

MANDUS 2021 SURVIVAL GUIDE



ANATOMY OF A FIRST YEAR MEDICAL STUDENT

FIRSTLY

WELCOME

TO THE UNDS FAMILY

On behalf of The University of Notre Dame Australia, we would like to congratulate you on being offered a place for the Doctor of Medicine on the Sydney Campus commencing Semester 1, 2021.

We are delighted that you have chosen to study at The University of Notre Dame Australia and hope that your years at the university will be enjoyable and rewarding. On behalf of the university community, we extend our congratulations and look forward to welcoming you to Notre Dame.

School of Medicine,
Sydney



THE UNIVERSITY OF
NOTRE DAME

A U S T R A L I A

School of Medicine, Sydney

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WELCOME

FROM THE PRESIDENT

Lachlan Morton

Dear Class of 2024,

On behalf of MANDUS, it's a privilege to welcome and congratulate you for being accepted into Medicine at the University of Notre Dame, Sydney! For some of you, it has been a journey of many years filled with trials and tribulations. For others, it will have been a much shorter journey but no less of a challenge requiring much perseverance. Well done and enjoy the praise you will receive as you deserve it!

Every year MANDUS publishes this Survival Guide to welcome the new Medical Students and give you an insight into life as a Med Student and how our Medical Society supports you. 2020 was... an interesting year. It started like any other, then immediately collapsed into an apocalyptic world, hot and smoky like the depths of hell, followed by a pandemic causing ghost towns, complete with tumble weeds traversing the main streets of the Sydney CBD. Much like Harry Potter practicing "Lumos" locked in his bedroom in the Chamber of Secrets, us Med Students were practicing suturing skills locked in our bedrooms. But it wasn't all doom and gloom. Our PBLs kept us entertained and acted as a support network. MANDUS also held many events that maintained our morale and managed to keep us a tight-knit family.

Lucky for all of us, 2021 is looking like a much better year. Although the world has changed and won't return to how life was BC (Before COVID), restrictions have mostly lifted (at least at the time of writing). MANDUS is here to help you get the most out of your time in Medical School. We hold academic events such as exam and study preparation sessions, mock OSCEs, and guest speaker nights with all sorts of specialists. MANDUS also holds social events like MedBall and Scrub Crawl. If there are restrictions still in place like 2020, MANDUS has alternate plans to hold events like picnics, online Movie Nights and Trivia which were very successful last year.

MANDUS is made up of many subcommittees, so you are bound to find something we do that you are passionate about. For example, are you passionate about rural and remote health as well as Aboriginal and Torres Strait Islander medicine? Then you might also want to join our Rural Health Organisation of the University of Notre Dame,

President

Sydney (ROUNDS). Or if you want to know more about life as a General Practitioner (GP), then join our General Practice Student's Network (GPSN). What about surgery? Then join SANDUS, our surgical subcommittee. This is all but a small snapshot of what MANDUS does so stay tuned and read on!

Finally, it's time to impart some advice for your first year in Medicine in a COVID world. Take part in as much as you can so you can make friends outside your PBL. With an online world, you can end up locked in to your PBL group. It is extremely handy to have a support person on the outside as well as someone you can ask for their fresh perspective on a case study or assignment. Also, don't forget to leave some time for yourself! You don't want to burnout too quickly. The year starts a bit heavy, but it will spiral back around again before exams, so take a breath and don't panic. If you don't fully understand it the first time, you will have another opportunity. Lastly, make the most of your time here. Explore Sydney! Make new friends! Watch a surgery! And remember, you're a Med Student, not a Doctor (yet). Live the student life while you can!



Lachlan Morton

President of MANDUS, 2021



Van Nguyen



Adriana Ukalovich



Katarina Needham



Dan Middleton-Clifford



Janet Mirzaei

WELCOME

FROM THE EXECUTIVE

Vice President Clinical: Van Nguyen
Vice President Pre-Clinical: Adriana Ukalovich
Secretary: Katarina Needham
Treasurer: Dan Middleton-Clifford
AMSA Representative: Janet Mirzaei

Hey everyone! Welcome to the Notre Dame Med Family! Whilst nothing can quite adequately prepare you for the year ahead, (btw we still don't feel totally prepared... but that's all part of the adventure!), we'd like to introduce you to the Executive team, who will be there for you every step of the way. You're about to undertake experiences and challenges that will see you surprise yourself with how capable you really are and meet people that you could not imagine your life without!

We are Adriana and Katarina, your Vice-President Pre-Clinical and Secretary, respectively. Adriana is a former geologist with a penchant for podcasts, pilates, and Pete Carroll lectures. If you need any advice on what it's like coming from an unrelated background and getting thrown in the deep end on day one, Adriana's the person to chat to. Katarina comes from a background in psychological research, so she is always keen to help out those new to research design and statistics. When she's not making cringe-inducing stats jokes ("Type 2 error baby, I'm the best you never had 😊"), you can find her binging on scary movies or enjoying dance classes.

Together with our enigmatic President Lachie, Vice-President Clinical Van (of the famous *Van's Anki Decks*), Treasurer Dan and AMSA Representative Janet, we form the MANDUS Executive Team for 2021. You will most likely recognise Lachie around campus because you'll often find him sporting one of his 25 Hawaiian shirts. Van is now in his final year, and when he's not cramming on campus or at the hospital, you'll find him whipping up gorgeous feasts as a sushi chef extraordinaire. Dan comes from a strong finance background; with his experience, wisdom and razor-sharp wit you know the treasurer role is in good hands! Finally, Janet is a born-and-bred Sydney girl, filled with fiery passion and a conservationist spirit, she is our connection to the powerhouse that is the Australian Medical Student Association (AMSA).

Executive

As a team, we aim to run MANDUS seamlessly, support you in your journey, and with the great work of our subcommittees, strive to ensure you have the best year possible. We know that starting medicine in a pandemic year isn't ideal to put it lightly, but we've been there, and we will support you from the start and all the way through to that final beer after your final exams. Looking forward to meeting you all soon!

Love Adriana and Kat xx

WHO IS MANDUS?



MANDUS (Medical Association of Notre Dame University Sydney) is your student representative body on campus here at Notre Dame! As a direct link to the faculty and its staff, we are your means of delivering feedback and thoughts on the course and all curricular material. Each year group has an academic representative that works with the executive team and the SoMS (School of Medicine, Sydney) staff to ensure that your issues are addressed and enacted upon. Being a relatively young university, the feedback you provide to MANDUS helps the university to deliver the very best in medical education, allowing Notre Dame to be at the forefront of Australian medical schools.

Outside of its curricular involvement, MANDUS also runs an array of extra-curricular programs and events; from academic, to sport, to wellbeing, to social and beyond. The next few pages will fill you in on the greatness that is MANDUS.

MEET THE TEAM



LACHLAN MORTON
President



VAN NGUYEN
Clinical Vice-President



ADRIANA UKALOVICH
Pre-Clinical Vice President



KATARINA NEEDHAM
Secretary



DAN MIDDLETON-CLIFFORD
Treasurer



JANET MIRZAI
AMSA Chair



JOLIE CULLEN
Academic Representative



DANIEL MEZRANI
Social Co-Chair



SABRINA DELGADO
Social Co-Chair



OLIVIJA TOMAS
Social Rep



HAVVA PEHLIVANOGLU
Med Revue Exec Producer



MELAD FARRAHA
IT + Public Relations



YOUSEF HAKIMI
Publications Officer
UNDSEM Chair



MADELINE NICOLA
Publications Officer



DAVE MOULDER
Sponsorship Officer



PANASHE BAMHARE
Sponsorship Officer



PEJMAN KESHVARDOUST
Sponsorship Officer



SORREN THOMAS
Indigenous Representative



SAM HURFORD
Sports Co-Chair



PADDY COELHO
Sports Co-Chair



ANDREW STARK
SANDUS Co-Chair



ZELDA PERRI
SANDUS Co-Chair



LILY DAVIS
PANDA Co-Chair



EMILY O'SHEA
PANDA Co-Chair



ALEX MILLER-BOCK
Wellbeing Rep



KATIE VALCIUKAS
Wellbeing Rep



APARNA ATRESH
Global HANDS MANDUS Co-Chair



CLAIRE ADAMS
Global HANDS AMSA Co-Chair



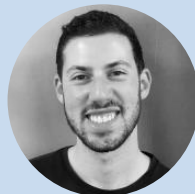
GEORGIE DOWSETT
Alumni Committee



SARAH ALDRICH
Alumni Committee



JULIA LIM
RANDA Co-Chair



AIDAN BARON
RANDA Co-Chair



AREEB ATHAR
SSUNDA Chair

A LITTLE
LOOK AT
YOUR MD
LIFE



School of Medicine, Sydney

STARTING MED SCHOOL

The first few weeks of medicine will make you wonder why on earth you decided to do it. Don't worry, this is how everyone feels, even those with science backgrounds. There is no denying that the timetable is very full, and you can expect to have uni from 9-5 on most days of the week. Since it's a postgraduate course of just 4 years, we need to cram in a lot of learning into a short space of time! As you'll hear far too often throughout the year, "this is a FULL-TIME course!" The Notre Dame curriculum is based on a 'spiral model' of integrated learning that presents information around Problem-Based Learning (PBL) cases and a related lecture series. The first few weeks will seem like you have been dropped into the deep end. Don't stress: the structure of the course works on repetition and if you miss something, it will be covered again many times throughout the year.

You will, of course, totally ignore all of the above when you get to Week 4 or so and think, "OMG, this is so hard! Everyone else is coping brilliantly and I'm alone here in my shame bubble!" But it really is true, and everyone has felt at one time or another that they're a fraud and shouldn't be doing med. You **should** be doing it. You just have to trust that the university knows what they're looking for when they pick students. Focus on the small tasks and the waves and it won't feel quite so overwhelming.

[Blackboard](#) is the UNDS hub for ALL lecture notes, course administration documents, placement, details, labs and timetables. Make sure to consult Blackboard at least every couple of days as important announcements, documents and timetables are updated regularly.

TIMETABLE

Your timetable will vary depending on COVID-19 restrictions in 2021. This year, many of our lectures were online and we had most of our labs online as well. Below is an example of what a normal timetable might look like, as well as a sample timetable under COVID-19 restrictions on the following page.

Standard Timetable



SCHOOL OF MEDICINE, SYDNEY
2019 – Year 1 Generic Timetable

Timetable may be subject to change at short notice. Please watch for announcements on Blackboard.

	Monday	Tuesday UTS	Wednesday	Thursday	Friday	
0800hrs						0800hrs
0900hrs		Lecture (BCS) UTS	CLINICAL DEBRIEFING (Tutorial) PBL rooms	Lecture NDS14/201 (LT)	CCS (Skills Session)	0900hrs
1000hrs		Lecture (BCS) UTS	PBL 2 PBL rooms	Lecture NDS14/201 (LT)	NDS14/Level 4 & 5 CCS Labs	1000hrs
1100hrs		Lecture (BCS) UTS		Lecture NDS14/201 (LT)	PBL 3 PBL rooms	1100hrs
1200hrs		Lecture (BCS) UTS	LUNCH	LUNCH	LUNCH	1200hrs
1300hrs	LUNCH	LUNCH	Workshops/Site Visits	Lecture NDS14/201 (LT)	PBL 1 PBL rooms	1300hrs
1400hrs	Lecture (Ant) NDS14/201 (LT)	BCS LABORATORY	See separate Timetable on Blackboard (Bb)	Lecture NDS14/201 (LT)		1400hrs
1500hrs	Lecture (Ant) NDS14/201 (LT)	UTS	On campus placements Comm. Skills - NDS14/503 Surgical Skills- NDS14/504 Ultrasound- NDS14/506		Lecture NDS14/201 (LT)	1500hrs
1600hrs	Anatomy (Tutorial) NDS14/201 (LT), 303, 304, 503, 605	BCS LABORATORY		Bioethics workshop (See individual Timetables on Blackboard)	Lecture NDS14/201 (LT)	1600hrs
1700hrs		UTS				1700hrs

Please note that the lecture times and Domains may vary.

TIMETABLE

COVID-19 Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	
0800hrs			CDT and PBL online delivery		CCS & PBL 1 face to face delivery on campus	0800hrs
0900hrs		[Lecture] Online	CLINICAL DEBRIEFING [Tutorial] Online	[Lecture] Online	CCS (Skills Session) In-person	0900hrs
1000hrs		[Lecture] Online	PBL 2 & 3 Online	[Lecture] Online		1000hrs
1100hrs		[Lecture] Online		[Lecture] Online		1100hrs
1200hrs	[Lecture] Online	LUNCH	LUNCH	LUNCH	LUNCH	1200hrs
1300hrs	LUNCH		WORKSHOPS/SITE VISITS All workshops on campus commence at 2pm	[Lecture] Online	PBL 1 In-person	1300hrs
1400hrs	[Lecture] Online	BCS Laboratory [Online]	WORKSHOPS/SITE VISITS	[Lecture] Online		1400hrs
1500hrs	[Lecture] Online			WORKSHOPS/SITE VISITS		
1600hrs	[Anatomy Tutorial] Online	BCS Laboratory [Online]	WORKSHOPS/SITE VISITS			1600hrs
1700hrs						1700hrs

Please note that lecture times and domains may vary and that timetables are subject to change at short notice. Please watch for announcements on Blackboard.

THE AVERAGE WEEK

(WITHOUT COVID-19 RESTRICTIONS)

MONDAY

This is your anatomy day. In the morning you will have free time. Use this as you will: catch up on sleep, hit the library to start the week with a study session, or this may be an ideal time to work if you are holding down a part-time job as well. Anatomy tutorials and lectures take place almost every Monday afternoon. The tutorials have marked attendance, so you will need to attend to avoid eating into your 10% allowed absence.

TUESDAY

Anatomy, Physiology, Microbiology and Histology are all taught in partnership with the University of Technology Sydney (UTS). One day a week is spent on the UTS campus in the city and for first year, Tuesday is your UTS day. On these days you will receive the majority of your Basic and Clinical Sciences (BCS) lectures (there are plenty of good coffee places around UTS, you will need it to stay awake!). The afternoon involves a variety of laboratory sessions. Some weeks you will have Tuesday afternoon off, other weeks from either 2:00-4:00pm or 4:30-6:30pm and others from 2:00-6:30pm straight. Make sure you consult your timetable weekly to ensure you attend your labs. Attendance is taken at lab sessions.

WEDNESDAY

This is your clinical day. In the morning you will have an hour of Clinical Debriefing, a session that alternates fortnightly between Population and Public Health and Personal and Professional Development (PPH and PPD, respectively). Immediately following this, you will have your second PBL session of the week. This is a vital session that consolidates the information you have been presented in the first PBL session of the week on the previous Friday afternoon. In the afternoon, starting in approximately week 8, you will begin your clinical rotations and workshops. These move weekly between areas such as surgical skills, ultrasound,

communication, aged care and GP placements. All activities on Wednesday have compulsory attendance.

THURSDAY

Thursday is another lecture day that focuses more on the areas of PPD and PPH in the morning and Clinical Skills in the afternoon. Sometimes you may have Thursday mornings or afternoons off. On select weeks throughout the year you will have bioethics workshops on Thursday afternoons covering one of the topics for the curriculum. In these sessions you will watch presentations from experts in their areas and then have the chance to discuss the issues raised in small groups.

FRIDAY

Friday is a BUSY day that starts with 2 hours of Clinical and Communication Skills (CCS) and then an hour of PBL that wraps up the weekly case. After lunch you begin your new PBL case for the coming week. This 2-hour session introduces you to the case and allows you to have the weekend to look over important aspects. PBL and CCS are compulsory. Following this you will usually have 1 or 2 lectures that delve into the new week's topic, usually the pathophysiology of the condition or case. After these lectures we have the weekly MANDUS Friday arvo drinks at one of our many local venues. Cheap drinks with good friends to end a BUSY week; nothing better!

SATURDAY / SUNDAY

Whilst it's very tempting to think either "Yay! I've got 48 hours to do HARD med revision!" or "Yay! I've got 48 hours to do... nothing!", both extremes should be avoided. It's sensible to do a bit of a review of the week and maybe take a brief look over next Monday's lectures, but make sure you take time for yourself. It's super easy to get consumed by medicine; try to make the good habit of having time to indulge yourself and your non-med hobbies.

BOOKS AND MATERIALS

You are not required to purchase the prescribed texts; however, it is recommended. These are the texts that the lectures will directly reference. We suggest that you wait until you get started and see what you need before jumping in and buying a textbook that you might not use. Some of the prescribed books are VITAL, such as Talley & O'Connor, your clinical reference text. What's more, most are available from the library, in your PBL rooms and electronically.

ANATOMY

Each anatomy textbook has its highlights and lowlights. Often, it's good to use a combination of books to get all the information. The recommended text that lecturers' reference from is Moore and Dalley's Clinically Orientated Anatomy. Other useful texts to look at include Gray's Anatomy for Students, Netter's Atlas of Human Anatomy, and there are a few good anatomy colouring books. Netter's Flashcards also serve as good revision when travelling. There are plenty of online resources such as Teach Me Anatomy or Kenhub that are handy too!

CLINICAL

Talley and O'Connor's Medical Examination and Oxford Handbook of Clinical Medicine will be your go to when it comes to anything clinical. There are usually readings each week from these texts before CCS. Past students have made clinical manuals that you will get your hands on that make the starting point much easier! It's also worth checking out Geeky Medics or Talley's videos on Youtube, but the textbook is a definite must have.

PHARMACOLOGY

Lecturers will refer to Rang and Dale's Pharmacology text and this is a simple and easy book to follow. In first year, you will be learning the principles of drug interactions and will go

into more depth in second year. Prof. Carroll will make learning pharmacology a pleasure – "just stick it in a neuron!"

PHYSIOLOGY

Good texts for physiology are Martini and Nath's Fundamentals of Anatomy and Physiology. Other great references are Guyton and Hall's Textbook of Medical Physiology, and Marieb's Human Anatomy and Physiology. In the first year you will be looking at physiology to learn broad concepts and gain a basic understanding.

MEDICINE

The recommended text is Robbins and Cotran Pathologic Basis of Disease and Davidson's Principles and Practice of Medicine. These are great books and will help you understand things that are happening in your PBL cases. Osmosis and Armando Hasudungan on Youtube are great to check out. They also provide some videos on the pharmacology and physiology aspects relevant to your PBL cases.

DICTIONARIES

To help with all the medical jargon it is good to have a reliable medical dictionary. They can be good first point references for diseases. Black's Medical Dictionary, or Mosby's Dictionary of Medicine, Nursing and Health Professions are useful books.

ACADEMIC REPRESENTATIVE

..... A word from Jolie Cullen



Congratulations on becoming a Notre Dame Med student and Welcome to the family. I'm Jolie, the 2nd year Academic Representative. Just in case you haven't heard them yet- the catchphrases of the year will be "high-yield", and "trust the spiral" (more on these soon). Part of my role is to help you get through your first year relatively unscathed by ensuring you have all the tools you need to succeed. MANDUS has an enormous amount of amazing resources, including student notes, textbooks and precious exam resources. You'll get these soon so don't rush out to buy any textbooks yet! As well as providing these resources, I am here to make your first year of Medicine as stress-free as possible. I am always available for chat, advice or a zoom session. If I don't know the answers, I'll find someone who does!

Once you get past the first bioethics intensive and you start PBLs/CCS you will quickly see that Medicine is a unique course that exposes you to a variety of teaching and learning styles. Take it slow, and don't rush through the early PBLs. There are so many different ways to succeed in this course and more resources than you could ever get around to using. Embrace new ways of learning, adapt your study techniques and pace yourself throughout the year. Immerse yourself in different experiences both educational and social activities and try to find a balance between Medicine and your life (much easier said than done- but the balance is totally up to you!). Please do not hesitate to reach out to me with questions or for a chat. I will be sending through study resources at the beginning of the school year once you've signed up to MANDUS (it's a one-time fee, so well worth it!) so for now, rest up and enjoy your holidays.

Anatomy

Anatomy is taught through lectures, tutorials and labs at UTS. It is very useful to prepare for these sessions. I can't emphasise this enough. Don't be me and go into the lab expecting to be walked through. Know the tutorial lists before you enter, and it will make it a much more pleasant experience (i.e. not totally traumatic). Also remember that many students have extensive anatomy background, and some have absolutely none. No matter what your experience is, you won't be alone. Try to engage in the classes and learn from your tutors. If you're lucky enough to get time in the wet lab, use your lab time well as this is your only chance to practice identification on specimens. Visual resources such as Acland's Anatomy (available for free through the library) and Kenhub videos are useful for spot tests practice.

Flashcards (Anki App or Quizlet) are very helpful for content that will be assessed in the multiple-choice question (MCQ) and short answer question (SAQ) exams. Consistent repetition and memorisation are key for anatomy so put some time away each week for anatomy.

For UTS labs you will need:

- White long-sleeve lab coat
- Safety glasses
- Enclosed shoes

Basic and Clinical Sciences (BCS)

You will learn BCS through PBL and lectures, mostly at UTS on a Tuesday. UTS lectures are content-heavy, with a lot of molecular biology. Be prepared to be overwhelmed and try to focus on the main concepts. Seek advice from second years when you are not sure if certain content is “high yield”. Some people say to focus only on the first half of the UTS lectures, as the rest is too in-depth. BCS content is also covered in PBL, which is a good way to apply your knowledge and work through difficult concepts. Many find it useful to write summaries at the end of each PBL including the key BCS content which is very useful for exam study. As mentioned, you will also hear a lot about the “spiral model”. This means content will be taught and re-taught throughout the year, so if you don’t fully understand a topic the first time don’t worry it will be covered again. The idea is that each time we are taught it, more information goes in and we get a deeper understanding.

Bioethics

Bioethics intensives are designed to make you think through complex ethical topics and prepare you to be a well-rounded doctor who thinks critically. Take note of the topics which interest you so that you have some ideas for your formative assessment tasks, two short answer questions (SAQ), the bioethics disputation and oral presentation. Each intensive is broken up into smaller groups where you discuss the ethical topics together. These groups will also be the groups you do your surgery skills and GP placements with, so get to know this group.

Communication and Clinical Skills (CCS)

CCS is the time to throw a stethoscope around your neck and say the classic line “Hi my name is Jolie, I’m a first-year medical student at the University of Notre Dame”. At first, it can seem almost impossible to fit so many observations and tests into 10 minutes, but you will quickly see that with practice it is possible to do very well in OSCEs (we had DOCCs due to COVID, who knows what you’ll have this year, but they are very similar). The key to CCS practice is finding a small group of people to practice with weekly. Consult students from other PBLs as different tutors may have different tips and techniques that can help you learn. Prepare for class by reading Talley and O’Connor and the CCS manual so that you can make the most out of the session. Also, look up the Geeky Medics relevant to the week, they are a great external resource. Formative OSCEs are great for building your confidence, time management and refining your skills so treat them like a real exam. Above all, practice, practice, practice (and don’t forget hand hygiene!). Hopefully, COVID won’t get in the road of your year to get enough practice!

Must-haves for CCS:

- Stethoscope: Most people use Littmann. Order early and get your name engraved.
- Suture kit: our year did a bulk buy, to save money on delivery.
- Talley and O’Connor: this is supplied in your PBL rooms, but get yourself a pdf of this, and read it before every CCS! CCS needs to be prepared for, and by watching the supplied videos, reading over Geeky Medics, and Talley and O’Connor, you will be prepared.

The following are supplied by the school during CCS sessions:

- Tuning fork
- Tendon hammer
- Pen torch (comes free with many stethoscopes)

Exams

Yep, they’re hard. And they make up about 85% of your marks for the first year. But before the formative and summative we will have a Q&A panel, so you can ask us all the questions you have. We also have lots of resources, so you will be prepared! Throughout the year ensure

you understand the main concepts, consult your Learning Objectives and take note when your tutors and lecturers emphasise a topic (AKA tell you to stick it in a neuron!).

Formative exams are a great way to test your knowledge and the effectiveness of your study techniques. The first semester is the time to try new things; perhaps flashcards work best, hours on Anki or writing one-page summaries of each PBL. No matter your learning style, use formatives as a trial run and adapt your study accordingly in the second semester. Be willing to change your methods! You will be surprised how much you remember at the end of the year if you prepare well for formatives. Work consistently throughout the year to gradually build and consolidate your knowledge. For summative exams, group study is a great way to share knowledge, test yourself and build a support network. Easier said than done during a pandemic, but make the most of Zoom, your PBL and your clever peers. Balance your time between each domain and ensure you look after yourself and check in on your peers.

Problem Based Learning (PBL)

On your first day, you'll get given a name tag, with a little picture on it which will be the same as 7 or 8 other people. This is your PBL! 8 or 9 students – usually divided up based on experience, plus a PBL tutor and a CDT tutor. These people will be your family for the first year, so get prepared with a roster (who is the scribe, who is on the summary, who is bringing snacks on Friday etc.), a Google Drive and work out when everyone's birthdays are so you can have cake. A lot of your learning will be done as a group, and every PBL functions slightly different.

Personal and Professional Development (PPD) and Population and Public Health (PPH)

PPH and PPD are taught through CDT tutorials on Wednesday mornings and some additional lectures. Weekly graph analysis and pre-reading can seem tedious, but they are very assessable in the exam. To do well ensure you at least read the CDT manual, pay attention in CDT and take note of important topics, laws and statistics. These domains can be crammed before the exam with the use of resources such as question banks and PPH/PPD summaries which will guide you in what you actually need to know. You have to pass this section to pass the year, so do not neglect it.

Tips

- Try out new study techniques and find the ones that work for you, these may be different from what you've used before so be prepared to adjust as required. They will likely also be different to those which your mates use, and that's ok. Adapt and change as you see fit.
- Pace yourself and work consistently
- Bookmark these resources on your laptop now, as you should use them every week:
 - Amboss. People love it or hate it, I love it. I got it for like \$17 off some German website.
 - Osmosis. Short. "high yield" videos. I'm a big fan.
 - Calgary Guide. Everyone who knows me knows I love a flow chart. If you do too, the Calgary guide is about to be your best friend.
 - MedSchoolQuiz
 - BMJ on Examination (free through Notre Dame)
 - Geeky Medics
- Find a productive study group and learn from your peers. This can be your PBL, but it is also good to have people outside of your PBL (especially for CCS!).
- As soon as you get it, read over your course outline and handbook in detail, making note of due dates in your diary (also, get a diary). This has every due date, allocation of marks and most other info you need for the year.
- If you need help or support, reach out (to your peers, me, your lecturers, other second years, anyone in MANDUS, the university staff). We are truly a family here at UNDS Medicine and we want to see you have an enjoyable and successful year.
- P's equal MD's

A final note, studying Med during a pandemic is bloody tough. MANDUS has a phenomenal wellness group and is filled with amazing people who want to see you all do well and stay happy. If you're finding this year difficult, or if you notice a colleague is struggling, reach out. There will be heaps of help if you just ask. Best of luck for your first year and I look forward to getting to know you in 2021.

| USEFUL LINKS



..... Press on resource to open the link

ASSOCIATIONS

- [MANDUS](#)
- [Australian Medical Students Association \(AMSA\)](#)
- [New South Wales Medical School Council \(NSWMSC\)](#)
- [Australian Medical Association \(AMA\)](#)

ON-LINE STUDY RESOURCES

- [Armando Hasudungan](#)
- [Osmosis](#)
- [Kenhub](#)
- [Khan Academy](#)
- [Geeky Medics](#)
- [UNDF Med Quiz](#)
- [Calgary Guides](#)
- [AMBOSS](#)
- Up to Date – Access through UNDA Library eResources
- BMJ Best Practice - Access through UNDA Library eResources
- BMJ OnExamination – Access through UNDA Blackboard
- Acland's Video Atlas of Human Anatomy – Access through UNDA Library eResources

MEDICAL BLOGS

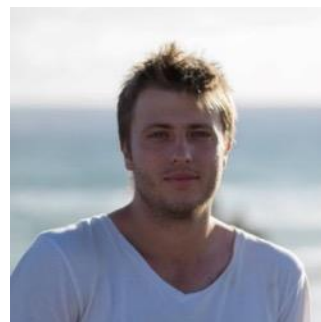
- [Life in the Fast Lane](#)
- [On the Wards](#)

SURVIVAL TIPS



NON-SCIENCE BACKGROUND

First and foremost, a massive congratulations on getting into Medicine at Notre Dame. It is a massive achievement in and of itself and you should all be proud of yourselves – no more GAMSAT (pew) ever again, best news ever right? At Notre Dame we really do have quite a variety of academic backgrounds from our undergrad days; arts, engineering, military, finance, engineering etc. so you are definitely not alone in this journey. In saying that, it does make it special to be going through this with everyone else and believe me, we're all in this boat together. I am from an engineering background with minimal exposure to biology, anatomy, immunology (what even is that) but FEAR NOT, this is not going to hold any of you back in any way. The first few weeks may feel overwhelming because of the gap in knowledge, the new language and you might feel like others are coasting through and each day you are falling further behind, but I promise you, you will catch up; everyone is willing to lend a helping hand along the way. Never be afraid to ask someone what a B cell is or what the brachioradialis is, you may find they do not know it either and you can become study buddies. Now to some hot tips from all that gobbly-goop.



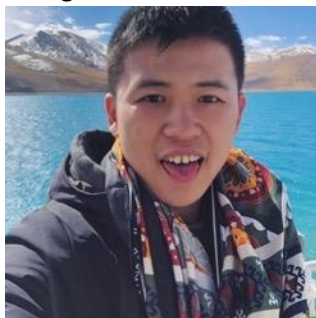
1. Trust “the spiral” – this is a term thrown into the headwind around the university, but it just means you will revisit concepts several times. You may learn it once in week 1, it goes over your head completely but in week 19 you come back to it and it will make more sense
2. Past Student notes – there are notes that we have been blessed with from previous years students that are very handy, (e.g. Helena’s notes, Mamma’s Notes, Concise Notes etc.) which may explain certain concepts in a manner that makes more sense to you or gives you another perspective you may not have thought of, definitely worth checking out on things that confuse you!
3. PBLs – biggest highlight of the 1st year of Medicine, it’s not a sprint, it’s a marathon and when you’ve got a team that works hard together it makes the marathon way more fun. It is one of the best parts because you can work out problems together, discuss certain concepts in your group that were confusing in lectures. DO NOT be afraid to jump in with questions when you are confused, again everyone may be confused, and you may amaze yourself one week where you can explain something that others are struggling with. Definitely collaborate with your group and get organised quickly as it will make the rest of the year that much more enjoyable.
4. Studying – this is a big one and you will hear from a lot of students both at Notre Dame and on the internet, “HOW DO WE STUDY MED?” and unfortunately I will give the boring answer of, “It really depends on what works for you”. In saying that there are definitely heaps of resources out there to help you and I will list a few that I used throughout and founds incredibly helpful.
 - Flashcards – ANKI, Quizlet, Kahoot, ANKlapp, Brainscape (personally I used ANKI)
 - Online Videos – Ninja Nerd, Osmosis, Armando (Osmosis and Armando I found the best)
 - Textbooks – Talley and O’Connor, Guyton and Hall’s Medical Physiology (having little physiology background I found this book great)
 - Other Resources – AMBOSS (amazing resource and very high yield – this is another term used which just means DEFINITELY LEARN IT), BMJOnExam, Calgary Guide (great for pathogenesis and pathophysiology)
5. ENJOY – remember more than anything to take some time out for yourself to do something you enjoy whether that is hitting the gym for gains, playing sport, getting a group of mates for Among Us or watching Netflix, self-care is incredibly important. It is an intense and demanding year, but you will all get through this.

On a final note, if you are ever battling away and need some help, come and say hi, give me a big ol’ friendly wave and I can help out wherever I can. It’s tough but everyone is here to help you!!!!

Yan

NON-SCIENCE BACKGROUND

A little background information, I studied psychology in China and nursing in Australia, not a science background. The first time I started to get in touch with science was the preparation for GAMSAT, which I did not want to revisit, period.



Anyway, back to how to study from a non-science background. I would say to use multiple resources, including videos, lectures, questions, textbooks, student notes, making notes, and learning with peers to maximise your understanding.

Videos – I watched lots of videos for my studies, mainly Osmosis, Armando and Boards and Beyond. These resources clearly explain basic and fundamental information we need to learn. I also use random YouTube videos for specific concepts in microbiology and biochemistry. The university's lectures can be sometimes hard and complicated, but trust me, the exam is not like that, so do not worry if you feel lost. I still remember hating every minute in the microbiology lab because I had no idea what the tutors were talking about.

Lectures – Some lectures are amazing in ND, especially pharmacology, but some of them I regretted attending. I know some students never attended lectures but watched the recordings afterwards with x2 speed, and they are doing great. BTW, there are bridging tutorials for anyone who feel less confident with science run by 2nd year students (they let you know what is important for the year).

Questions (active recall, Anki) – Active Recall is VERY important. If you don't know about the flashcard program "ANKI" or the learning concept of active recall, go to YouTube. It can help you to retrieve memorised information and maintain it by repetition (this helps especially with anatomy and random facts). Make sure each Anki card is simple and straightforward. Some of my cards are huge paragraphs, which made the recall process harder.

Textbooks – The only textbook I used this year was Talley O'Connor for CCS.

Student notes – So important, they give you all the information you need for Learning Objectives, (but depending on the ones you use, can sometimes be too detailed) I used them to make sure I covered all the LOs each week.

Making notes – I only made notes for CCS exams and PBL cases because there are many good student notes already out there.

Learning with peers – I like learning with others, but more in discussion/clarification format, instead of solely relying on others to teach you. It is very beneficial to exchange ideas like mnemonics with others. I always ask questions in my PBL or from other students in the cohort, which really helped me with understanding.

As a weekly schedule, I would suggest pre-learning anatomy to avoid getting lost in the lectures; pre-watch videos to learn important concepts then attend lectures; prepare for CCS (read Talley book and watch YouTube regarding clinical exams) and **practice** a lot after, especially if you are not from a clinical background; make Anki cards and recall whenever you can. Make summary notes for PBL cases, because not all the information is suitable for Anki. You might need to spend more hours on learning the concepts, but it is definitely doable. Make a plan to keep track of what you want/need to learn.

Everyone has their own study style, and it will take time to find the best way suitable for you, it might be hard, especially during pandemic. But you are not alone, most of us felt the same way last year too. Support each other and feel free to reach your tutors or 2nd year students if you are not sure if you are on the right direction. We will be glad to help.

Take care and good luck!

Zilin

SCIENCE BACKGROUND

Hey all and huge congratulations on embarking on this exciting new chapter in your lives! If you're coming into this degree with a science background, it can become incredibly easy to become complacent early on. However, with medicine, success is rooted in consistency and applied effort. For me at least, I found myself very familiar with a lot of the concepts and terms that were being mentioned in tutorials and lectures, but because I initially coasted on my undergrad knowledge, I very quickly felt like I was falling behind compared to others. Having a science background under your belt is so beneficial, but you will find that everyone tends to catch up fairly quick and by the middle of the year, most people are at roughly the same level.

Another thing that I took for granted is that in undergrad, the level of detail I had to know was immense, particularly with regards to biochemical pathways. I often found myself bogged down in the details throughout the year, but medicine is about the big picture! Sure, the information is still important and if you have the time to learn detailed, niche information then go for your life... However, I highly recommend just trying to gain an understanding of the broader picture first and then taking note of any clinical application to the knowledge, since the clinical side of things is often not taught in undergrad. Use that extra time that you would be spending re-learning every enzyme in the Krebs's Cycle to instead brush up on your history taking and physical examination skills!

Experiment with different learning styles! I can't lie, I was still adjusting my style of learning



even in the last few weeks of the year – which is why I think it's so important to experiment early on! Take advantage of the fact that you're familiar with many of the concepts you'll be exposed to in the first few weeks and use that time to try out Anki, create a pass tracker on Excel, take note of different study YouTube channels that you find particularly useful, try out one-page A3 summaries of each week of content etc. There are so many different ways of going about things and there's no wrong way as long as you're doing your best to stay on top of things.

My final piece of advice is to remember to have fun! Med school is stressful and there's a lot of content to cover, but there's still time to enjoy yourselves. Trust in the fact that you clearly did well enough in your undergrad to have gotten this far and remind yourself that it's therefore okay to join societies, see friends, play a sport, or start a new hobby!

Don't be afraid to reach out if you see me on campus or hit me up if you need anything along the way.

Yousef Hakimi

SCIENCE BACKGROUND

Welcome to Notre Dame and a huge congratulations!

I studied Health Science as my undergrad, which was obviously super helpful with the tackling the basic clinical science side of the course. However, there were many changes I had to make to transition from my undergrad to med, so here are a few of my tips to help you get through your first year:



1. **Don't get caught up in the minute details!** I found that in my undergrad degree I would spend hours learning every single piece of information in every lecture slide with that constant reminder that I had to get good grades. In medicine, due to the huge volume of information, it is impossible to learn every single detail (plus, your grades are no longer the be-all and end-all). I found the best way to gauge which details were more important was to watch videos from Osmosis, Khan Academy and Armando Hasudungan and read AMBOSS summaries on a topic or disease, which provide a great overview and would allow me to focus my learning around which details are most relevant to a clinical setting.
2. **Change in study techniques:** in my undergrad, I would write pages and pages of notes for each lecture. However, again there are just too many lectures and too much information to do this. My biggest saviour was Anki, I would write all of my notes straight into my Anki deck and spend an hour or so a day revising through Anki. Although, I know that Anki doesn't work for everyone, so techniques like one-page summaries per lecture or A3 summaries for the PBL case works well for others. My biggest tip is to find what works for you and make sure it's efficient!



3. **Keep on top of all of the domains:** I found it easier to keep on top of my different subjects in undergrad as I always had four discrete topics, however in med we enroll in one overarching subject and all of the topics within the one subject are intertwined. Therefore, I found it was easier to let certain domains slide, for example anatomy, and I would get behind. I found the best way to combat this was to have a study timetable for each week, for example we have Anatomy labs on Tuesday afternoon therefore I would allocate Monday mornings for Anatomy revision.

Good luck for the year ahead, it is challenging but so much fun so make sure you make the most of it!

Alice Martin

MOVING INTERSTATE

To reiterate all those who have said it, congratulations on getting into medicine! You have chosen a university with a strong sense of community and a support network that is here for you.

If you are moving interstate to start studying in 2021, it may initially seem a confronting prospect to leave your family and friends behind. This was certainly the case for me, knowing genuinely no one in Sydney prior to moving. You will find any doubts and fears quickly allayed; I found the transition an enjoyable change, aided by approachable 2nd year students, a social 1st year cohort, all within an environment of inclusion and pastoral care. I do think however, there are many opportunities you can engage in, both within and without of the Notre Dame sphere, which will ensure your new life in Sydney isn't entirely focussed on studying or medicine. With this in mind, I've listed a few things that I thought are great anchors when moving interstate into an unknown city.

University clubs – this is an obvious one, but Notre Dame fortunately has so many opportunities for engaging and sharing your different interests. MANDUS has a whole subset of societies and committees which are always seeking new faces! Whilst our first year was heavily interrupted in this regard, a highlight from the years above have been the opportunities to play in the Notre Dame sports teams against USYD and Wollongong. I found the brief trainings with the ND Cricket Team before COVID a great way to meet new people from the cohort and in other year levels. Notre Dame also have a number of societies based out of the main campus at Broadway, which tailor to other sporting and cultural interests – a great way to meet people outside of your cohort.

Where to move out – moving interstate can be a daunting prospect, trying to find a house to move into with people you have never met. Luckily, the university has a page for matching med students up who are moving out. You may also want to consider a residential college – I moved from Melbourne up into Sancta Sophia College, which is located on the campus of USYD. There is a large number of med students at Sancta, both from Notre Dame and USYD, which has been another friendly and supportive environment for studying and meeting new people. If you want to know more about Sancta, please don't hesitate to get in touch with me.

Continue your hobbies! For me this was joining a rowing club up in Sydney, which meant I had weekly commitments to training the occasional regatta. I found that moving interstate, having a number of different social interactions and environments, not just related to or an offshoot of the course, is a great way to feel as though you are actually living, rather than studying in a new city. A good idea might be to take your favourite hobby, be it a sport or music or art etc., and find a local area or club in the suburb you are moving to, as a way to branch your life out.

Don't be afraid to speak up or ask for support! I saw more than a few of my friends struggle this year, with the pressures of studying a new course and navigating a new life and city. Luckily, the uni is really on top of looking out for you: the PBL tutors will ensure you are adapting well, and the university also offers a vast array of support, including free confidential counselling services should you ever need someone to talk to. Finally, keep an eye out for the Wellbeing team at Notre Dame, it is run by students who have a passion for making everyone feel like Notre Dame is a place to call a second home, aware that many people come from interstate within the cohort.

Best of luck and have fun! Remember to keep perspective on what is important, allow time for friends and family (both old & new), as these are what forms the bedrock of your support network when times are stressful. If you have any questions on moving interstate, you can talk to me or any number of the friendly faces around campus – welcome to Notre Dame!

Tom Frawley

MOVING INTERSTATE

Congratulations on starting your first year of medical school! Now before you pack your luggage to Australia, here's a few tips that might be helpful to get the most out of your Aussie adventure.

1. Get to know your new home: Sydney is one of the most liveable cities in the world. However, it can be quite expensive. So, take the time to explore the place you will call home for the next 4 years at least. 'Study NSW' (<https://www.study.sydney/>) has lots of information and advices for international students regarding accommodation, banking, public transport, safety, welfare and supporting services, etc. It's a good way to plan everything before your arrival to ensure a smooth transition to another country. What are you waiting for? Heads over to the website and discover what Sydney has to offer.

2. Making new friends: One of the reasons I chose Notre Dame is the smaller cohort. This means that you will have the opportunity to talk to and get to know every single person in your cohort. Don't be shy of your accent or your broken English! Some of us are also international students from different countries and some are from various states/regions of Australia. Almost everyone in your cohort has never met each other before so there's nothing to worry about!

Don't be afraid to just say hi and introduce yourself to someone you haven't met before. Med school is a long and stressful journey so it's extremely important to have a network of friends who will be able to provide support when necessary or just to casually hang out on the weekends.

3. Get involved!: Med school isn't just about studying medicine and getting your MD. Embrace your new community and take advantage of the on-campus opportunities offered by the university, MANDUS, AMSA, etc. It's one of the best ways to meet new people with similar interest to yours, to create lifelong friendship and to have a balance lifestyle. You don't want your memories of Australia to be just inside lectures theatres or on Zoommm!

4. Take care of your health – OSHC: It's always a struggle to seek medical support in a new country even in Australia – one of the highest ranked health care system in the world. But do not let this stop you from seeking a doctor when you have a health concern.



GPs can be a hit or miss sometimes, so make full use of your Overseas Student Health Cover (OSHC). Depending on your insurance provider, you can check for eligible GPs on their websites who don't charge a gap fee – this means you don't have any out-of-pocket costs. If you are with BUPA - Notre Dame's recommended health insurance provider, the GPs at the Oxford Village Medical Centre would be the most convenient and cost effective.

5. It's not all about medicine: I understand that some of us will struggle with the new medical terminology and fast pace in Med school but know that you are not alone. Most students even those with English as their first language will encounter the same difficulties. It's essential to reach out for help and support if you are experiencing difficulties with the program, particularly the course content. Your PBL fellows and tutor and CDT tutor are your first point of contact.

While it's expected that study time can be quite daunting, it's important to maintain a work-life balance. If you are feeling down, then close your book and step outside. Play some sports, pick up a new hobby, or check out the non-med clubs, providing a much needed break from med.

Ben Trinh

RURAL BACKGROUND

I grew up in Coonamble which is about 7 hours west of Sydney, and after a year of Med at Notre Dame, life in Sydney makes sense for my goals and I am having a blast. I am from the country, but my advice for first year med is also relevant to many backgrounds.

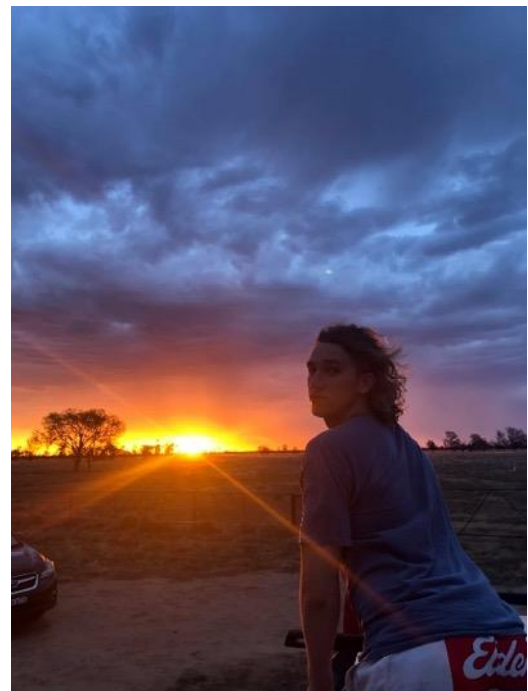


1. If Sydney is a new lifestyle, adapt with enthusiasm. Most students are away from home and share the feelings of chaos, so embrace it together. Go looking for new things and people – Sydney is cool. If you're worried about the sea change, that's normal and the feelings will fade gradually.

2. No one knows your life so don't hold back telling them about it. I took 13 friends out to the family farm and they loved it. Don't only talk about Med!

4. You're not pressured to practice rurally. There will always be opportunities encouraged and I say take them or you'll never know if you're suited. Humans are innately poor predictors of what will make them happy, so try it all and see what you like.

1. Learn like you're going to be a doctor. Don't learn like you need an HD, that is more likely to come as a result if you study things with the intention of understanding and applying them rather than rote learning for an exam. Play the long game where possible.
2. Study how to study and work smarter not just harder. Read *'Make it Stick'* or at least pay attention to what strategies help you understand things e.g., spaced repetition and question banks (Anki) work for most.
3. Tune your mates. You will fall out of touch with your friends if you don't talk, so if you're moving away from them, slide into those DMs and make an effort to call them and your family.
4. Students at Notre Dame want to help students at Notre Dame. Talk to the years above you.



Savour the moments and enjoy,

Charlie Hanigan

RURAL BACKGROUND



So, you're moving to the big city. How exciting! It's going to be so much fun exploring Sydney with all the new mates you're about to make. ROUNDS have an 'Amazing Race' early on in the year, which will have you running all over Sydney with a bunch of new mates. You'll learn a lot about Sydney on this day so make sure to participate. If you're struggling with being homesick, make sure you have planned trips home to look forward to. Get your olds onto Zoom and Facetime and prioritise catching up with your mates back home.

There are lots of activities you can get involved in as a rural student. Prof. Brydon organises the Lithgow trip, and will be after rural volunteers to help out. If you're keen to get back to your rural roots ASAP, make sure you apply for the Bush Bursary and the JFPP. Google these right now and put the application dates in your calendar. They'll creep up and you don't want to miss out. If you are thinking of applying to the rural schools for year 3 and 4, don't delay in getting onto your

application (they are usually wildly competitive!). Start thinking about why you want to go to these places and get your CV together. They usually have a very short turn-around time, and you don't want to have to sacrifice study time. When it comes time to choose your MD project, there are limited numbers for the rural stream. If you're interested, get thinking about what part of rural medicine you are keen on, and if there are any gaps in the literature. An early email will do wonders for you so start thinking about this ASAP. You will also need to volunteer about 35hrs this year for your SJP. If you're hoping to get back rural, you could use this 35 hrs a chunk of time over the holidays and volunteer in the country. See! Lots of chances to get back into the country if you want!

Here are some hot tips (Of course, this is just my advice, everyone is full of opinions and it won't be long until you're the one dishing them out.)

1. Meet non-Med people. Join a frisbee team, sign up to a free 'Meet-up' group, or reach out to that friend of a friend. Med is amazing, and it is consuming. It's nice to have some friendly faces outside of the click, so you can see Sydney outside of the confines of Med.
2. Find some greenery. Vitamin N etc. Sydney has so many lovely parks and they're free!
3. If you have any questions – whether it be about scholarship applications, which PBLs are high yield or even where to get your hair done on the cheap, reach out to those in the years above. We've done it before, and asking questions is a great way to meeting more people. Hit people up on Facebook.
4. Get home as often as you need. COVID really screwed up most things, but it also meant I could spend a lot of time at home. Take advantage of this if you are missing home.
5. Enjoy city life while you can. Spend the money, have the extra drink. Make the most of it!

I really hope you enjoy your first year of Med at ND! Hopefully, I'll see you around campus next year (COVID depending (again)).

Jolie Cullen

WORKING PART-TIME

Although not always encouraged by UNDS, many people work part-time while studying medicine. With some planning, it is definitely manageable and can allow you to keep up your skills while earning an income.

- **In the beginning:** Studying medicine full-time will be a big adjustment regardless of your background. Acknowledging this and allowing yourself time to adjust to your new routine during the first few months is important. If possible, start with low hours (or don't work) for the first few weeks. After that time, you will be in a better position to gauge how many hours a week you can work and negotiate this with your employer.
- **Centrelink:** Centrelink payments such as Youth Allowance, Austudy and ABSTUDY support/supplement the income of most students throughout the year. It can be quite a time-consuming process to apply for Centrelink payments and each application can take up to 6 weeks to be processed. If you have time, you can apply before starting uni to avoid stress later.
- **Where to work:** Many people work in areas that relate to their previous degree. COVID has presented lots of new opportunities for working online and this could be something which is ideal for you while studying. Some examples are tutoring or admin roles which can be done at home.
- **Make a schedule:** You are going to be busy! It is important to keep on top of your commitments and having an up-to-date schedule will help you a lot.
- **Plan ahead:** There are times during the year which are particularly busy with exams and assessments. Have a look at the assessment schedule early in the year so you can adjust your work roster as necessary. If you have any questions about workload throughout the year, feel free to chat to second years!
- **Find a balance:** It is important not to commit yourself to too much work each week. You will be told repeatedly throughout the year that medicine is a "full time degree" which will consume much of your time. However, it is just as important to set aside time to spend with your friends and family, to exercise, and to enjoy your year.



Katherine Vail

WORKING PART-TIME

Moving interstate with very little savings at the beginning of 2020, I knew I didn't really have the option to not work throughout the year. I was lucky enough to be able to transfer stores for my retail job and slot in relatively seamlessly from my original Melbourne store to a Sydney store. Initially I worked Saturdays and Sundays because I was offered shifts and felt kind of invincible, however, by about week 5 of uni I was pretty exhausted, had a pretty gross cold that just wouldn't go away and was craving a sleep in past 7:30am! I then cut back to just one 8hr shift a week which I continued throughout the year.

Working throughout first year enabled me to meet people outside of the cohort which I think has been pretty important for me after moving interstate with pretty much no support network in Sydney (not to mention the weird old year 2020 was). I also have always been the sort of person who is more productive when I am busier, so knowing that I had work on the weekend made me more inclined to get my uni work/study done throughout the week which usually left me with a bit of time to do something fun over the weekend as well as work.



In terms of income, I also receive youth allowance, which mostly covers my rent and bills, so having a job pretty much provided me with money for food, transport and fun things on the side! I've put together a little breakdown of how Centrelink and my income worked this year, I hope it helps because it took me a while to get my head around it all!

Payment Type	Amount
Youth Allowance (or Austudy)	\$462.00
Rent Assistance	\$93.00
Energy Supplement	\$7.00
TOTAL CENTRELINK	\$562.00
Personal Income	\$400.00
TOTAL	\$962.00 (per fortnight)

Centrelink allows you to earn up to \$437 a fortnight before your payments are impacted. However you do have an income bank, meaning if you don't work for one fortnight, you can earn up to \$874 the next fortnight before your payments are impacted (have a flick through the Centrelink page, it's confusing at first but pretty logical once you've got your head around it!) I am very aware that what I did work-wise this year may not work for everyone, and I think its super important to listen to your body/brain and not bite off more than you can chew. Make sure you make time to see family and friends and also make time to just generally have fun and enjoy first year! It's an awesome year and you should definitely make the most of the social aspect where you can!!

Good Luck, and don't hesitate to get into contact with any of us with any questions you might have, we'd all be happy to help!

Emily O'Shea

BEING A PARENT

When I was asked to provide my experience of Medical School as a parent, I had one hand filled with shopping bags, the other hand holding iced donuts whilst simultaneously trying to not drop said



donuts, respond to the message and have a strong discussion with my 5-year-old son about whether he should be going to the 'boys or girls' toilets at the shopping centre. Looking back, I figure that is one of the best ways I can explain what it's like trying to juggle being a parent, medical school and life in general.

Parenting and medical school, I'm not going to lie, is not easy but very doable. I wanted to share with you what I had in place for MED1 and maybe some of it may help you through the year. If you happen to have a partner or other significant people preparing to walk beside you during

this journey, I hope this provides some insight for them into what to expect so they can also set themselves up for the year. Medicine is a team sport!

Communication. I have an amazing husband and 2 wonderful sons (12 and 5 years old). Before the year started, I made sure my boys were well aware that I would not be as available as I had been in the past. Throughout the year, I regularly made sure my husband and sons knew what my schedule and workload entailed, and what I needed from them. We regularly discussed what was important for them and those were the events I tried to attend. I will include that with all this in place it didn't stop my husband, at times, feeling like he was a single parent.

Support. Support networks are a must and can come from any direction. I had in place my husband and boys, as well as parents and extended family. Then unexpectedly a couple of friends organised a fortnightly catch up over Zoom to chat through life. I also found support from within the year – my PBL, other parents studying and my PBL/CDT tutors. All these people combined provided support in different ways but importantly reminded me that life outside of medicine still existed.

Expectation management of everyone including yourself. I recently had an experienced GP say to me "Medicine is a jealous mistress" and I couldn't agree more. You can't be everything to everyone and everywhere. Be upfront with what you can and can't accomplish. Know what is really important and what isn't. The word "No" is very important at this time and learn to use it. This is not only important in your relationships but also with yourself...you can't study all the time!

Set up a schedule. I found it easiest to have set times for study. I had a sign on the door with a clock, so everyone knew when I would be finishing. This helped me to complete as much study as possible, so I could then be mentally present for my family.

Share the load. I found a couple of fantastic study groups to help me get through the preparation for exams. You can't possibly learn everything, so find people and share the load of the research for study, then share your information. This is what got me through!!!

Remember the why. When I was getting overwhelmed with everything that was happening, I always went back to why I was studying medicine. Find your why and hold onto it!

MED1 is going to be a difficult year but it is doable...I promise you will survive being both a parent and a medical student!

Jessica Burton

BEING A PARENT

First of all, congratulations on your place in medicine at Notre Dame. As a parent studying medicine, I have found the main issue to be time management. Since you have already studied and worked before starting medicine you already know most of



the skills required as a student/parent. Creating a routine, a calendar to stay organised and a study space are crucial to stay on track. Studying medicine in 2020 has been challenging for everyone, from starting the year full time on campus to a sudden shift to online learning when Covid-19 changed everything.

Studying at home presented new challenges with all the family's needs to attend to amid uncertainty. With the adjustment to online learning, zoom classes and studying in a home environment, the distractions of younger children are important to address so it's essential to have a support network. One of the best things I did was to join a student study group online, meeting regularly to go over concepts and weekly revision, additionally your PBL group are beneficial for support and learning. Also, don't hesitate to reach out to the 2nd year students for academic assistance and guidance.

Studying at home presented new challenges with all the family's needs to attend to amid

Studying medicine full time takes a lot of discipline and energy so remember to balance this by finding time to get out with the family and spend time together doing something fun. Sydney is great, with so many different beaches, national parks to exercise in nature to clear your head and destress and activities for the children. Talking with other parents in the year group who can understand the complexity of balancing parenting and studying medicine, can help to keep you focused. With the small cohort at Notre Dame also allowing a way to connect and reflect on your pathway to success.

Stay creative in your study methods and keep the communication and support of your partner and/or family in focus. The way forward is worth it! Realistically study is a constant and requires consistently approaching the tasks with a methodical and positive viewpoint while utilising your strengths. The tutors and support staff are there to listen and help and they appreciate the significant effort required to manage your studies while parenting. I hope you enjoy your first year of medicine in 2021!

Torie

STUDYING DURING COVID



This year was like no other. As you can all probably imagine, getting into medicine was a massive feat for many of us and commencing it was such an exciting period in our lives. Therefore, when the COVID pandemic hit, much of the excitement quickly evolved into uncertainty and fear of the future. Not only were many of us concerned about how we would continue to study an entire year of medicine by distance, but there was a lot of fear about the health and wellbeing of our loved ones. Nonetheless, with the remarkable support of the university as well as impressive leadership by our government, we managed to pull through a world-changing year that will go down in history.

The initial transition to online learning had its difficulties because we had become so accustomed to being in class for five days a week that it seemed incredulous we would be able to learn such complex material via a microphone and screen. However, after only several weeks of online classes, attending class from the comfort of my own home quickly became both normal and enjoyable. Most importantly, I was able to save several hours of travel time per day which allowed me to pick up a casual job in the medical field enabling me to immerse myself into the frontline and gain real-life clinical experience in a pandemic. Furthermore, the online delivery gave us the ability to attend class in more casual attire which again helped us save time from getting ready.

Nonetheless, Zoom university did have some downfalls such as challenges with having a stable internet connection as well as poor download speed. Also, it sometimes felt much easier to become distracted either from online shopping or for me especially, my family members. Living at home 24/7 with my large and loud family was probably the most difficult aspect of studying at home and we all had to learn how to respect each other's schedules and noise requirements. Overall, this year was challenging for me as it amplified our reliance on technology and phones. This was characteristically difficult for me as I am not one that is fond of using my phone often. I went from being someone who would go days without checking my phone to not being able to leave it unchecked for over an hour in case I missed an important notification.

Very early on in the pandemic I decided that I would use the period as a time for growth and self-improvement. I focussed heavily on improving my health in a holistic way. Being confined to the walls of my room for extensive lengths of time prompted me to rediscover my love for walking and the outdoors and so I committed to conducting a minimum of ten thousand steps per day regardless of the weather. I also used the spare time I had to learn different skills such as writing in another language as well as learn about stocks and finance. This was an enjoyable yet productive way to take a break from the medical books. Overall, having goals and discovering new hobbies throughout this year was pertinent to my mental health and positive mindset because it gave me a sense of purpose that encouraged me to strive towards self-improvement and growth. Ultimately, goal setting allowed me to feel a sense of stability during such an unstable and unsettling time. - **Ashleigh**

STUDYING DURING COVID



There are many advantages and disadvantages to studying during COVID. One of the hardest things for me was not changing my space, I found that the travel to Uni and the environment of Uni helped get my mind focussed and in the right mindset for learning. But when you are learning where you sleep, eat, and live it can be very challenging at times to get into the right mindset and prepare yourself for learning. This is particularly true for examinations. One way I got around this was making sure I got out of the house in the morning before classes and took a full lunch break away from my study area. Others also found that going to the library also helped get into the right mindset for learning.

My second tip is don't let CCS skills get forgotten. I would Zoom with a few friends before CCS lessons to run over the history's and exams verbally, I utilised friends and family that I got to see in person to practice my skills and in desperate times a pillow or teddy bear works perfectly fine. I would highly recommend resisting the urge to forget about CCS go only to worry about it later because in the long run it is much more beneficial to practice regularly and maintain those skills.

Thirdly, don't neglect yourself and friendships, being stuck in the same space 10 hours a day doing the same thing is tiring to say the least. Maintain your hobbies, go to the gym, read, cook, bake whatever is necessary to keep you sane do it. It is hard to keep in touch with the friends you make at uni when you're all at home studying so be sure to catch up when you can!

Lastly, plan out your days and weeks because if you fail to plan you plan to fail. Schedule your classes, revision time, and breaks and keep to that schedule to the best of your abilities. It will make it easier to direct your day and take away the burden of deciding what you are going to do next. When it is written down, you're more likely to get it done, so invest in a planner and utilise it! In some ways, COVID makes things easier; it means you don't have to travel to uni, you don't have to get dressed and you have more freedom to do the things you need to do during the day! Hell, I even bought a car during an ethics lecture once! Make the best of this freedom and reap the benefits of online lectures.

Monica

THE CLINICAL YEARS

Starting the clinical years and finally being immersed in a hospital setting is very exciting! After spending the first two years of medicine studying PBLs, you now get to see and apply everything you've learnt in practice. At each respective clinical school, we all have eight rotations: 2 Medicine, 2 Surgery, O&G, Paediatrics, GP & Psychiatry (a wonderfully diverse mix!). There are vast opportunities to learn and particularly if you show initiative, you will be sure to gain great experience and knowledge.

During third year, I had the opportunity to be supervised by some wonderful consultant teachers and experts in their fields. These very doctors have very



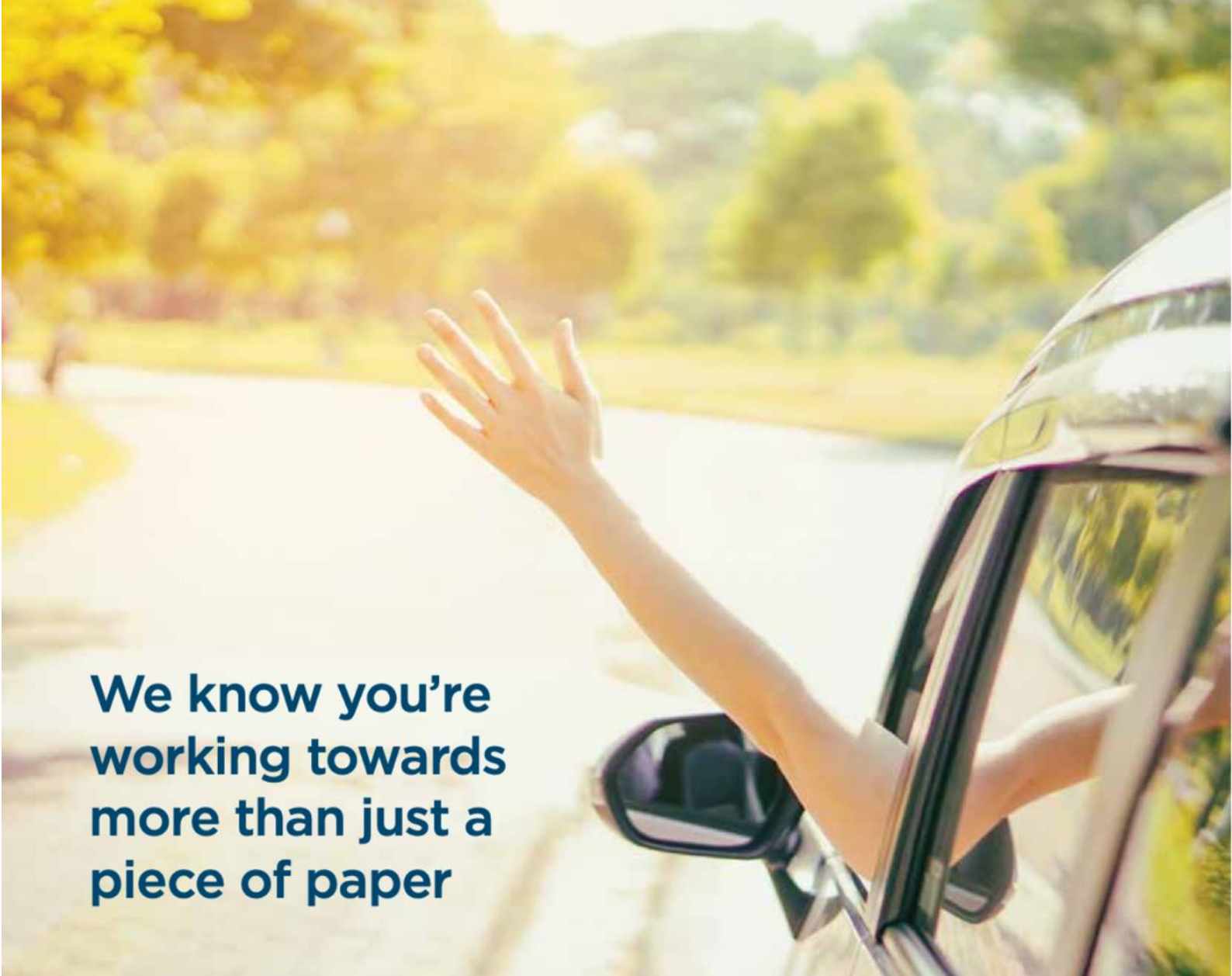
much inspired me and shaped my understanding of holistic care. If you show interest, many of the doctors are very keen on sharing their experience and knowledge. I encourage everyone to ask questions, be active in your learning and seek every opportunity to take a history and conduct a physical exam to help you refine your skills (and along the way you will see some rare and very interesting pathology, which is pretty cool!).

Perhaps one of the most wonderful aspects of the clinical years is that you will experience the “Art of Medicine” first-hand by interact with a wide range of patients and hearing their stories. Patients may have the same pathology but will

never have the same story! You will be reminded that patients are people; they have stories, struggles and dreams. To be a part of their lives, particularly when they are most vulnerable, is a special privilege.

Finally, one of the highlights from third year would have to be delivering my first baby after a night shift, early on Valentine's Day! The smile of mum, dad and little bub will be something that will forever be etched in my mind. Be sure to make the most of every opportunity and you will reap the rewards!

Elena Angelides, St Vincent's Mater Clinical School



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JOHN FLYNN PLACEMENT PROGRAM



The John Flynn Placement Program is an 8-week, all expenses covered program, that spans the length of your degree. Of a vast array of rural towns across Australia, you return to the same doctor-mentor and host family for each 2-week block.

In the midst of the bushfire season I arrived in Sale, Victoria, to discover that my mentor would be a Pakistani refugee doctor, at an Aboriginal Medical Centre, and my host family, a devout Pentecostal Pastor and his wife and many children. Fair to say, the JFPP experience afforded me the full gamete of cultural experiences possible in rural Australia!



My JFPP mentor has a passion for medical education. But 12 months on, it's the humility and care that he displayed for his patients that I recall most. He intended for the first of my placements to be primarily observational, so with a few pointers I was tasked with analysing patients during consultations. Along with his wisdom and knowledge of the patients' personal contexts - some of whom he had known for over a decade - I would exchange notes on my interpretations of the patient's

demeanour, ideas, concerns and expectations. The discussions we had brought a dimension to the learning space that the classroom cannot emulate. Next time I'll be given the freedom to take histories and do examinations on patients which I know will be far more diverse in presentation than at the urban practices that I have experienced.

It came as a revelation that a lot of the content that's taught in first year pops up as some of the commonest presentations – so rest assured, you can trust the mysterious PBL spiral! And even though you won't know all that much as a student, the patients will converse with you like you're actually a doctor, so while it lasts do relish being a medic without responsibility!

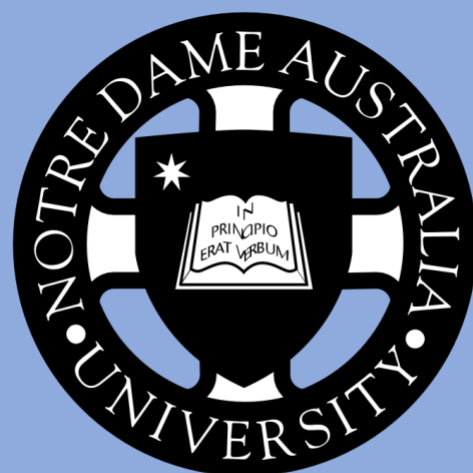
My host family was incredibly welcoming and adopted me as one of their own from the outset. In fact, I still have the keys to their house! I didn't have a moments spare while I was there - helping to paint their house, long lunches, road trips to the nearby rainforest and family BBQs. I even tiptoed into the back row of the musical masterpiece that was the local Pentecostal church service; by the second week I'd drifted to the front! So, if you're as lucky as I was, you may well be welcomed into the community with open arms.

The JFPP is arguably the most comprehensive placement program on offer. At most, there will only be a handful of you at Notre Dame that have the opportunity, so definitely consider applying if you're keen for an enviable experience beyond the bounds of the city.



By Simon Whelan

MANDUS SUB- COMMITTEE GROUPS



School of Medicine, Sydney

AMSA

Australian Medical Students' Association

What is AMSA?

The Australian Medical Students' Association (AMSA) is a student-run organisation on a scale like no other. AMSA is the peak representative body that represents, informs and connects more than 17,000 medical students in Australia. Hundreds of medical student volunteers work together to run AMSA's professional-standard events, advocacy campaigns, special interest groups, community and wellbeing initiatives, projects and publications. We work hard to advocate for important issues that affect students and the profession as a whole, as well as helping to equip you with the skills you need to ensure you can become the best doctor you can be!

Our Key Mandate: Policy & Advocacy

The key mandate of the association is to advocate for those who need a voice. Each year AMSA asks students to get involved and express what change they want to see the most. With much inequity still present in the medical profession, it is important to drive change through the next generation of doctors, you guys! These ideas are then collated and translated into policies by fellow medical students who are a part of AMSA. The policy writers work hard to bring these ideas of social change into the real world and weave the new fabric of the profession. At the university level, Notre Dame Students can attend meetings known as Think tanks, which will happen 3 times this year. At these think-tanks, students can learn about some of the most pressing concerns in the medical community and get the opportunity to have their say about these issues. As your AMSA representative, I will bring these thoughts and concerns up at National Councils, to then implement them into policies. I would encourage all of you to also attend the National Councils - held 3 times a year in different states - to make your voice heard and be at the forefront of all the action!



Change comes from strong support networks. When passionate students unite together, they have a



greater propensity to make significant social changes. There is no better way to unite and connect with your future colleagues than to attend AMSA events. AMSA has an enormous events schedule spanning the entire calendar year. These events are designed to foster collaboration between the medical students across the nation with the intention to provide educational and leadership opportunities from the current leaders in medicine, which will leave you feeling inspired and ready to make a big difference! Along with the academic programs, each event

also has social functions allowing you to let your hair down and network with your colleagues and professionals. Events such as the National Leadership Development Seminar (NLDS) are hailed all around Australia as the prime academic gathering, having speakers such as the president of the AMA to inspire all of you, the next generation of leaders!

Team UNDS Vampire Cup

In addition to advocacy, UNDS plays a significant role in contributing to the annual AMSA Vampire Cup campaign. From March until May, thousands of medical students book appointments at their local Australian Red Cross blood bank to donate blood while gaining a point for their university. As a result of the pandemic, many Australians have had to cancel their appointments leaving thousands of people in desperate need of others to fill in the gap. This is where you come in! I have high hopes that we can show the other universities what we're made of and have one of the highest blood donation numbers on record. Stay tuned as we'll update you on this event early in the year and let you know how you can get involved!



What to look out for this year?

Last year, AMSA and MANDUS had to cancel many of their events (or make them virtual) as a result of the pandemic. We are hoping that this year will be slightly different and that we can gather together in person to experience some of these fun events! These include:

- **AMSA Think tanks** (3 events per year held at the Notre Dame Darlinghurst Campus)
- **National Council** (3 locations each in a different state)
- **National Leadership Development Seminar** (Canberra)
- **National Convention** (pending amidst COVID regulations)
- **Global Health Conference** (pending amidst COVID regulations)
- **AMSA Rural Health Summit** (pending amidst COVID regulations)

If you would like to get involved, sign up to AMSA by visiting their website today to become an AMSA member. You **MUST** be an AMSA member to have voting rights at AMSA Councils, attend AMSA events and access AMSA-exclusive membership benefits (e.g. research and educational materials). You only need to be a MANDUS member to attend the Think tanks and participate in the Vampire Cup – but of course, we know you will join both anyway, right?

Follow AMSA on Facebook: [Australian Medical Students' Federation](#)

Instagram: [@youramsa](#)

Janet Mirzaei

AMSA Representative 2021



WELLBEING

Congratulations and welcome!

We're so excited to get to know you! Beginning medical school is both an exciting and, at times, a daunting experience. Our job is to make the transition a little easier by providing you with the tools and resources needed to maintain a healthy body and mind. With that in mind, here are ten hot tips to help you thrive next year!

1. Schedule activities that bolster your wellbeing first. Prioritise sleep, exercise, food, friends and important relationships. You will always find time to study (you're a conscientious student or you wouldn't be here!) but you will struggle if you don't take the time to care for yourself first.
2. Keep your outside of med school friends! They're precious. You need time away from the whirlwind that is first year med. These people will keep you grounded and give you perspective at times when you need it most. If you've moved interstate and only know people through medical school try joining a local sports team or club to widen your community of friends in Sydney.
3. Take advantage of your mentor's knowledge. The wellbeing team matches you with a second year with a similar background. They will be there to help guide you through your first year. Pick their brains, take time to discuss what they found helpful and what didn't work. They're ready to answer any questions you have and will be happy to help you whenever you need support.
4. Don't go too hard too soon. Med school is a marathon, not a sprint. The first couple of weeks are pretty overwhelming - it's a big change and a lot of information - so it will be tempting to do and learn everything. This is impossible (trust us, many of us tried and failed spectacularly!). Take your time and ease yourself into the year. Prioritise what knowledge you think is practical and 'high yield' (a phrase which will become your best friend this year)
5. Prioritise getting to know your classmates and making friends initially. You need the support more than you need to know the minutiae of that UTS content! It's hard to learn everything yourself, and swapping notes and forming study groups is the easiest way to cover content. Come along to our wellbeing events and you'll find amazing new friends.
6. Get to know yourself and what works best for you. Trust your instincts, they're good! They got you here! Some well-meaning students will tell you that THIS is the ONLY way to study in med (*cough* Anki *cough*). Take their advice on board, but it is not gospel. Take ideas from everyone and try them, but only keep what works for you.
7. Your study style will evolve, let it! Try not to get FOMO if you find other people are using different strategies or studying different topics. It is IMPOSSIBLE to learn everything that will be taught in lectures or PBLs, so focus on your own journey and learning what you think is important. Medicine is not learnt in one year, and you'll have time to return to tricky topics in future years.
8. Keep up your exercise. You need those endorphins to fuel your best study. Try joining RUNDUS or partaking in some of the sports reps amazing events.
9. Don't be afraid to be vulnerable. If you're having a tough time, chances are others will too. If you're feeling overwhelmed or just having a bit of a difficult time, reach out. You have many options; your amazing new classmates, the uni, your mentor and us. You'll probably bond over it and make a new friend for life.
10. Eat well. Eat healthy, but also treat yo' self! Nothing bonds a year group like good food and drinks. Your wellbeing team will hook you up with a guide to good, cheap and healthy eats. Watch this space....

Above all else, have fun!

Love always,

Your friendly wellbeing reps,

Alex and Katie xx



SOCIAL

Hey MED1s,

Congratulations on never having to sit the GAMSAT ever again!

We would like to introduce ourselves as your friendly social team: Daniel Mezrani, Sabrina Delgado and Olivija Tomas. We are super excited to meet you all!



We understand that many of you may be nervous or be experiencing uncertainty regarding what your med school experience will be like, so we want to provide you with one thing to be certain of – a damn good time!

The social calendar for 2021 is heating up and hopefully will continue to if our girl Gladys eases COVID restrictions! Get excited to join us for welcome drinks during your first week of med school where you guys will have a chance to meet your fellow cohort. Also on the agenda for the year is a beach day, picnic, scrub crawl, trivia, and the fabled MED BALL!

We are committed to providing you guys ample opportunities to relax, wind down and get to know each other and make life-long friends. We hope to help you build your own little med fam within the bigger family of Notre Dame Medicine. Remember to look out for one another, treat each other with kindness and make sure no one is left out!

In the meantime, if you have any questions or ideas to share, feel free to contact any one of us. We would love to hear from you! Get those party pants on and get ready for a fantastic year and one to remember!

Love, the Social Team <3



PANDA

PAEDIATRIC ASSOCIATION OF NOTRE DAME AUSTRALIA

Hello, welcome and congratulations from PANDA! As the start of your first year is fast approaching, I hope and trust you are enjoying the break and are excited to begin studying next year. PANDA is the Paediatric Association of Notre Dame Australia, and as co-chairs we are so excited to meet you and welcome you to one of the best clubs at Uni.

Our plan for 2021 is to regain momentum from our predecessors and the brilliant program they had planned for 2020 and beyond. PANDA advocates for the health and wellbeing of children and is a tool for Notre Dame students to familiarise ourselves with and spark interest in paediatric health care.



If all goes to plan, our schedule will involve the Bob 'Tug' Wilson Walk in March to raise money cancer research at Westmead Children's Hospital. We will also be involved in other cool fund-raising events like Tracky Dack Day and Jeans for Genes.



Arguably the best part of PANDA is the Teddy Bear Hospital program at local primary schools. A group of first- and second-year ND students set up stations to teach kids about health literacy. This includes first aid, emergency and healthy eating using teddy bears! We will organise some speaker nights with both local and interstate paediatricians, hopefully on Zoom and in person, which are always a huge hit.

We can't wait to meet you and work with you in 2021!



Lily Davis

A handwritten signature in black ink that reads "Davis".

Emily O'Shea

A handwritten signature in black ink that reads "EO'Shea".





UNDSEM

UNIVERSITY OF NOTRE DAME SOCIETY FOR EQUITY IN MEDICINE

Who We Are?

UNDSEM (University of Notre Dame's Society for Equity in Medicine) is a MANDUS sub-committee that focuses on raising awareness surrounding equity in the medical profession. Established in 2018, 2021 will be the fourth year of the committee. 2020 was an exciting year for the committee that involved a name change (from UNDFEM to UNDSEM), a highly successful International Women's Day Breakfast with fantastic guest speakers, as well as a collaborative event with Global HANDS on gender diverse patients, with the brilliant Dr Asiel Adan Sanchez and Dr Michelle Telfer as speakers. Most recently, our committee has put our attention towards an inaugural round of advocacy proposals to include more cultural diversity and LGBTQIA+ inclusion in the curriculum.



and their patients throughout their careers.

We are passionate about inciting progress and promoting equality in the workplace. We endeavour to celebrate and promote all narratives of diversity in the workforce, including gender diversity, cultural and racial diversity and the LGBTQ+ community. We want to empower the voices of our fellow students to advocate for themselves, their colleagues

What We Do?

UNDSEM aims to guide students in learning about the various barriers which impact diverse groups and their careers as doctors. We have a two-pronged approach to our work; to celebrate the success of diverse people within the profession, and to contribute to positive change. We



want to educate students on the importance of inclusive practice and how we can continue to progress with diversity in medicine. Key achievements of the committee in the last few years include establishment of annual women in medicine events and contribution to the evolution of the University's Sexual Harassment and Assault policies and processes. The committee looks forward to expanding our sphere of work in 2021 starting with another International Women Day's event in March, and a speaker night on culturally diverse healthcare workers shortly after that.



Go check out our [Instagram](#) for updates and to find out more ways to get involved!

Yousef Hakimi
UNDSEM Chair 2021

SPORTS

Welcome MED1's to Notre Dame Sport! Firstly, congratulations on beginning your journey in medicine, we can assure you that you are about to enjoy a brilliant year filled with making new friends, new memories and navigating the joys of COVID learning. But you can rest easy knowing that throughout this year there will be plenty of extra curricula sports for you to immerse yourself in. Whether it be that you are an Australian hacky sack champion, received a participation award in the Year 5 cross country or are just really good at peeling oranges we encourage you to come down and get involved. Because at Notre Dame that is what is all about. Given that last year was hampered by COVID, we unfortunately saw no sports events take place. Alas we march on and will endeavour to make up for lost time this year. Here is a sneak peak of a few things in stall for the year.



Annual sporting competitions with fellow medical schools in particular USYD are littered throughout the year. Cricket, Basketball, Football, Rugby Union and Touch Football as well as a Swimming carnival have been organised in the past against USYD and we are looking to grow the events this year with the hope of including Netball and Golf as regular events on the calendar. Notre Dame has a proud history of beating USYD in

these events and we look forward to continuing that this year. Keep an eye out for the yearly calendar and recruitments if you are interested in these sports. So too as a medicine cohort we play intramural sports where we represent the faculty against other Notre Dame faculties in sports such as indoor soccer, dodgeball and much more at the 'Notre Dame Gift'.

If weekly social sports are more your vibe, there are plenty of locally run competitions close to uni. Feel free to reach out to us if you need help and we can point you in the right direction. Another big aspect of Notre Dame sporting culture is RUNDUS (Notre Dame Running Club) which organise weekly runs through the scenic surroundings of our uni. It is a welcoming club for those of all abilities and is a great way to stay fit and active throughout the year.



As Sports Reps we recognise the importance of maintaining a balanced lifestyle whilst studying. It can be a challenge to do so at times, but we want to make sure everyone has the opportunity to get involved in sporting activities and remaining fit and healthy as we study. We have arranged student discounted gym memberships in the local area for the benefit of all Notre Dame medical student's so make sure you stay tuned if this is of interest to you.

All in all, this is just a taste of what is involved in the sports world at Notre Dame. We hope that everyone can get some enjoyment out of the sporting events this year. Whether you are representing our cohort competitively, playing for fun or just there to socialise we welcome you all to come down and be a part of it. We look forward to meeting you all.

Paddy and Sam, Sports Chairs 2021

SSUNDA

SPECIALITY SOCIETY OF THE UNIVERSITY OF NOTRE DAME AUSTRALIA

Congratulations on your place at Notre Dame and a big warm welcome from the Speciality Society of the University of Notre Dame Australia (SSUNDA)! My name is **Areeb Athar** and I'll be your SSUNDA Chair for 2021.

SSUNDA is one of the newest societies under the MANDUS umbrella. We aim to inform and educate students about the numerous specialties that medicine encompasses and to get you excited about the diverse range of career opportunities that are on offer in the future! We hope to give ND students more opportunities to immerse themselves in areas of medicine that are not already included in the scope of the existing ND societies.



This year we had to adapt to the evolving pandemic, however, we were fortunate to have leading medical professionals zoom in and talk about their work and share their incredible, inspiring and at times daunting medical experiences. A particular highlight was having the director of The Prince of Wales hospital emergency department Dr David Murphy provide insight into his experiences from the front-line of the COVID-19 pandemic.

In addition to the fantastic line up of speakers we have for this coming year, SSUNDA will also have other exciting initiatives, including:

SSUNDA podcast series: an opportunity for students to learn more about a particular specialty by conducting one-on-one interviews with leading specialists in an informative yet casual manner. Podcasts will be recorded and uploaded for all students to enjoy!

Fun-sized social media infographics: dedicated posts on our social media throughout the year that include information about various specialities, including those that are underrepresented in our 'life the lid' series, go follow our [Instagram](#) for a taster.

Mentor/mentee relationship development: helping students to identify consultants, registrars and research fellows to engage with through the newly formed ND alumni group and the existing network of specialists SSUNDA has established.

Emergency Medicine Challenge: a select group of students will have their emergency skills tested when they compete in a variety of medical challenges against students from other medical schools!



I look forward to meeting you all and providing specialty specific information and opportunities as you begin to start thinking about which areas of medicine you wish to specialise in!

Lots of Love,
Areeb Athar
SSUNDA Chair 2021



RANDA

RESEARCH ASSOCIATION OF NOTRE DAME AUSTRALIA

Hello year 1's and congratulations on getting into the School of Medicine, Sydney! What a huge achievement!

Who are we and what do we do?

We are the Research Association of Notre Dame Australia (RANDA)! We aim to introduce students to basic and clinical research and keep students engaged in research over their medical course at Notre Dame

What events do we host?

We host a range of talks given by inspirational researchers as well as the inaugural Notre Dame Student Research Conference.

We also host two trivia nights before your formative and summative exams to better prepare yourselves for your final exams!

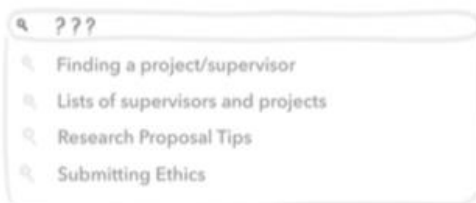
Last year, due to the COVID-19 pandemic, we were unable to host talks and the student conference, however the wonderful RANDA committee members

were able to produce the most coveted MD project guide, **"Research Project guidebook"** which gives you a rundown on how to find your MD project, how to write a research proposal, ethics approval etc

– so make sure to give this a read!

Research Project Guidebook

A Brief Guide by

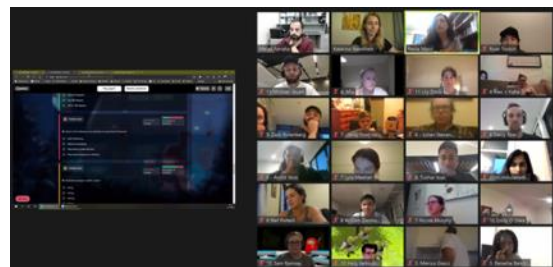


2020



Presented by the Research Association of Notre Dame Australia:

Formative Exam Trivia Night



How do we get in contact with you?

You can engage with us on our RANDA Facebook page or your UNDS Class of 2024 page!

Please feel free to contact us at any time, whether it be research related or any general questions regarding first year- we are always happy to help!

Best of luck!

RANDA Co-Chairs, **Aidan Baron and Julia Lim**





GLOBAL HANDS

A huge congratulations on your place at Notre Dame and a very warm welcome from the Global Hands Committee of MANDUS! We are really excited to have you as part of the Notre Dame community, and we can't wait for all the awesome experiences we'll share in the coming year.

Now – we have a couple of questions for you. Do you like following world news? Are you interested in the United Nations, the World Health Organisation or Médecins Sans Frontier? Does the impact that climate change has on people's lives rile you up? Are you a feminist or a big believer in the political, economic, personal, and social equality of the sexes and those from minority groups?



If you answered YES to any of these questions, Global Hands is definitely something you'll want to get involved in this year. We focus on global health, health equity and social justice issues, which transcend boundaries and borders. The ultimate aim of global health initiatives is to raise awareness, improve health and achieve health equity for everyone worldwide. On a personal level, our aim is to engage YOU by creating hands-on events and opportunities that will inspire, empower and educate you to be passionate leaders in global health issues, at Notre Dame and beyond!

While we work as a team to organise events and experiences throughout the year, Global Hands is made up of 4 main areas: **Maternal and Child Health, Code Green, Refugee and Asylum Seeker Health, and Gender Equality and Sexual Health**

A few highlight events that Global Hands have organised in the past include:



- **Speaker nights** – where doctors, advocates and experts in their fields, visit us voluntarily and teach us about their experiences working in global health.
- **Workshops** – where you can get your hands dirty making your own 'eco' body scrub or help pack 'birthing kits' needed by women in Africa.
- **Party!** Global hands host a fantastic fundraiser party at the end of Semester 1, called the Red Party, which raises money and awareness for HIV/AIDS research.
- **Conferences** – There are plenty of conferences to get involved in through AMSA, including the Global Health Conference, which is a massive event organised by AMSA that sees hundreds of medical students from across Australia congregate for a weekend of speakers, workshops and discussion groups (as well as fun social events).
- **Social Justice Project (SJP) Info Session** – GH helps facilitate ideas for your SJP and arranges a session for you to get some inspiration from the MED2s on potential projects.

As COVID really changed the way we did things this year, our vision for 2021 is to plan creative and innovative ways to keep you engaged in global health! If you have any questions, please reach out at any time! We look forward to hearing from you and can't wait to meet you.

Aparna Atresh and Claire Adams, Global Hands Co-Chairs



SANDUS

SURGICAL SOCIETY OF NOTRE DAME SYDNEY

Congratulations class of 2024!

SANDUS warmly welcomes you to the University of Notre Dame, Sydney Medicine family. Our aim is to introduce you all to what a specialty in surgery may entail by holding various events throughout the year where we hope to host surgical trainees and surgeons at the forefront of their respective fields to allow them to provide insight into their training programs and careers. These include events dedicated to Women in Surgery and Notre Dame Alumni in various surgical specialties. These are often great opportunities for students to network, ask questions and learn about the requirements of different specialties.

As with 2020, COVID-19 will likely disrupt a portion of 2021. But we are committed to assist you all in excelling in and enjoying your first year of medicine through a mix of in-person and online events. We are excited to bring you the Annual Surgical Challenge (where you will be able to don some gloves and practice your suture skills on pig trotters), the much-loved suturing and anatomy workshops, and an anatomy trivia night in the lead up to exams (which has been referred to as a life saver by previous first years!). Through SANDUS you will also have the chance to represent UNDS at the Golden Scalpel Games against other med schools!

Overall, we hope to be of some assistance at the beginning of your future illustrious surgical careers!

We look forward to meeting you all and helping you along first year!

The SANDUS team,

Andrew Stark - Co-Chair

Zelda Perri - Co-Chair

Nick Van Der Laan - Treasurer

Tim Hughes - Events and communication

Stephanie Morgan-Schlicht - Events and Communication

Anna Stewart - IT Coordinator





Congratulations on your offer on behalf of the ROUNDS committee and welcome to your first year of Medicine at Notre Dame!

ROUNDS is the core rural, remote and Indigenous health advocacy and interest body representing both Medicine and Nursing students at Notre Dame. Our goals are to educate and encourage students to get involved with rural, remote and Indigenous health issues in Australia. We are a part of the National Rural Health Students Network, which has more than 9000 members all across the country.

Due to COVID, 2020 saw a lot of our events go online or get cancelled. In 2021, we hope to relaunch our in-person events including the opening orientation event- 'Amazing Race', the annual Wagga Wagga trip, rural clinical school visits to Ballarat and Lithgow, speaker nights focused around rural, remote and Indigenous health, rural high school visits and interdisciplinary collaborative events with the nursing cohorts. We are also aiming to collaborate with other medical schools to bring you the Rural Health Symposium again in 2021.

Throughout the year, applications for rural health scholarships such as the Bush Bursary and John Flynn Placement Program will open. We will notify the cohort when these open and help to answer any questions and give advice about the application process.

We are also here to support and provide information and assistance to anyone interested in completing their clinical years in Wagga, Ballarat or Lithgow. Members of the second-year cohort who have been allocated placements in the rural clinical schools will be happy to help out with applications.

We can't wait to have you involved with ROUNDS in 2021 and we are stoked we get to spend the year getting to know you all!

Lots of Love from your ROUNDS Co-Chairs,

Mia and Michael xxx

P.S: Follow ROUNDS on Facebook and Instagram to see what we get up to!

<http://facebook.com/dotheROUNDS>

<http://instagram/@roundsnd>



CONGRATULATIONS for making it into medicine at the University of Notre Dame! What an exciting time! Medical school is rewarding, but it can also be challenging at times. So, we, the team at GPSN, host a variety of workshops and seminars throughout the year to help you in revising curriculum-based content. With a passion for General Practice, we also give you chances to see what the General Practice specialty has to offer.

What is GPSN?

GPSN – I know what you’re wondering - is this just for people who want to become GP’s? The answer is no, our activities benefit all students and are not limited to only prospective general practitioners. The more, the merrier!

The General Practice Students Network is an organisation that runs events, provides support and offers networking opportunities for all medical students, with even more resources available for those who want to learn more about general practice. We are a part of a larger national network, which means that there will be opportunities to become involved with other medical students from all over Australia.

What do we do?

- **Speaker nights:** We run a variety of speaker information nights throughout the year where we invite currently working GP’s to answer YOUR questions and speak about life as a general practitioner. Even if you aren’t sure that general practice is for you, they can provide you with an idea of what to expect on your clinical placements!
- **Clinical Skill ‘Masterclasses’:** We get our best students in the years above to run Masterclass sessions, which will take you through the step-by-step details of how to best develop your clinical skills. Medicine is all about interacting with your peers and learning from one another, so we know you will love these sessions! Keep an eye out for them throughout the year!
- **Mock OSCE Exams:** In order to best prepare you for your summative assessments, we prepare practice clinical skills stations, which will allow you to feel much more confident come exam day.

Membership is free.

Did someone say free? Yes, joining GPSN is free! We will be at your O-Week Stalls day (either virtual or face-to-face), so come and say hi and sign up! Can’t wait to see you all in 2021!



GPSN at Notre Dame Sydney

Aaron and Jack,
Chair and Co-Chair of GPSN



TEAM PHILIPPINES

NOTE: The Team Philippines trip did not go ahead in 2020 due to COVID-19 restrictions, but travel guidelines are constantly changing so keep your ears out for updates!

Team Philippines is a not-for-profit organisation that provides medical care to a disadvantaged rural community in the Philippines. This community was established in 2009, after a typhoon in Manila forced the relocation of its people to a rural town 3 hours away. Relocation was difficult – the state of Laguna was already impoverished and lacking in sufficient infrastructure or jobs to cope with a large influx of displaced families.

The team consists of doctors, dentists, medical students and support people that travel to the Philippines to run medical and dental clinics. The teamwork in partnership with local health staff and leaders of the community to boost local moral and economic status, empower local members and ensure the sustainability and long-term viability of the project.

Since the first trip in 2013, where there was no electricity, water, and limited access to schooling, shops or employment, the work of the Team has come a long way including building dedicated buildings, a church and farm. Team Philippines, under the leadership of Notre Dame's own Associate Professor Charlotte Hespe, Head of General Practice, visits the community twice yearly and works with locals who provide ongoing health care all year round.



During the trip the team run multiple clinics including:



- Triage (assessment of all patient's vitals and measurements)
- General medicine clinic
- Women's health clinic
- Dental clinic
- Pharmacy
- Eye clinic
- Community education programs including exercise and dance classes

Every year, Notre Dame students are invited to apply to be member of Team Philippines and participate in either the July or November trip. Being a part of Team Philippines is a great opportunity for first- and second-year students to work closely with patients and families. There are experienced doctors supervising and supporting students throughout the trip and it's a great learning opportunity (it's also a great Social Justice project idea!).

More information will be provided throughout the year but if you have any questions, grab a 2nd year and they'll put you in touch with someone who has already been. More information is available on Facebook or Instagram @TeamPhilippinesproject or catch up with Dr Hespe after one of her many excellent clinical skills lectures in first year.

INDIGENOUS WELCOME



Budyeri Kamaru and welcome to Gadi land!

We are blessed to have an array of Aboriginal and Torres Strait Islander students from all around the country in our school. We are here to support each other and aim to link students in different years who agree to be, and we even have networking opportunities with St Vincent's Hospital. We have forged a beautiful pathway of proud Aboriginal and Torres Strait Islander students and Doctors through the AIDA program.

AIDA aims to contribute to equitable health and life outcomes, and the cultural wellbeing of Indigenous people, by reaching population parity of Indigenous students and doctors – and membership is free! Many of you may be coming from different states and even small towns and moving can be hard and sometimes traumatic. I hope you know that we have a network of other Indigenous students ready to welcome you and look out for you. I am a proud Noongar woman from Whadjuk land, and I will always be ready for a chat.

Enjoy 2021 and know that there are always people here you can count on.

Bronte Meinertz

IT & PUBLIC RELATIONS

Congratulations and welcome to medicine here at UNDS from IT – the most important part of MANDUS (or so I like to believe). You may not hear or see much of me this year as I am primarily based at the Hawkesbury clinical school, but don't worry, I am always working in the background to ensure that everything MANDUS is functional!

To introduce myself formally, my name is Dr. Melad Farraha (PhD) and I am one of the special people that will carry two IT roles this year. I currently hold the IT and Public Relations officer here in MANDUS and will be continuing in the role for 2021, working behind the scenes to ensure all the MANDUS services we provide work seamlessly. But this year, I was also selected as the NSWMSC IT officer for 2021, representing UNDS on the state level, running all things IT for the medical student council.

I continue in this role with the following plans including but not limited to:

- Maintaining and updating the MANDUS website which I redesigned in 2020
- Collating all the resources that MANDUS has to offer for all cohorts
- Streamlining platforms for seamless communication between students and MANDUS
- Ensuring a strong social media presence
- Ensuring all students are well informed on how to effectively use the technology we have access to
- But most importantly, being a point of contact to help with absolutely anything IT related (or otherwise)

I love to chat, so approach me at any time – whether online or in person – to ask about anything IT or otherwise.

In the meantime, stay up to date with everything MANDUS at the following links and I look forward to meeting everyone at some point over the next year!



[mandusmedsoc](#)



[mandus.org.au](#)



[mandusunds](#)

Your IT Rep,

Melad



ALUMNI

Congratulations and welcome to Medicine at Notre Dame Sydney! We are the Alumni team, and this year we hope to facilitate strong alumni connections through networking events, speaker nights and a mentoring program. We have so many amazing graduates who have pursued a diverse range of career paths and specialities, and over 2020 we have had many exciting speaker nights where alumni shared these experiences with us, we look forward to seeing you at these events next year. This year marks 10 years since Notre Dame Sydney's first medical class graduated and we're excited to celebrate by holding a big reunion event, which will be a great opportunity for us to share some of the stories and pearls of wisdom of our most senior cohort. Just think, in four years' time you will join them as a Notre Dame graduate and Doctor!

Georgie and Sarah

Alumni Reps, 2021

PUBLICATIONS

Hey guys! Our names are Yousef and Maddie, and we are your MANDUS Publications Reps! We'll be in charge of creating Kyphosis – Notre Dame Med's resident magazine, as well as organising and collating the Survival Guide that you're currently reading! Kyphosis will keep you informed of all the goings on (social or otherwise!), as well as be an opportunity for people to submit articles and get their voices heard. It's a great memento to keep and look back on your time at med school.

Yousef and Maddie,

Publications Reps, 2021

SPONSORSHIP

Congratulations on starting medicine at Notre Dame in 2021! We know that it can be a daunting time with such uncertainty at the moment, on top of the regular stress of having so much to do and so little time to do it in. As the 2021 MANDUS Sponsorship team our goal is to lighten the load and make the year a little easier for both you and your wallet. We are going to spend our time trying to secure funding for MANDUS events and snag discounts for various vendors (from coffee to medical gear) to make your year a bit more affordable. If you have any ideas for sponsorship or areas where you'd like to see discounts, just send us an email at sponsor@mandus.org.au.

Panashe, Pejhman, and Dave

Sponsorship Team, 2021

LOCAL FOODIE GUIDE

..... The best places to eat and drink

COFFEE

- **Pusher** – located just adjacent to Uni (on Oxford St, towards Paddington), this place boasts not only amazing coffee but good food. Coffee is a very reasonable \$3.50 or \$30 for a card of 10.
- **Simon Says** – if you thought Pusher was a short walk away, Simon Says is quite literally directly opposite the uni! They do great juices and coffee here and they usually give out student discounts.
- **Ampersand** – another favourite. About a five min walk from Uni towards Bondi opposite the petrol station, this cute bookshop café attracts the hipsters and locals and offers great food and coffee.
- **Transform Health** – directly across the road, this café has quick and healthy lunch and coffee with discounts for Notre Dame students.

LUNCH

- **Bootsdarling** – located a stone's throw away from campus, Bootsdarling does globally inspired cafe bites served amid rustic-chic decor, retro fittings & a wooden chandelier. They also have great coffee!
- **South Dowling Sandwiches** - These sandwiches are lifechanging! Cross the road from uni and head up South Dowling St. You won't have ever had a tastier sandwich! Go for the Brad Pitt or the Hugo if you're hungry!
- **Bat + Bun** – right next to South Dowling Sandwiches, this kitchen is known for its amazing Vietnamese Banh Mi and rice paper rolls.
- **Little Bishop** – coffee and small sandwiches for a quick snack, only a five-minute wander towards Kings Cross, opposite the Garvan Institute.
- **The Rusty Rabbit** – opposite the National Art School, this café provides a nice study spot with great smashed avo.
- **The Burger Joint** – on Liverpool St, near Gelato Messina. Known for its cheap and tasty burgers.

- **Whole Meal Café** – For the super healthy, they offer delicious food and are located at Taylor Square.
- **Mr Chen Beef Noodle** – Not exactly a lunch spot but for days when you're hard at work near UTS, you can enjoy \$0.30 dumplings between 5pm – 10pm. Need I say more?

SNACKS

- **Gelato Messina** – a great place to stop after lunch, or for an arvo snack on your way home from uni. Try their weekly specials!
- **Supermarkets** – Coles at Kings Cross, Woolworths on Bourke St, IGA and Aldi on Oxford St towards the city and QE Foodstores on Victoria St (next to Beach Burrito Cantina).

PUBS

- **Beauchamp** – the usual hangout for Med students on a Friday arvo, straight across the road, and offers decent food.
- **The Passage** – known for its daily dinner specials and awesome food.
- **The Unicorn** – formally fringe bar, it's just down the road (towards Bondi) and offers a great dance floor and food.
- **Standard Bowl** – who could resist dumplings and a bowling alley on the top floor of a bar? This is located at Taylor square
- **Beresford Hotel** – They have an open courtyard out the back to take advantage of.
- **Shady Pines** – A hipster underground bar with animals lining the walls.
- **Arts Bar** – for the artistic amongst us who like a student discount, on Oxford St towards Bondi.
- **Darlo Bar** – formally known as the Royal Sovereign Hotel.
- **The Local Taphouse** – often houses live bands to enjoy whilst munching on bar food or drinking craft beer.

Luckily for us, Darlinghurst is a place where there is always something happening. The campus is situated on Oxford St, which is well known for hosting the Sydney Mardi Gras Parade and all year round the shops are brightly coloured. Across the road is St Vincent's Hospital, and down the road are several research institutes – the Garvan Research Institute and the Victor Chang Cardiac Research Institute, amongst others. There are so many places to try, this is just Darlinghurst. Don't forget to explore the City, Surry Hills and Bondi too!



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