of the subjects where studying and learning the actions of hormones will definitely reap rewards in your exams and will help you in future years. Marking is quite fair, so be sure to make good notes and give this subject the time it requires.

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 on the cards. In regards to learning the actions of all the hormones, hormone tables are quite a popular method, and we'd recommend working with a friend or making your own.

Ninja Nerd on YouTube does a fantastic job of walking you through the actions of each of the hormones in great detail. Osmosis is also great for this, but does so in less detail.

You can look at the GLS questions for ENDO diseases, as similar questions will appear in the KFP, as well as in MSAT. In particular, know Diabetes Mellitus, Addison's, Cushing's and the Thyroid conditions inside and out.

CLINICAL SKILLS (CS)

Take the time to read through and take notes on the Workbook before the Workshops, as this will help you 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.

MEDICAL SCHOOL 101

HOW TO ACE EVERYTHING! MED 1

ECOLOGY OF HEALTH (EH)

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.

MUSCULOSKELETAL SYSTEMS (MSS)

Stay on top of the content from the very start of the semester and try your absolute best to stay afloat throughout the semester. 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. Anki is a great program for memorising a large amount of terminology.

Innervation, arterial supply and important plexuses, tunnels and sites of crossover should definitely be areas to focus on. Origins and insertions are usually less important, except for notable muscles such as SCM.

There are usually additional sessions scheduled where you can go into the lab, which is a great opportunity to solidify your understanding and to ask for clarifications.

Use the tutors to your advantage, as they can teach you acronyms such as "Smash My Ribs" (Deeper Intrinsic Back Muscles = Semispinalis, Multifidus, Rotatores) and other study tips.

GENETICS & HEALTH (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.

Also take the time to learn the chi-squared/Hardy-Weinberg equations as well as how to draw pedigrees.

REPRODUCTION (REPRO)

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.

Be sure to understand the content surrounding embryology, stages of labour and even lactation (mentioned in one of the GLS workbooks).

MEDICAL SCHOOL 101

HOW TO ACE EVERYTHING! MED 2

CARDIOVASCULAR MEDICINE (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 several great videos that make difficult concepts easy to understand. Armando Hasudungan is a legend - check him out! And of course, Khan Academy never steers you wrong.

Remember: VEINS carry blood TOWARDS the heart, and ARTERIES carry blood AWAY from the heart.

When trying to understand ischaemia, think of it as an issue between supply and demand - when oxygen demand is high and supply is low, it causes the cardiac tissue to become ischaemic

Learning objectives, GLS questions and SS are good guides to getting the key points for the weeks.

The delivery of CVM is quite simple and straight forward, you get told exactly what you need to know in lectures. However, it does not delve into more detail, so if you are interested in CVM you will need to read further

RESPIRATORY MEDICINE (RM)

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.

RURAL, REMOTE, INDIGENOUS & TROPICAL HEALTH (RRITH)

Don't neglect RRITH - its very content heavy and cannot be crammed in SWOTVAC whatsoever (still some students try and don't succeed).

Guest speakers are important to attend and can be examined.

Tropical diseases can be daunting but organise them into tables or flashcards and they all come together.

Learning Objectives are the best for this module. So, group discussion and study is the most effective method to determine the key points.

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.

MEDICAL SCHOOL 101

HOW TO ACE EVERYTHING! MED 2

HAEMATOLOGY & RENAL MEDICINE (HRM)

Attend Naga's lectures, GLSs and SS: he often highlights the key points and depth to know. Shashi's lectures are hard to follow, content heavy and goes into considerable depth. Ensure you listen, everything he say is important. Take as many notes as you can during the lecture and watch lecture recordings to fill in the gaps. Know the material for blood group week quite well (blood groups, blood grouping and donation ability, HDN, RhD). Naga provides excellent summaries, however, also make your own summaries using all the materials available to you. **YOU NEED TO KNOW HISTOLOGY** - don't neglect it. Know the different types of anaemias inside out (Iron deficiency anaemia, haemolytic anaemia, megaloblastic anaemia (sickle cell isn't as important in HRM)) and be able to identify key features. The coagulation cascade is an essential part of HRM. You may not be asked to draw it, but you must be able to answer specific questions. Renal can be a bit tricky, but ultimately know the sections of the nephron (PCT, Loop of Henle, DCT, CD) and the transporters in each. Additionally, how specific hormone affect filtration and urine concentration. Know the renal weeks - difficult concepts but Naga delivers them well.

NEUROSCIENCE (NEURO)

One of the most content-heavy modules in all of medical school. So it is essential to use resources wisely and find resources that explain concepts the way the you best understand. Anatomy labs are essential to attend, 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. I highly recommend knowing the Basal Ganglia Pathway and how defects lead to Parkinson Disease.

GASTROINTESTINAL MEDICINE AND NUTRITION (GIMN)

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. 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 - the GI tract is relatively straight forward, and unlike some other things in the human body it makes a lot of sense! YouTube is an excellent resource and has videos on every concept, I recommend using it if you're having trouble. 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!

MEDICAL SCHOOL 101

HOW TO ACE EVERYTHING! MED 2

PSYCHOLOGICAL MEDICINE AND HUMAN DEVELOPMENT (PMHD)

Learning Objectives are the ultimate guide to approaching PMHD. Tables can also be quite useful to organise key concepts and ideas. Connect disorder in a chronological order of human development (developmental disorders in childhood and so on). List of definitions are also very useful and know some strengths and weaknesses of each theory of development.

Know the psychological disorders and timing of each. YouTube videos are also a good resource for furthering understanding. I highly recommend going to the GLS! 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. Using imagery and examples to understand conditions is another great way to go about learning. For example, link up each Personality Disorder to a Harry Potter character, e.g. Hermione is obsessive compulsive - is excessively devoted to work, rigid and has inflexible ethics which can lead to the detriment of her personal relationships.

MEDICAL PHARMACOLOGY (MP)

Flashcards can be a useful tool, but do not get lost in making them, instead of learning the drugs first. There is no way to cram MP in SWOTVAC, there are just too many drugs to remember to remain sane. 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 effects?) Distraction can be very easy when revising MP, just due to the sheer number of drugs. Try and stay focused, and incorporate different learning aids such as drug tables, flashcards and whiteboarding to add variety to your study. Again, don't leave all of your pharmacology to the last minute. 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 memorising what feels like a million different drug names and mechanisms of action!)

CLINICAL SKILLS (CS)

Similar to first year, make sure to read through the work booklets and complete and pre-assigned homework. You will be learning how to perform lots of systems examinations this year which may appear on the MSAT, so make sure to practice regularly to know the structure fluently. Also, utilise practice skill sessions and ask tutors to critique your technique.

MEDICAL SCHOOL 101

HOW TO ACE EVERYTHING! MED 3

SELECTIVE SUBJECT (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! 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!

INFECTION, INFLAMMATION AND IMMUNOLOGY (III)

Beware of Janeways. It is a fantastic book (and can be quite useful in preparing the GLS answers or synthesis sessions) 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 the additional fine detail explained in Janeways. To get a better understanding of III - link all concepts into one process, this makes it easier to learn and understand. Link pathophysiology/diseases where the process fails. Do not underestimate simple things like percentages in the differential for blood cell counts, conversions from L to mL etc. They are easy to learn, but also easy to make mistakes with, and are frequently seen in exams 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, so it might be beneficial to write up a list of definitions to avoid confusion!

TISSUE INJURY AND NEOPLASIA (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 aspect of cancer. 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)

MEDICAL SCHOOL 101

HOW TO ACE EVERYTHING! MED 3

TISSUE INJURY AND NEOPLASIA (TIN)

Do not dismiss PAS. It is a subject that has a significant amount of content that you will need to learn (and you can't just rely on common sense for), and it is a subject that will be extremely useful to you in your clinical years. As some parts of PAS are steered towards clinical medicine, it can be beneficial to integrate PAS teachings 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 a competent doctor! Practice the clinical/hands-on aspects as many times as possible with your family/friends, using different pretend cases each time. Finally, ask Julie questions! She's a fantastic lecturer and you will end the year loving her dearly.

INFECTIOUS DISEASE (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 the differences between them 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.

EMERGENCY MEDICINE (EM)

ABCDEFGH! Go to lectures! Following a structure when considering every case and patient can be extremely helpful to guide your thoughts, and make sure you don't forget anything. For example: ABCDEFGH, 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 many 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.

MEDICAL SCHOOL 101

HOW TO ACE EVERYTHING! MED 3

SKIN AND SPECIAL SENSES (SSS)

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! Brennan's lectures don't have to be a waste of time if you've taken the time to go over the content beforehand - keep in mind that he's actually just a lad and likes to sneak in Dad jokes.

INFECTIOUS DISEASE (ID)

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.

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HOW DO I STUDY IN MEDICAL SCHOOL?

TIPS FROM THOSE WHO CAME BEFORE YOU...

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 THE PRINTED- OUT 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 ADD THE SLIDES TO ONENOTE).

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).

GUIDED LEARNING SESSIONS (GLS)

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 GLS 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 HAVE A GOOD IDEA OF WHAT IS EXPECTED AND CAN HELP YOU HEAD IN THE RIGHT DIRECTION. THESE SESSIONS ARE A GOOD INDICATION OF THE DEPTH OF STUDY YOU SHOULD DO.

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.

SYNTHESISING SESSIONS (SS)

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. 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.

GETTING ORGANISED

CHECK OUT THE JCU ACADEMIC CALENDAR FOR KEY DATES!

CHECK OUT 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

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 AND SCHEDULE IN DOWNTIME, SOCIAL ACTIVITIES, EXERCISE AND TIME FOR YOUR INTERESTS OUTSIDE OF MEDICINE!

DIGESTING THE CONTENT

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 SUCH AS 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

DON'T BE AFRAID TO ASK FOR HELP ABOVE ALL ELSE— ALL THE OLDER GRADES WOULD BE HAPPY TO ANSWER YOUR QUESTIONS, AND EASE YOUR JOURNEY

REFER BACK TO THE LEARNING OBJECTIVES 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 AND INTEGRATIVE SESSIONS

THE EXAMS

MAKE SURE YOU DOUBLE CHECK WHEN AND WHERE YOUR EXAM IS (AND WHAT YOU NEED TO BRING)--THEY ARE NOT ALWAYS HELD IN BUILDING 46

THE NIGHT BEFORE, GATHER ALL THE PERMITTED MATERIALS YOU NEED TO SIT YOUR EXAM, DON'T FORGET YOUR JCU STUDENT ID CARD!

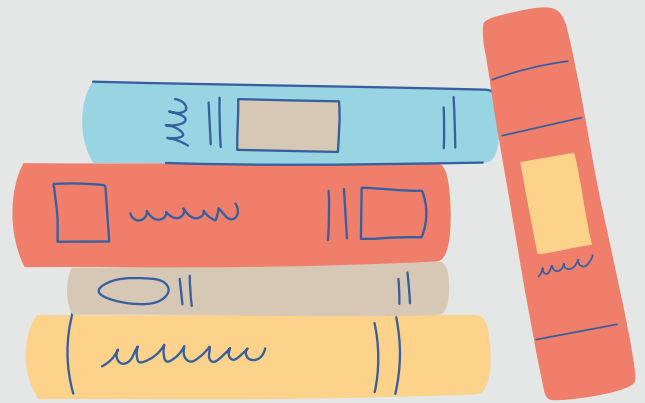
USE THE CALMING STRATEGIES THAT WORK FOR YOU AND DON'T WORRY ABOUT WHAT ANYONE ELSE IS DOING--YOU DESERVE TO BE HERE JUST AS MUCH AS ANYONE ELSE

DURING EXAM WEEK AND IN BETWEEN EXAMS, MOTIVATION CAN BE AT AN ALL-TIME LOW, BUT REMEMBER IT'S ONLY FOR A FEW MORE DAYS - AS IS SWOTVAC! MAKE SURE YOU MAKE THE MOST OF IT

ONCE YOU'RE OUT OF THE EXAM ROOM, YOU MAY WISH TO LET YOUR FRIENDS KNOW THAT YOU'D PREFER NOT TO DISCUSS YOUR ANSWERS AS WHAT'S DONE IS DONE. APPRECIATE ALL YOUR HARD WORK AND RECHARGE YOUR ENERGY :)



ASSIGNMENTS IN MEDICAL SCHOOL?



TIPS FROM THOSE WHO CAME BEFORE YOU...

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!

CHECK YOUR REFERENCES' REFERENCES - THERE MAY BE OTHER GREAT ARTICLES YOU CAN USE. ALSO, DO A BIT OF BACKGROUND READING BEFORE STARTING TO GET A FEEL FOR THE TOPIC.

ON TECHNICALITIES

MAKE SURE YOU NOTE DOWN THE URL OR SOME OTHER PIECE OF INFORMATION ABOUT EACH SOURCE YOU HAVE USED AS YOU GO ALONG, OTHERWISE YOU MAY NOT REMEMBER HOW TO FIND IT AGAIN WHEN YOU GO TO REFERENCE IT!

TAKE NOTE OF THE SESSION YOU HAVE ABOUT HOW TO USE THE JCU DATABASES AND JOURNALS - JCU PAYS FOR OUR ACCESS TO THESE JOURNALS, SO DON'T JUST RELY ON GOOGLE SCHOLAR!

ALWAYS TRY AND SAVE THE ARTICLES SO YOU DON'T HAVE TO SEARCH FOR IT EACH TIME YOU WANT TO REFERENCE IT. SAVE THE LINKS TO JOURNALS FOR FUTURE ASSIGNMENTS - FUTURE YOU WILL LOVE YOU FOR IT.

ON FORMAT AND REFERENCING

IT CAN BE QUITE TIME CONSUMING TO BECOME FAMILIAR WITH A PROGRAM LIKE ENDNOTE TO KEEP TRACK OF REFERENCES, BUT IT WILL BE WELL WORTH YOUR TIME IN THE LONG RUN.

IF YOU ARE GOING TO NEED A KEY REFERENCE TEXTBOOK FROM THE LIBRARY TO WRITE AN ASSIGNMENT (ONE THAT EVERYONE ELSE IN YOUR CLASS IS LIKELY TO WANT AS WELL EG PRINCIPLES OF BIOMEDICAL ETHICS FOR AN ETHICS ASSIGNMENT), GET ON THE WAITING LIST EARLY.

FIND THE JCU CMD REFERENCING AND STYLE GUIDE BEFORE YOU START. THERE'S NOTHING WORSE THAN CONSULTING IT JUST BEFORE YOU HAND IN YOUR ASSIGNMENT, ONLY TO REALISE THAT YOU HAVE DONE IT ALL WRONG...

NOT SURE HOW MANY REFERENCES TO USE? AIM FOR AT LEAST 10, BUT MAKE SURE THEY'RE RELEVANT.

ON SUBMISSION

MAKE SURE THE REQUIREMENTS FOR NAMING YOUR ASSIGNMENTS ARE MET PRIOR TO SUBMISSION, AND MAKE SURE YOU SUBMIT TO THE RIGHT DROPBOXES/ONLINE PORTALS!



PLACEMENT? WHAT DO I DO?

TIPS FROM THOSE WHO CAME BEFORE YOU...

BEFORE YOU START

YOU WILL INEVITABLY FEEL NERVOUS AND UNCOMFORTABLE ARRANGING AND ORGANISING PLACEMENTS. HOWEVER, THIS IS A SKILL THAT IS 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 WOULD REALLY LIKE TO LEARN HOW TO TAKE BLOOD'.

BE ON TIME, INTERESTED AND POLITE. YOU DO NOT HAVE TO BE A BRILLIANT 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, AND YOU WILL SOON FIND OUT.

HAVE A SMALL NOTEPAD AND TAKE NOTES - YOU WILL BE AMAZED IN FUTURE YEARS LOOKING BACK ON THE CASES THAT YOU HAVE PREVIOUSLY SEEN.

THANK EVERYONE AND SHOW YOUR APPRECIATION! CHOCOLATES OR CAKE NEVER GO ASTRAY.

WHEN YOU GET THERE

BE POLITE. ALWAYS INTRODUCE YOURSELF WHEN YOU MEET SOMEONE NEW, AND ON PHONE CALLS. ASK WHAT THEIR NAME IS AND WHAT THEY DO - IT WILL SHOW YOU ARE INTERESTED.

WHEN ASKED 'HAVE YOU XYZ BEFORE?' REPLY WITH 'NO, BUT I WOULD LOVE TO LEARN!' OR 'YES, A FEW TIMES, BUT I WOULD ALWAYS LOVE MORE PRACTICE!'. DON'T BE AFRAID TO ASK QUESTIONS, BUT DO THIS IN CONJUNCTION WITH YOUR OWN STUDY AND GOOGLING OUTSIDE OF PLACEMENT HOURS. DON'T ALWAYS FOLLOW THE DOCTORS - YOU CAN LEARN A LOT FROM NURSING STAFF AND ALLIED HEALTH. IF YOU DON'T KNOW SOMETHING WHEN ASKED, BE HONEST - IT IS OK TO NOT KNOW.

ASK IF YOU CAN EXAMINE THE PATIENT WHILE A SUPERVISOR WATCHES. IT IS GREAT TO GET FEEDBACK FROM SOMEONE EXPERIENCED AND YOU WILL IMPROVE YOUR SKILLS IMMENSURABLY. ALWAYS ASK FOR FEEDBACK ON YOUR CLINICAL SKILLS AND WHERE YOU CAN IMPROVE.

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 PROGRESS THROUGH THE CLINICAL YEARS.

ASK AND THOU SHALT RECEIVE - 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 WANT TO FIND OUT MORE ABOUT YOUR PLACEMENT SITE, HEAD TO THE JCUMSA WEBSITE (WWW.JCUMSA.ORG.AU) AND CHECK OUT OUR PLACEMENT DATABASE, WHICH IS A COMPILATION OF INFORMATION FROM PREVIOUS STUDENTS AND THEIR EXPERIENCES. FIND IT UNDER 'ACADEMICS' -> 'PLACEMENT DATABASE'. THEN, AFTER YOU'VE COMPLETED A PLACEMENT, BE SURE TO ADD TO IT FOR FUTURE STUDENTS!

MAINTAINING A WORK LIFE BALANCE...

TIPS FROM THOSE WHO CAME BEFORE YOU...

STUDY EXPECTATIONS

YOU ARE STARTING A DEMANDING BUT REWARDING CAREER. WORK HARD NOW, AND YOU WILL THANK YOURSELF LATER.

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, FLASHCARDS 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. DON'T FEEL THAT YOU NEED TO GIVE UP OTHER COMMITMENTS ENTIRELY IN ORDER TO STUDY.

YOU MAY NEED TO COMPROMISE, BUT YOU DON'T HAVE TO COMPLETELY CUT YOURSELF OFF FROM OTHER ACTIVITIES.

IT'S A COMMON TRAP FOR YOUNG PLAYERS TO DROP EVERYTHING IN FIRST YEAR TO STUDY ALL THE TIME; 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.

HOWEVER, MAKE SURE THAT YOUR OUTSIDE-UNI ACTIVITIES DO NOT TAKE OVER YOUR LIFE! YOU CAN STILL WORK PART TIME AND STUDY MEDICINE, AND MANY PEOPLE DO. CONSIDER JOBS 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.

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.



ON BALANCE

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!

JUST BECAUSE THAT BLOKE IN HOME GROUP 5 SEEMS TO BE ABLE TO GO OUT EVERY WEEKNIGHT, SAVE DOLPHINS ON A SATURDAY, RUN HALF-MARATHONS ON A SUNDAY AND IS STILL ABLE TO UNDERSTAND MTC, DOESN'T MEAN THAT YOU ARE A FAILURE OR DOING IT WRONG IF YOU AREN'T THE SAME.

LIKEWISE, EVEN THOUGH THAT CHICK FROM HG 18 SEEMS TO HAVE IT ALL TOGETHER, STUDIES FOR 15 HOURS A DAY AND CAN ASK QUESTIONS IN LECTURES WITHOUT SOUNDING LIKE AN IDIOT, IT DOESN'T MEAN THAT YOU ARE BEHIND OR AT THE BOTTOM OF THE CLASS IF YOU AREN'T EXACTLY THE SAME! FINDING A STUDY-LIFE BALANCE THAT WORKS FOR YOU IS SO VERY IMPORTANT.

1. 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.

2. 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.

3. 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 BE A BLOODY LEGEND!

SLEEP IS NOT FOR THE WEAK! MOST OF US NEED BETWEEN 7 TO 9 HOURS OF SLEEP DAILY. ADJUST YOUR SLEEP SCHEDULE SO THAT YOU FEEL READY TO TAKE ON THE DAY!

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 LIMIT USING ELECTRONIC DEVICES IN THE LEAD UP TO SLEEP (DIFFICULT, I KNOW)

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* *AND NO, 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 - A FAMILY EMERGENCY, SITUATION OR YOU ARE IN DISTRESS - THERE IS ALWAYS SUPPORT FROM THE MEDICAL SCHOOL AND JCU STUDENT COUNSELLING.



THE HANDBOOK - A RETROSPECTIVE



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 2011-2023, 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.

This year, being the second year I've been able to spearhead the designing of the handbook, I want to give a special thanks to Aimee, Sarah and the rest of the team for helping us put it all together for you Dear Reader. We all hope you get as much use out of this as we've all gotten so far!

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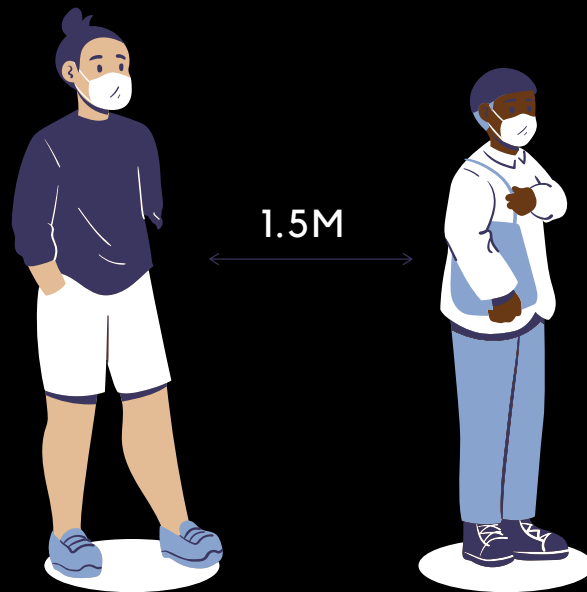
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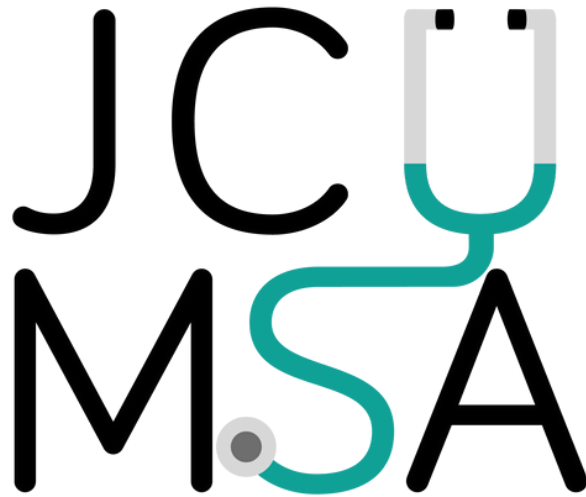
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