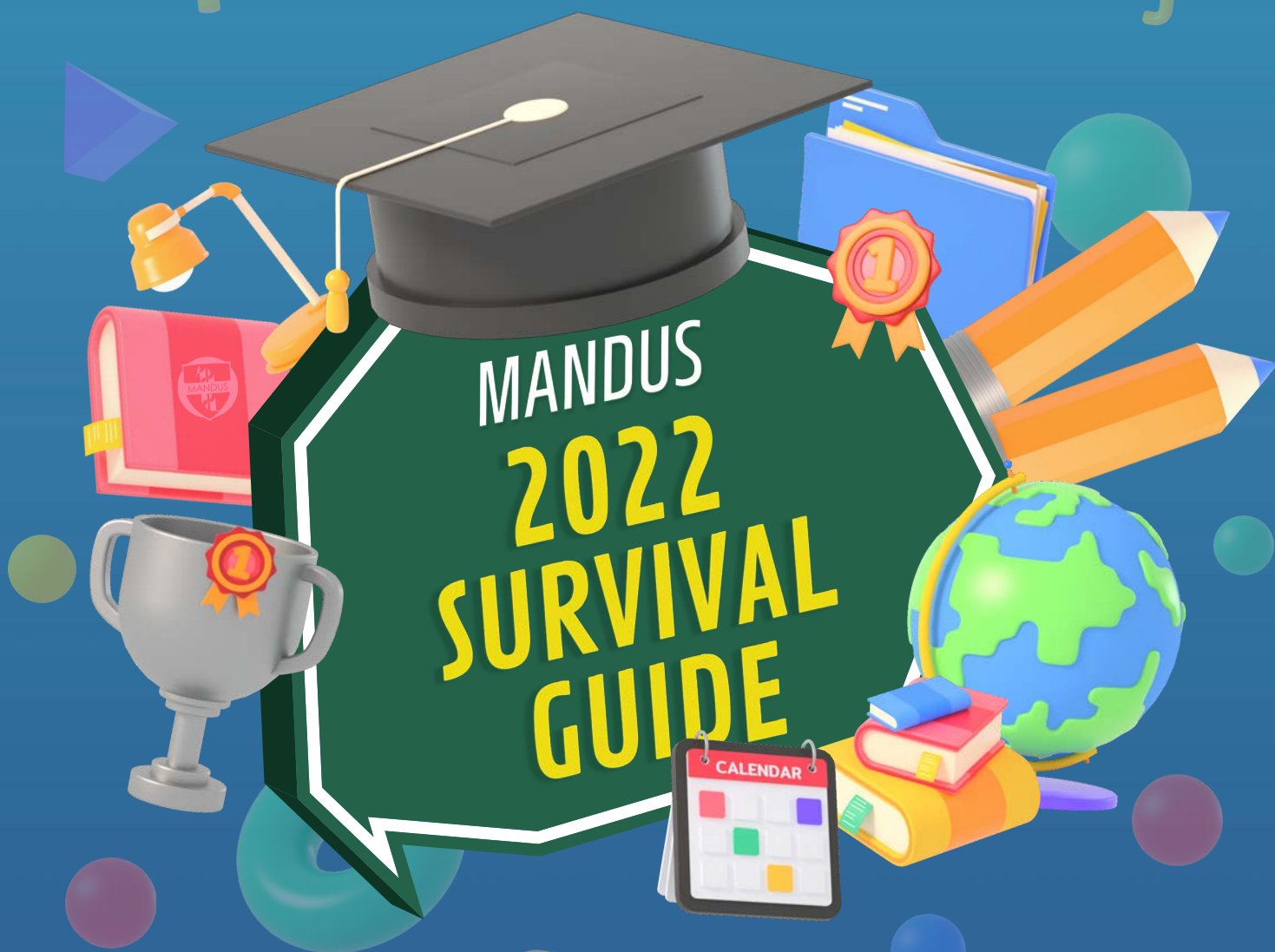




THE UNIVERSITY OF
NOTRE DAME
A U S T R A L I A




Your map
to the



Doctor of Medicine

 mandus.org.au

 [mandusmedsoc](https://www.instagram.com/mandusmedsoc)

 [mandusmedsoc](https://www.facebook.com/mandusmedsoc)

WELCOME TO THE UNDS FAMILY



This guide will help you navigate the start of your University of Notre Dame journey.

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, 2022.

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.



2022 MANDUS SURVIVAL GUIDE

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THE PRESIDENTIAL ADDRESS





MEDICAL
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OF
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SYDNEY

The Presidential Address

Dear Class of 2025,

Congratulations on being accepted into Medicine at the University of Notre Dame, Sydney! On behalf of MANDUS, it is a privilege to welcome you into this new chapter of your life, full of knowledge, personal growth and camaraderie. For some of you, it has been a long journey filled with trials and tribulations. For others, a much shorter one but no less of a challenge requiring much perseverance. Either way, you should all be proud of your achievement.

Every year, MANDUS publishes this Survival Guide to welcome the incoming cohort and provide insight into the life as a medical student and how our medical society supports you. As doe-eyed freshies, we hoped 2021 would be different. After COVID wreaked havoc the year before, we anticipated our first year of medical school would run seamlessly...with no restrictions and no online learning. However, after five weeks of a somewhat 'normal' university experience, we were plunged back into the depths of hell with mandatory lockdowns and Zoom learning. Despite the adversities, I have never witnessed 120 strangers so effortlessly form strong and life-long connections with each other. Our PBL groups and subcommittees kept us entertained and acted as a support network. Everyone played an important role in maintaining morale and motivation to get us through the academic year, and we are very much a tight-knit family as a result of it.

While I'm weary in making this statement, 2022 is looking like a much better year for us all. Despite the rising case numbers, the world has drastically altered its approach to COVID, and it seems that mandatory lockdowns and restrictions are a thing of the past (hopefully). MANDUS is dedicated to supporting you throughout medical school. We hold a myriad of academic events designed to guide your study and exam preparation as well as social events like MedBall, MedRevue and Scrub Crawl. If we are unfortunate enough to experience another set of restrictions in the new year, MANDUS has alternative plans to host online events such as trivia and escape rooms which were very successful (and wildly competitive) last year.

As alluded to earlier, MANDUS is made up of many subcommittees, making it easy for you to pursue specific passions or specialties. For example, if you are passionate about rural health as well as Aboriginal and Torres Strait Islander medicine then you may want to join our Rural Health Organisation of the University of Notre Dame, Sydney (ROUNDS). Or if your heart is set on



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general practice and you would like to know more about the speciality, then you should consider checking out the General Practice Student's Network (GPSN). The list goes on and there is more information for you in the subsequent pages so read on!

Finally, my last bit of advice is to relax and get amongst it. We are all past the point of needing to prove ourselves. Take part in as much as you can and make friends outside of your PBL group. While it may seem intimidating, reach out to and connect with your seniors. They are always willing to impart some advice and provide unconditional support while you find your feet. The workload in the beginning of the year is going to overwhelm many of you but remain calm as the content will spiral back around before exams. So, make the most of your time here! Explore Sydney! Make friends! And remember that getting into medical school is no longer going to be your greatest achievement in life. There are new experiences, new friendships and new successes waiting for you!

A handwritten signature in white ink, which appears to read "Dilara Koca". The signature is fluid and cursive.

Dilara Koca

President of MANDUS, 2022

WELCOME FROM THE EXECUTIVE TEAM



**Chantelle
Larkin**

Vice-President
(Clinical)



**Jess
Vercoe**

Vice-President
(Pre-Clinical)



**Sukriti
Jetley**

Secretary



**Jordan
Cohen**

Treasurer



**Sanjna
Vijaykumar**

AMSA Chair



**Natasha
Warrell**

Academic
Representative





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OF
NOTRE DAME
UNIVERSITY
SYDNEY

Your Journey To
Medicine Is As Unique
As You Are

The Executive Address

Hello everyone and welcome to the Notre Dame Med Family! Congratulations to each and every one of you - you've made it to the other side, where GAMSAT is a distant memory and wearing a steth around your neck at uni is now really cool (we're kidding, avoid at all costs). The next few years at Notre Dame are going to be some of the best days of your lives - challenging for sure, but incredibly fun and rewarding. You're going to pick up skills and knowledge that will serve you for a lifetime, and meet a family of people who'll be there for you every step of the way. We're so excited to have you all on board!

We're your 2022 Executive team and nothing would make us happier this year than to be a helping hand for anyone in need (the night before the exam may be pushing it but we'll do our best). We live to be a shoulder to lean on after a rough or unexpected DOCCS session or a sounding board after a particularly dense bioethics lecture - but most of all we live for a cold beverage with you all on a Friday arvo after class (save a seat for Pete Carroll everybody). Essentially anything you need, we're your guys.

We are Jess and Sukriti, your Vice President and Secretary, respectively.

Jess is a Gemini with a passion for Monday arvo anatomy tutes and microwave pizza pockets. Before medicine, she studied economics in Canberra so she's happy to chat about GDP and approaching the year with a non-medical background.

Sukriti, is a Pisces, and like Jess her highlights for the week are the anatomy tutes and matcha lattes (no they don't taste like grass!!). Suki has a background in radiography, so when you are totally and completely lost with x-rays and CT scans give her a buzz and she will help differentiate between a subdural and extradural haemorrhage (very very simply)!

Together with our ever so delightful President Dilara (DK), Vice-President (Clinical) Chantelle (the one with the extraordinary notes), Treasurer Jordan (show me da moneyyyyy!!!), Academic Year 2 Rep Natasha (warrior in her own right offttttt) and AMSA Representative Sanjna (free stuff for everyone please), we form the MANDUS Executive Team for 2022.

It's hot off the press that 2022 is going to be a smoking year - so hats on, sunnies out and sunscreen at the ready. Alongside our subcommittees, we promise MANDUS Exec will be your absolute rock this year - can't wait to meet you all!

Most importantly, look after yourself, use your PBL family for support and just try your very best!

Love only,

*Jess Vercoe
Sukriti Jetley*

XXXXXX

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 2022 and know that there are always people here you can count on.

Bronte Meinertz



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



Dilara Koca
President



Chantelle Larkin
Vice-President
(Clinical)



Jess Vercoe
Vice-President
(Pre-Clinical)



Sukriti Jetley
Secretary



Jordan Cohen
Treasurer



Sanjna Vijayakumar
AMSA Chair



Natasha Warrell
Academic
Representative (Year 2)



Behrad Behdarvand
Publications and Media
Co-Chair



Millicent Lee
Publications and Media
Co-Chair



Genevieve Cox
IT and Public Relations
Representative



Bhavna Brijball
Social Co-Chair



Thomas Elphick
Social Co-Chair



Katherine McCready
Social Representative



Rory Maguire
Sports Co-Chair



Jamie Rickward
Sports Co-Chair
MedRevue Director



Claire Ingram
Wellbeing
Representative



Brenden James
Wellbeing
Representative



Daphne McLeod
UNDSEM Co-Chair



Margaret Bester
UNDSEM Co-Chair



**Tahlia Halasz-
Valverde**
UNDSEM Representative



Thisun Gunasena
Sponsorship
Representative



Savindi Ramasundara
Sponsorship
Representative



Ruvin Baddevithana
Sponsorship
Representative



James Peverelle
PANDA Co-Chair



Katelin Yarde
PANDA Co-Chair

MEET THE TEAM



Stephanie Spartarlis
WANDA Co-Chair



Alessia Ferri
WANDA Co-Chair



Matthew Harland
SSUNDA Chair



Tess Hunt
RANDA Co-Chair



Stelliana Goutzamanis
RANDA Co-Chair



Jett Ho
SANDUS Co-Chair



Lauren Caush
SANDUS Co-Chair



Samantha Solon Biet
SANDUS Events &
Communications



Jarrod York
SANDUS Events &
Communications



Felix Wong
SANDUS Committee
Assistant



Lara McDonald
Global Hands MANDUS
Co-Chair



Ella Clarke
Global Hands AMSA
Co-Chair



Tsitsi Mubaiwa
Global Hands Maternal &
Child Health
Representative



Cecelia Koch
Global Hands Refugee &
Asylum Seeker Health
Representative



Tiffany Hanna
Global Hands Gender
Equity & Sexual Health
Representative



Emily Coady
Global Hands Code
Green Representative



Kiahla Arnold
GPSN Representative



Connie Malliaras
GPSN Representative



Phillipa Kensit
ROUNDS Representative



Marnix Bakker
ROUNDS Representative
MedRevue Executive
Producer

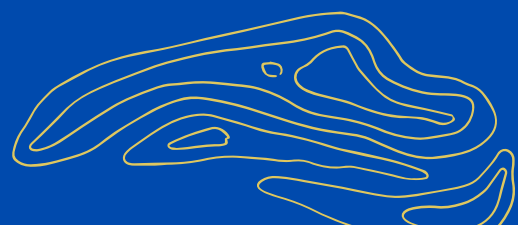


William Du
Alumni Representative



Makaitaishe Matipano
International Student
Representative

A LITTLE LOOK AT YOUR MD LIFE



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.



Blackboard

Click the Blackboard icon to visit the site! 

DEFINITIONS

Throughout this Guide and the year, you will encounter many new med school terms. We've got you covered with the most important ones to know.

PBL

Problem-Based Learning. These are basically like small tutorial groups made up of a maximum of eight students. They are accompanied by a tutor who only assists in guiding the conversation. The PBLs are case scenario based and will explore various medical topics and issues. These are held twice a week and encompass the large majority of the content studied during the year. Usually, students become very close with their PBL groups.

CCS

Communication and Clinical Skills. These include once weekly practical medical skill sessions, primarily focussed on procedural skills (e.g. inserting a needle into the arm) and physical patient examinations (e.g. a heart exam). They are conducted within the same group as the PBLs.

PPD/PPH/CDT

Personal and Professional Development and Population and Public Health. These two subjects are often studied together and encompass topics such as legislation, statistics and public health. One tutorial per week includes a combination of these subjects. Collectively, they are known as Clinical Debriefing Tutorials.

Blackboard

The student portal where lectures, tutorial notes, recordings and results are accessed. This is similar to Canvas.

Summatives

The assessments (including exams) that count towards your final mark in the Doctor of Medicine course. They are scattered throughout the year, however their bulk is held towards the end of the year in October and November.

Formatives

The assessments (including exams) that do not count towards your final mark in the Doctor of Medicine course. They are held purely as a 'trial' version of the Summative assessments in the hopes of giving you some indication of your performance. They are held at the end of the first semester.

Bioethics

A collection of tutorials, lectures and seminars held throughout the first year only. They are included as part of the PPD/PPH courses. Bioethics includes a wide variety of ethically challenging topics such as abortion, organ donation and euthanasia.

Anki

A flashcard software. It is popular amongst medical students as it automatically does the work of shuffling cards and helping you practice difficult cards.

Applied Research Project (ARP)

A compulsory 4-year-long research project, similar to one undertaken for a PhD or Honours.

TIMETABLE (STANDARD)

Your timetable will vary depending on COVID-19 restrictions in 2022. 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.



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)

	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			1500hrs
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 and 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.

THE ESSENTIALS

You've done the hard part already of getting into Medicine. Now you'll need to get familiar with the study resources you'll use every day as a student.

Anatomy

Each anatomy resource has its highlights and lowlights. Often, it's good to use a combination of these to get all of the information.

Moore and Dalley's Clinically Orientated Anatomy

Your tutorials will reference from this text. Also has great "blue boxes" full of interesting clinical relevance behind the anatomy.

Gray's Anatomy for students

A basic and comprehensive textbook with simplified diagrams. Cut through the mess and learn the main structures. This is your reference text so if you're being told conflicting things go with what this says.

Netter's Atlas of Human Anatomy

Probably the most detailed, accurate and beautiful anatomy illustrations ever made were produced by Frank Netter, MD a Medical Illustrator. Netter's Flash cards are a handy and portable addition.

Rohen's Colour Atlas of Anatomy

Each page shows photographs of intricately dissected human cadavers, with detailed labels of each fine structure. Probably not the best book to start with, as it is highly detailed and overwhelming. However, it is a great resource for exam study as it will test your ability to identify structures on cadavers.

Acland's Video Atlas of Human Anatomy



Acland is a master when it comes to explaining the anatomy of the human body in simple, systematic and logical ways while showing you the form and functions of freshly dissected human cadavers. It's the closest thing to being in your anatomy labs and learning from bodies in front of you! The clips are divided into tissues, organs and regions of the body. Acland's Anatomy is available to access via the library site.

Teach Me Anatomy



One thing that will help you learn anatomy this year are good diagrams. Visualization is key, especially for the summative spot test. Teach Me Anatomy is great for this. Simple, clearly explained and at the right level of year 1 it is a staple resource for many students. It's also free! <https://teachmeanatomy.info>.

Kenhub

Two things that will help you learn Anatomy in first year is regular revision and lots and lots of practice quizzes. Kenhub has many free and online questions with pictures, pitched at a relevant level for first year. You can subscribe and access premium features too. <https://www.kenhub.com>.

Radiopaedia

When you need to identify a hazy area on an x-ray, double-check the retroperitoneal organs or work out what looks normal or not quite right on an MRI, look no further than Radiopaedia. Thousands of Radiography images of healthy and diseased patients, and a must for your end of year anatomy exams!

<https://radiopaedia.org/>

Pharmacology

Rang and Dale's Pharmacology

Lecturers will refer to this text and this is simple, comprehensive and easy to read. Peter Carroll's lectures are beautifully written, easy to follow and highly engaging so you may find you don't need a lot of additional help for pharmacology.

Physiology

Guyton and Hall Textbook of Medical Physiology

This text covers the majority of the physiology concepts you will encounter this year. It is an allrounder- good to teach you new physiology concepts, as well as for learning more complex details of PBL cases.

Pathophysiology

Robbins and Cotran Pathologic Basis of Disease



Davidson's Principles and Practice of Medicine

These are great books which often outline the exact disease you are learning in PBL, from symptoms to pathophysiology.

UpToDate



The Wikipedia of medical information. This is

comprehensive, peer-reviewed, referenced database of succinctly written articles summarizing the current research on just about all of the pathologies you will come across! Up To Date is ideal for reading about PBL case studies, understanding differential diagnoses and learning about different treatment options. It is available via your ND university login on the library site, or you can invest and pay for a subscription to the mobile app.

General Practice Students' Network (GPSN)

GPSN provides useful clinical information directly related to your weekly PBLs and clinical examinations. They also organize professional events throughout the year to support your training and social lives!

The Calgary Guide to Understanding Disease

One of the things you will do at medical school during discussions with your peers, week in week out, is scribble lists and mechanism diagrams on the whiteboards in the PBL rooms, just like House MD. Hint: it's not Lupus. Mechanism diagrams are useful to explain physiology, pathophysiology, biochemistry, pharmacology, anatomy - the list goes on - and provide neat summaries of your learning. One source of good mechanism diagrams is The Calgary Guide to Understanding Disease - <http://calgaryguide.ucalgary.ca/>

Armando Hasudungun



One of ND's most famous graduate is Dr Armando Hasudungun, renowned for his 2 million YouTube subscriber videos featuring colourful and cartoonish Sharpie drawings and medical explanations. If you're struggling with any concepts, these free clips cover it. Better yet, the topics follow the exact content taught in our Medicine course!

Osmosis



If you were the kid that spent each Saturday morning camped out in front of the T.V. watching Cartoon Network then you're the kind of person that will love Osmosis. With the clarity of Armando's videos combined with high production values these videos succinctly cover many diseases and pathologies you will encounter in first year. Most of their videos are available for free on YouTube, however, you can subscribe to their website for extra notes, quizzes and more videos.

Communication and Clinical Skills

Talley and O'Connor's Medical Examination



This will be your "go to" when it comes to anything clinical. It is best to read the relevant chapter before your CCS session each week therefore if you are going to buy any textbook this year make it Talley's. Use Talley's to compliment your CCS manual and past student notes such as Zoe's so that you get the most out of CCS sessions.

Geeky Medics



For a good list of acronyms to remember in your clinical examination, Geeky Medics is your go to - <http://geekymedics.com/>. They also have some useful videos and explanations for why you perform certain tests.

Practice Questions and Quizzes

Anki



This simple software for Mac, Android and Windows allows you to make your own

flashcards to learn information each week, with an in-built algorithm that quizzes you on questions that you find the most difficult. Based on principles of spaced repetition, follow your daily revisions to master medicine. It's particularly useful for when you need to write-learn legal definitions, such as in PPH/PPD or anatomical triangles in Anatomy. A downside is the time it takes to make your flash cards with questions and answers, but once they're finished, you can quiz yourself anywhere and at any time, on the bus, at the gym, or during a lackluster tinder date.

To save time, you can team up with some mates, divide up the LOs, each prepare quiz decks and pool resources. Also ask year 2's if they have any decks that they are willing to share. Alternatively, look at <https://ankiweb.net/shared/decks/> for decks that other people have prepared and shared! Another word of caution: start revising your decks early to actually learn and retain the information, particularly if like past students, you end up with 4000+ Anki cards before the final exams!

Quizlet

A similar concept to Anki but often more engaging and some find it easier to use. Instead of just flipping through flash cards you can study by playing matching games, writing out the answers, or completing a test. Definitely one to try out before you commit yourself to Anki. <https://quizlet.com/en-gb>

BMJ On Examination

ND provides a subscription to the British Medical Journal (BMJ) On Examination, a site that allows you to create and store your own MCQ and SAQ quizzes. Make in class tests with a bunch of mates and use it to prepare for your exams.

AMBOSS



AMBOSS is a medical platform aimed at helping students study smarter, not harder. Their Qbank contains high yield, expertly written exam style questions and their interactive library provides up to date medical information relevant to PBL cases. You can subscribe online at <https://www.amboss.com/us>

Med School Quiz

Our friends over at Notre Dame Fremantle have develop this amazing question bank based on our shared PBL system. It's perfect as we basically cover the same content. You can select a particular topic, answer some questions and then get feedback on how you went. They are looking for people to contribute to the growing bank of questions so contact your academic representative if you are keen! <http://medschoolquiz.com/>

ASSESSMENTS

The million-dollar question: what will you be assessed on? Don't worry, we've got you covered with a comprehensive run-down on how it all works. Some of it won't make sense now, so we recommend you come back to this section after the first week or two of Semester 1.

BEWARE: these are 2021 assessments and as such, may change for 2022.

Formative tasks

(don't contribute to your domain marks)

Praxis modules (PPH)

Certificate of satisfactory completion

Online Blackboard mini-quizzes (All domains)

Single numerical grade overall for MCQ, model answers for SAQs

Bioethics disputations (PPD)

Mid-year written MCQ and SAQ exam (All domains)

- Individual single numerical grade overall and by domain + cohort

Mid-year portfolio (released portfolio review (PPD))

Individualised feedback supported by rubric, distributed via tutors

Mid-year performance review

Individualised feedback from tutor about PBL performance, marked out of 100

Tutorial/practical attendance and compliance requirements

Summative tasks

(contribute to your domain marks)

Continuous assessments

1. PBL Assessment (BCS, CCS; 5 + 5 = 10%)
2. Professional portfolio (PPD; 3%)
(look at Portfolio Handbook on BlackBoard)
3. DOCCS (CCS; 2 + 2 + 2 + 2 = 8%)
Week 9-10, 22 & 24, 31-32, exam period)

Final examinations

1. Written MCQ (BCS, CCS, PPH; 27%)
3-hour exam
2. Written SAQ (BCS, PPD, PPH; 33%)
3-hour exam
4. Bioethics SAQ (PPD; 4%)
Take-home, mid-year
5. UTS lab exam (BCS; 19%)

NB:

- You need to pass every domain in order to pass the year
- You are not required to pass each individual assessment; it is only your total mark for that domain that needs to be a pass (i.e. there are no independent barrier exams that you need to pass)

	Continuous Assessments			Final Examinations			Weightings
	PBL Assessment	Professional Portfolio	DOCCS	MCQ	SAQ (incl. Bioethics)	Lab Exam	Domain Totals
BCS	5			15	21	19	60
CCS	5		8	7			20
PPD		3			7		10
PPH				5	5		10
Subtotal	10	3	8	27	33	19	
TOTAL	21			79			100

Written examinations and computer-based testing:

- Written exams may be delivered on computer-based tests using ExamSoft/Examplify platform
- Depending on COVID restrictions, the mode of delivery will be either online or face-to-face, invigilated exams
- You will be expected to use your own personal computer/laptop
- There will be opportunities to practice with the online software before the actual exam
- iPads are not supported for the online examinations. You can use some tablets (e.g. Surface Pro), but not iPads
- The university can accommodate for a limited number of candidates with university laptops, just let them know beforehand

What happens if I can't complete an assessment on time?

For Continuous Assessments:

- May request an extension for an assessment (in writing) to the Year 1 Coordinator, such requests must be forwarded to the relevant Head of Domain for consideration/approval.
- May request a deferred assessment with the Dean in writing following consultation with the Head of Clinical School and Student Matters.

For Final Examinations:

- May request a deferred examination in

- writing to the Campus Registrar (no later than three working days after the final examination of the course). Only eligible for things such as serious and unavoidable (and unanticipated) circumstances, which prohibited you from attending the examination.
- May request an irregularly scheduled examination before or after the regular date in writing to the Campus Registrar (before the regular date). This includes things such as something unavoidable (but anticipated) that prohibits you from attending the examination.

What do I do if I need special consideration?

- A student may apply in writing for special consideration in respect to a piece of continuous assessment to the Course Coordinator (Acting Assoc. Dean – Teaching and Learning, A/Prof Isobel Kerridge) no later than three working days after the due date.
- A student may apply in writing for SC in respect to the final invigilated examination to the Dean (Prof. Christine Bennett) no later than three working days after the examination is conducted.
- Applications for retrospective SC are made to the Provost. Contacting the Provost is a last resort, this takes a lot longer because the Provost looks after the whole university
- All applications must be in writing and have supporting evidence.

Questions:

How are the marks in the BCS component distributed by percentage to each subject e.g. anatomy, pharmacology, histology, microbiology, etc?

This is typically announced on Blackboard before the examination period. Furthermore, there is a blueprint process, to ensure that exams are reflective of the course structure and content. For example, some of the bigger disciplines (anatomy, pharmacology etc.) will be assessed more heavily than some of the smaller disciplines (histology etc.).

Are there supplementary exams?

Yes, it may be confusing for some because there are two things that sound similar:

- Supplementary assessment – offered to 1st year students, “this may be in the form of an examination”. This may be seen as confusing, but it’s just how the policy of the university is structured.
 - This is offered when the university is not sure if you are on the pass or fail side of the line (“borderline and of concern”). This doesn’t mean that you have failed, you’re just really close so the university wants to see more from you to make the right call. If you are a clear fail, you will not be offered this, unfortunately. A board of examiners decide on who gets offered these. The maximum result you can achieve if offered this is a pass
- Supplementary examinations – not formally allowed for 1st year students (only offered to 4th year students).

Some 2nd year students told me that the anatomy structure identification component of the assessments is exclusively part of the UTS exam. Is this true or is it also part of the UNDS MCQ/SAQ exams?

- The lab exam of UTS is where the vast majority of anatomy is assessed (it used to be in-person spot tests, before COVID-19).
- However, Anatomy is still relevant to the MCQ/SAQ examinations and it will be indirectly assessed as it's relevant to certain exam questions (e.g. the question may involve an x-ray or something requiring anatomical knowledge).

Courtesy of Marnix Bakker

Edited by Natasha Warrell



MANDUS

**A WORD FROM
THE MANDUS ACADEMIC
REPRESENTATIVE**





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A Word From the MANDUS Academic Representative

Congratulations and welcome to the Notre Dame family! I'm Tash, the 2nd year Academic Representative, and I'm here to guide you through first year and make sure you have everything you need to succeed. MANDUS has a huge variety of resources such as student notes, textbooks, and exam resources. As well as leading you in the right direction and providing you with countless study resources, I'm here to help make your first year of medicine as stress-free as possible, so please don't ever hesitate to message me.

The start of first year is overwhelming, so please don't feel like you are the only one feeling this way. My main advice for these early days is take your time and not rush through the first few PBLs. I found the first few weeks – or even months – were a great time to try and a variety of learning styles. There are so many ways to succeed in this course, you just need to find what is right for you. Apart from everything academic, try to get involved in social events and find a balance between medicine and everything else – easier said than done, but it really does make the year much more enjoyable. Once again if you have any questions at all don't hesitate to reach out to me or any member of the executive team. Once you are signed up to MANDUS I will send through all the amazing study resources but until then, enjoy your holidays, rest up and get keen for 2022!

Anatomy

Anatomy is taught through a mixture of lectures, tutorials, and labs, all taking place at UTS. For us, COVID got in the way of labs, but we still learnt this content through lectures and tutorials over Zoom. My main advice for anatomy (especially speaking as someone who had no previous anatomy knowledge) is be prepared for the sessions. Once I started going through the content before tutorials it became a much more enjoyable experience (that is, I knew what was going on). On the topic of my lack of previous anatomy knowledge, please remember everyone in your year is coming from a wide variety of backgrounds – some have studied anatomy extensively and some have absolutely no knowledge. No matter where on the anatomy spectrum you lie, you are not alone! So please don't feel like you are. Try to actively engage in lessons and ask questions when you are confused, chances are someone else is also confused. If you are fortunate enough to get time in the wet lab, use it well – this is your only chance to practice identification on specimens and if you focus on this, the exam at the end of the year will be much easier.



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There are many visual resources available such as Acland's Anatomy (free access through the Notre Dame library) and Bluelink, which were amazing for me as an anatomy newbie. I also found that flashcard resources such as Anki and Quizlet were super helpful for revising content in anatomy efficiently (there is a Bluelink deck that you can download from Reddit – definitely check this one out). Overall, I want stress the importance of consistent work and repetition for anatomy.

To bring along to UTS labs:

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

Basic and Clinical Sciences (BCS)

Now onto the acronyms! There are so many and at first it can be very confusing, but I promise it will all make sense soon. BCS stands for basic and clinical sciences, and you will learn the majority of this through PBL and lectures (these are mostly at UTS). These lectures can be overwhelming – try to focus on the big concepts. A phrase you will hear repeatedly is “high yield” – to avoid getting bogged down in the finer details try to prioritise learning the “high yield” information. If you're not sure what is “high yield”, ask the second years. As well as the lectures, BCS is covered in PBL, which is a great way to apply your knowledge and work through difficult concepts together as a team. Many people find that writing summaries at the end of each PBL case is useful for exam study. Another term you have probably heard, and if not, you will hear a lot, is the “spiral model”. This basically means that content is taught and then re-taught multiple times throughout the year – so don't fret if you don't understand the topic completely the first time you are taught it, it will come back again. Trust the spiral.

Communication and Clinical Skills (CCS)

This is the time to bring out that beautiful Littman stethoscope and start saying the classic line, “Hi my name is Natasha and I'm a first-year medical student at the University of Notre Dame.” CCS is lots of fun, but at first it may seem impossible to complete an exam or a history in such a short period of time. But don't worry, you will quickly find with practice it is very possible to do well in OSCEs. In our case, we had DOCCs, a modified form of OSCEs due to COVID... not sure what you will have but it's all very similar and will be explained to you. Preparation for CCS is essential to make the most of the sessions, and you should do this by reading the relevant chapters in Talley and O'Connor and the CCS manual that will be provided to you. Another great external resource is Geeky Medics. If you use all of these to prepare, you have nothing to worry about.



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For practice, I would advise finding a small group of people to practice with every week. Even better if your group has a mix of people from different PBLs, as different tutors will teach differently and have different tips and techniques that can help you learn. When revising, make sure you do some practice in exam conditions – this will help build your confidence and time management skills and will help you a lot in the real thing.

Essential for CCS:

- Stethoscope – most people have a Littman, get it engraved!
- Suture kit – if you haven't ordered it yet, consider getting together with some people to do a bulk buy to save money on delivery.
- Talley and O'Connor – this is provided in PBL rooms but get yourself a copy (PDF is fine).

These are supplied by the school during CCS sessions and assessments:

- Tuning fork
- Tendon hammer
- Pen torch

Problem Based Learning (PBL)

On your first day you'll be given a name tag with a picture on it – everyone else with the same picture is in your PBL group for the year. Your PBL is your mini family for the year, and is usually 8 or 9 students, divided up based on experience, plus your PBL tutor and CDT tutor. Each week you'll tackle a new case, usually based around the content you are learning that week. Every PBL functions differently but it's a great idea to make a roster to establish roles for every PBL case (chair, scribe, notetaker... these will make sense later) and of a course a snack roster and birthday roster so you can have cake.

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

PPD and PPH are taught through CDT (Clinical Debriefing Tutorials) and lectures throughout the year. For each CDT tutorial one member of your PBL group will run the session and facilitate conversation, so try and be prepared to discuss the relevant topics and stay engaged. The weekly pre-reading and graph analysis may seem tedious but try to pay attention as they are commonly assessed topics. To do well in these domains make sure you at the very least read the CDT manual every week, stay engaged in CDT sessions and take note of any important topics, laws and statistics that come up. It is possible to cram for these domains before the exam using the MANDUS resources (such as question banks and PPH/PPD summaries) that will guide you on what is important to know, however, consistent study is always going to be less stressful. Remember, you must pass every domain in order to pass the year, so do not neglect these ones.



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Exams

Exams in your first year are worth about 85% of your final mark for the year. I'm not going to lie and say that they are easy, but they are completely manageable if you stay on top of everything during the year. Before your formative exam (which doesn't go towards your final mark) and summative exam (does go towards your final mark) we will have a Q&A panel, so you can ask us all the questions you want. We also have lots of resources, so don't stress, you will be prepared! Throughout the year ensure you understand the main concepts and always consult the Learning Objectives for guidance. Also, always take note when your tutor or lecturer emphasises a topic ... for example in pharmacology if you are told to "stick it in a neuron!" write it down.

Formative exams (which are in the middle of the year) are a great way to test how you are going and the effectiveness of your study techniques. I would use the first semester to try new ways to study – just because something worked in your undergrad does not mean it is the best way to study for medicine. Some things you could try are making flashcards, using Anki decks or writing one-page summaries after each PBL. Be prepared to change methods throughout the year and adapt. Work consistently throughout the year and trust the spiral – you will be surprised how much you remember at the end of the year if you prepare well for formatives. Summative exams can be a stressful time but lean on each other for both support and study. Group study is a great way to share knowledge, test yourself and build a great support network. Even though this is harder in a pandemic, take advantage of Zoom, your PBL and your very clever peers. Balance your time, do not neglect a domain, and make sure you are always looking after yourself and checking in on your peers.

Bioethics

Bioethics intensives are a unique part of the Notre Dame curriculum and are designed to encourage you to think through complex ethical topics and prepare you to become a doctor who is well-rounded and thinks critically. In each intensive you will be broken up into smaller groups where you discuss various ethical topics together with a tutor. As you go, do take note of any topics that interest you so that you have some ideas for your formative assessment tasks, short answer question (SAQ) assessment, bioethics disputation and oral presentation.



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Tips

Here are some final tips to ensure you make the most of your first year and have all the tools you need to smash it.

- Firstly, look after yourself and your peers. Studying med is hard enough... throw in a pandemic and it is super tough. UNDS is a big family - if you're struggling or notice someone else struggling, reach out.
- Pace yourself throughout the year and work consistently.
- Use the first part of the year to try new study techniques and find ones that work for you - don't be scared to completely change how you did things in your undergrad. Also, don't feel like you must study the same way as your friends, everyone is different.
- Save these resources to your favourites on your laptop now (linked on the next page) - believe me, you won't regret it (at least try them all out once to see if you like them):
 - MedSchoolQuiz - this resource was made by UNDF, basically a massive question bank.
 - Osmosis - short, "high yield" videos. You have to pay to get access to everything but there's lots of free content and there's a discount code that usually goes around at the beginning of the year meaning you can get it for more than 50% off.
 - AMBOSS - some people love it, some people hate it. Try it out. You do have to pay to access everything but there are discounts all the time.
 - BMJ on Examination - free through Notre Dame.
 - Geeky Medics - I've already talked about how great this resource is for CCS.
 - Calgary Guide - anyone that loves flow charts should check this one out.
 - Armando Hasudungan - Armando is ND royalty, great visual resource.
- Find a study group - whether this be your PBL, or people from outside your PBL, it's a great way to study and connect with others in your year.
- As soon as you are given it, read over the course outline and handbook carefully - put all your due dates in your diary (get a diary).
- Also Ps = MDs (but you didn't hear this from me).

As a final note from me, congratulations again and get keen for 2022. You have such a fun year ahead so get excited! Remember I am always a message away if you need anything. Best of luck for your first year and I am looking forward to meeting you all very soon.

Natasha Warrell

useful links



Click the interactive links

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](#)
- UpToDate – 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](#)





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Calling

This number may save your future career and reputation.

It may not be initially obvious because you are a student and not practising yet, but healthcare students can be subject to a complaint, investigation or legal action as a result of their involvement in the healthcare they provide.

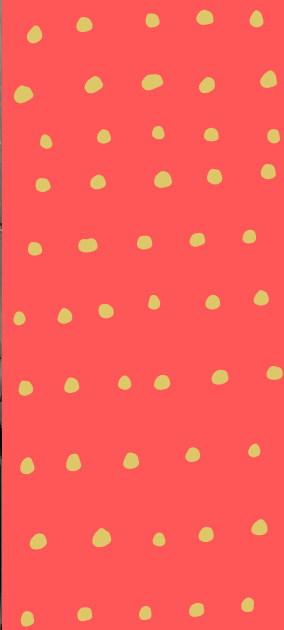
MIPS has assisted and supported student members with complaints made against them by patients, practitioners, educators and fellow students. If you find yourself in dispute with your university or the hospital/clinic where you are undertaking clinical placements, then MIPS may assist with expert medico-legal advice and support and we offer comprehensive cover up to \$20million with no sub limits.


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SURVIVAL TIPS





 Studying medicine is hard! And being an international medical student may pose a unique set of problems. But, have no fear because we have collated some of our best tips!


Tip 1: Be BFFs with other international students. Having people that can relate to your situation will make your med journey a little less lonely. Also means you have a community with which you can meet up to collectively rant amongst yourselves about how you are not endowed with concession rates for transport like your international counterparts studying in Canada or America or anywhere else but Australia! 


 Tip 2: Explore. This country is beautiful so don't spend too much of your time waist deep in books. Take a train to Newcastle, hike in the Blue Mountains or eat your heart out, in Melbourne. Get your whole dose of Australia!

 Tip 4: Work, work, work, work, work, work! To work or not to work? This depends on your situation. If you do want to work, choose something not too time consuming but still gives some descent money to spend. Also! Know your rights in the workplace as an international student and always ask for a CONTRACT! If you're looking for casual jobs with a decent pay, Facebook can be very helpful for sourcing some jobs in your suburb.

Tip 5: ET call home! Schedule a time to call home. It's easy to get sucked into the spiral and forget to communicate frequently with your beloveds back home. Putting it into your schedule means you get ahead of the homesickness that inevitably befalls all of us. Speaking to and seeing your friends and family can leave you feeling rejuvenated. So, take advantage of how technology allows us to connect even when we are apart! 

Tip 3: Know what benefits apply to domestic students but may not apply to you. For example. Internships post-graduation. I know it's scary, but we must talk about it. As an international student, in NSW, you are somewhere at the very bottom of the priority list for allocating graduate medical students to internships. Knowing such information can help you strategically plan your aspects of your study to better give you better chances of securing an internship. As such, preferencing both Melbourne, and Sydney for 3rd and 4th year placements. Meaning you'll be eligible to be allocated an internship in both states. But have no fear, if you don't feel like up routing yourself again, having comfort in knowing that you're still likely to get an internship without having to move to Melbourne. It just might be in the middle of nowhere! 

 Tip 6: Don't be afraid to reach out. If you're having a hard time, always try to reach out to your tutors, PBL mates, or the school admin. Dr Mezrani is always happy to listen and help! Acknowledging your feelings and vulnerability doesn't equate to being weak 😊

Tip 7: Make your wellbeing your top priority. Give yourself a break! It's been a long journey full of added pressure that perhaps some local students don't experience. Getting into med is a big achievement and a well-deserved stop and re-start is much needed. Be proud of your achievements so far. Focus on the present. Do not stress over internships during first and second year. Truth is, it is different for us, and the uncertainty will be present, but we can't do anything until the time comes. 

Brought to you by:

Makaitaishe Matipano
2nd Year Student and
International Student
Representative

Felix Wong
2nd Year Student

Maria Arevelo
4th Year Student

Michael Budiarta
3rd Year Student

Non-science Background

To begin with, I just want to join everyone in congratulating you on making it here! Whether you are an aggressively non-science background student like I was (and still am), or a med-sci undergrad having a bit of a peek at how the other half live, you've all sunk years of effort, dreams and your fair share of sacrifices. Know that you've got a really exciting year ahead of you, in a uni community that will honestly do all it can to support you.

I did a history degree in my previous life, and so came into first year feeling nervous about how I'd manage; I ended the year feeling so grateful for all the friends that answered all my many silly questions and the teachers who kept an eye on everyone. Don't get me wrong, there is definitely an adjustment period involved—new terminology, new subjects, new ways of thinking—but Notre Dame medicine ultimately functions to support this adjustment and do everything they can to get you up and running in no time.

If I could impress anything on you though, it would be to remember why you were excited to apply for medicine, and try your best to focus on enjoying learning and experiencing new things! Life is too short and a career in medicine inevitably involves so much you won't ever be an expert in to waste your time fretting over the things you haven't done. Focus on the things you've already learnt rather than the things you are yet to learn, and I promise that you'll shock yourself with how much you've grown by the end of the year!

With some of that possibly toxic positivity all said and done, here's a few more specific tips that might be helpful!

You'll end up hearing the phrase "trust the spiral" more times than you can imagine. In essence, you'll be exposed to every important concept enough times through the year that-



-you'll end up taking it in by osmosis. While I'll be honest that my first exposure to things like musculo-skeletal anatomy, or metabolic biochemistry, or pharmacology freaked me out, I can guarantee you'll get comfortable with it all soon enough. The best tip I have for when the lecture content feels just too much is to literally just pick one thing and try to learn it! Doing anything is better than nothing, and after getting a few things under your belt, you'll notice yourself getting more and more comfortable.

One of the blessings and curses of medicine is the wealth of resources at your fingertips. Every man and their dog will have a golden tip to blitz medicine, and quite simply not all will work for you! I'd therefore recommend keeping an eye out for all these tips and let yourself spend a few months trialling a few methods! There's honestly no need to worry if you finish the first semester realising you should have been doing something entirely different, given Notre Dame's first sem exams are a completely unweighted practice run!

Most people (not all) I know who started by taking dense notes for each lecture ended up switching to a mix of shorter notes, and flashcards using software like Anki. I found this to work best for me – taking notes from a combo of textbook, Youtube channels and lecture notes on the really important concepts, and then using flashcards for anatomy, pharmacology, and public health content. In general, these were the resources I found most useful:

Continued...

- Textbooks: Talley and O'Connor (pretty much the only compulsory textbook); both Guyton and Hall's Medical Physiology and Marieb's Human Anatomy and Physiology a for a more comprehensive and then a slightly more introductory set of physiology explanations.
- Youtube channels: Osmosis and Armando Hasundagan (for succinct overviews of your main topics); Ninja Nerd (longer videos, many find them too long but I found him a saving grace when lectures left me confused); ALSO: Dr Matt and Dr Mike, The Noted Anatomist, Amoeba Sisters, Boards and Beyond.
- Other online resources: AMBOSS (wonderful, concise summaries of every disease you can imagine); Calgary Guides (great for when you need to make a presentation on the pathogenesis of disease); Complete Anatomy app for those with a tablet.
- MANDUS notes: you'll get access to past student notes. Some people never touched them and were completely fine, others treated them as Gospel. Each set have a different knowledge level, so explore them and see if any are your style!

A quick note: a few of these are paid resources and books / have premium memberships. I'd recommend holding off on committing until you see all your options! And consider splitting memberships with friends if any resources do take your fancy. Chat to a second year if you're unsure how to get easy access to textbooks.

The friends you make will probably be far more useful than any of these resources alone! You'll immediately be put into a PBL with 6-8 others, and I'd HIGHLY recommend putting yourself into these groups, as they're an absolute highlight of the year, providing support and an anchor as the course marches on. Say hello to people in lectures, don't be afraid to ask people you click with to study or practice clinical skills together. Collaborating on notes, or answering past questions later on in the year will make life so much easier (and more enjoyable).

In my experience, the science-background people are more than happy trying to explain things they've already learnt if you just ask (and it'll be no time before they're asking you for help 😊).

I think it's really important to schedule in time for yourself each week that you use regardless of what study you've done! Some people take this a step further and schedule a cut-off time each night, once again, regardless of what remains to be done! It's a long year which will catch up with you if you let it. If you don't pick out times to rest and recuperate, your body will end up picking that time for you. And remember –if you feel guilty about giving time to your interests, it will ultimately only help your future practice to be an interesting and holistically rounded person that your patients can relate to!

Hopefully you won't ever need this advice, but should you end up really having an ordinary time of things, know that you shouldn't have to feel like that. There are so many things people can and will do to help you back to your feet, so please don't ever feel like you're letting yourself down as a future doctor by asking for a hand 😊.

From one non-sci to another, know that you are gonna be more than okay. If COVID ever allows and you see me on campus you're always welcome to come say hello, or otherwise reach out to me or any of the second years, we are all keen to pass on the help we got!!!

Best of luck, and congrats once again,

Liam Thorne 2nd Year Student

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 (phew) 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.

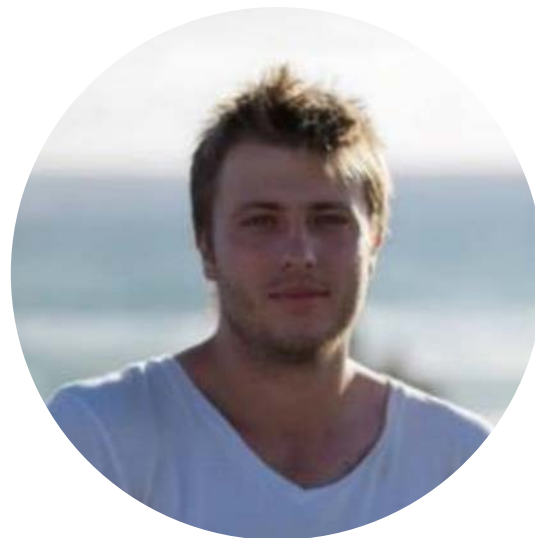
Never be afraid to ask someone what a B-cell is or what the brachioradialis is, you may find they do not know it either and you can become study buddies. Now to some hot tips from all that gobbly-goop.

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.

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!

PBLs

The 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.

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)-

Continued...

- 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).

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 Zochowski 3rd Year Student

Science Background

Hey all! Huge congrats on getting into medicine! For many of you this is a dream come true, a dream you've probably had for many years and something you've worked hard at for a long time. You should all be incredibly proud of yourselves no matter what path you took to get here!

I studied science and engineering in undergrad and worked for a few years before starting medicine and my background definitely helped in many ways. A lot of the science covered in medicine I had already covered in undergrad. But no matter what background you come from, it's really important that you take note in how you learn best – this is often a combination of visual, written, flashcards, videos etc. However, the most important advice I can give is that **medicine is not the same as any other degree**. You need to keep an open mind in that what might have worked really well for you in undergrad/other coursework, may not translate the best to medicine. This was probably my biggest issue as I knew I had great study techniques for medical science and thought it would translate effortlessly to medicine.

The medical course is structured very differently to how your average undergrad coursework is structured, and this means you need be adaptable in your style of learning. Your general bread and butter science concepts will translate well, but the sheer volume of content you need to learn and how you are assessed on it (it isn't really difficult per se, just a lot!) makes your known and trusted methods not always the most effective. Like most degrees, use the learning objectives as your biggest guidelines. If something is covered in the learning objectives, or was not taught in the best way, don't expect it to magically be skipped – take initiative and look it up yourself.



With that in mind, Notre Dame is big on spiral learning so don't stress if you don't understand something 100% first time round as you will definitely come back to it.

In terms of studying effectively, I found reading **Robbins & Cotran's Pathologic Basic of Disease** to be my bible – most lecturers just copy and paste this textbook and use it. I also found making my own flashcards and questions with some other people was really useful too. Creating questions is hard and requires you to think about what is often perceived as the correct answer and why, even though it is wrong. It will highlight faults in your understanding of subjects quickly. Practice lots of CCS as often as you can – if you can arrange fortnightly practice sessions with a close group this is ideal and will save you a lot of stress in the future. Remember, CCS will eventually be the majority of your work by clinical years. I would also recommend learning anatomy at your own pace as it's a very "black and white" kind of subject (you can identify something or you can't) and anatomy is really intertwined in everything you do.

Because medicine is volume heavy, it's a good idea to get into the habit of doing a little bit of assessment style work at the end of the week to really recap what you have learnt best. This may involve doing a few hours of ANKI, doing past paper questions, making up your own short answer questions or multiple choice (studies show that creating your own questions improves learning outcomes for students).

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You really want to make sure whatever you covered, particularly in PBL, you understand in a way that you can explain it to someone else. I personally didn't really use ANKI until the exam period, but I made sure at the end of the week I understood the PBL content inside and out and this really paid off!

Finally, most of you who come from a science background know you studied so hard to get a great GPA for medicine. Adjust your expectations – no one cares if you got 1st place or 52 in a subject. You are in medicine and have nothing more to prove! You want to know things broadly and well. Don't hone in on minor details as tempting as it seems (yes I'm looking at you, biochemistry majors) as it will really be useless in 1st year. You will be time short for the entire year, so manage your time effectively by ensuring you understand bigger concepts very well before deep diving into minor details.

I started the year with the attitude that this is just going to be like science, but more intense, and you will burn out easily with that attitude.

Accept that there will always be work to be done, and you will not know everything confidently. This is the nature of medicine not only at university, but also in practice. A good doctor is one that cares for themselves enough to care for others. Give dedicated time to yourselves, your partner, your family and friends, your hobbies and what you enjoy outside of medicine. As soon as your mental health declines, you will find studying 100x more difficult.

Take care all and enjoy the ride!

Vanessa Diab 2nd Year Student

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' 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 3rd Year Student

Interstate Mover

I hear you're moving to Sydney to become a medical student? Congratulations! Between Bondi and learning how to do DREs (the physical examination that 60-year-old men try most to avoid) you're going to have an awesome first year. Having been in your shoes this time last year, I've seen the best (and the most average) of things that moving interstate to start your doctoring life has to offer. See below for a few things that I wish I knew before moving to Sydney, along with how to avoid looking like a lost tourist.

Housing

Finding a house can straight up be a pain in the backside. Securing a house itself, finding roommates, and then of course furnishing it, are each annoying in their own way. Take the easy path to finding housing and join the UNDS medicine accommodation page. You'll find people who are in the same boat, and who are looking for the same sort of place to live in. Once you've got your roommates sorted, start to take a look at places for rent in late December and then again in early January once real estate offices re-open after the new year begins. Facebook marketplace, Gumtree, IKEA and friendly neighbours do wonders when it comes to furnishing an empty place.

Mates

People approach making new friendships in different ways. Some put more effort in initially whilst still getting settled, whilst others like to find their feet first. Both approaches work. Do what feels right for you. One thing is for sure, however - mates are critical when moving away from home. Put the effort in with people. Say yes more times than you say no. And yes, keep in touch with your friends back home. Send them a couple of out-of-place emojis whilst you're on the bus to uni. Send them a rogue voice message when it's their birthday. Don't stress - you'll still be mates when you do make it back home.



The upside of course is that you'll have plenty to catch up on, retelling them about all the shenanigans you've been getting up to in Syd and how bloody good the kebabs from Indian Home Diner are after a couple.

Going back home

Again, this differs for everyone. Some people may only go back home for the major breaks, whilst others will pop back a couple of times per semester. You'll know when the time is right for you to go back and spend time with your fam and relo's. Sure, you might get a bit homesick. But living in Sydney will make you appreciate going back to where you're from and enjoying the familiarity of home.

General

Don't stress if the first few weeks of your study aren't perfect. You'll likely still be finding your groove and making an effort to be social etc...and as a result you may not learn or remember EVERY enzyme involved in the digestion. I'd recommend watching the lectures given by second years on how to study for the MD course. Experiment with a few things. Pick and choose what works for you. Eventually you'll figure out something that vaguely resembles a study system.

Enjoy Sydney

Enjoy Sydney. Tick the boxes with your study, but get out on the weekends and do things. You've just moved to a new city so get around it!

Have fun

You're only a first year once - so enjoy the learning, the stress, the laughs, the cries and being at the bottom of the medical food chain.

Luke Jennings 2nd Year Student

Interstate Mover

Hey first years, congratulations on getting into Medicine at Notre Dame! Starting medical school is one of the most exciting and nerve-racking times of your life, especially if you have moved interstate for your studies. Having moved from Adelaide just under a year ago, I hope I can give you some useful tips to make your move to Sydney as smooth as possible.

Get out of your comfort zone and say yes!

Studying medicine on top of moving interstate is reason enough to feel a bit out of your comfort zone. The best thing you can do is embrace those feelings and get into your new life in Sydney! The first few weeks are a buzz of meeting other new first years, finding your way around the city and working out how the hell Hilda Holden works. Say yes to as many events as you can during this time - it's the easiest way to break the ice and make new friends. In our first few weeks, ROUNDS put on an Amazing Race around the Sydney CBD, the Social Team organised a covid-safe picnic and MANDUS teed up first years with a second year mentor. There are also myriad of MANDUS subcommittees that are looking for new members so there is bound to be one that you can jump onto. Organised events aside, you can always meet and catch up with your fellow med students over a beverage at the Unicorn or Royal Paddington Friday after PBL. It can be daunting at first but there are so many ways to get involved with life at Notre Dame - all you have to do is say yes!

Get to know Sydney

Most of us interstaters will only be in Sydney for 2-4 years so make the most of your time here! You can start by making yourself a good old bucket list and spending your 'study-life balance' exploring one of the most famous cities in the world. Go surfing at Bondi, catch the ferry over to Manly, have a drink at the Opera Bar, stroll around Centennial Park,-



-explore the Glebe Markets on a Saturday - the list is endless. On top of this, have fun getting to know the surrounding neighbourhoods. Despite its unexpected hilliness, humidity and extortionate motorway tolls, the many pockets of Sydney are picturesque, lush and unique in their own way. There's also something really enjoyable about discovering the mundane, like about finding out what cafe serves the best coffee, where your favourite walking track is and the most efficient/cheapest way to shop for groceries every week. It's true what they say, time flies in med school so enjoy all of your time in Sydney.

Make plans with friends

Soon enough you'll find yourself with a whole new bunch of friends at Notre Dame. An easy way to strengthen those bonds and make new ones is to make plans with an open invite. This could be uni-related like watching Zoom lectures together, studying in the Darlinghurst Library on a Wednesday afternoon or forming a weekend study group to rehash those high yield topics from the week before. Study aside, you and your mates could take on a local trivia night, a weekly sports session (bouldering, swimming, touch footy) or make plans for a big event like Mardi Gras. There's also plenty of room to meet people outside of Notre Dame through social sports, art classes, volunteering or online friend meetups. Making and keeping your friendships is a really important way to feel supported during your time in Sydney, especially when you're missing home. Often these are the people that you will share your happiest moments with and can rely on when the going gets tough.

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Look after yourself and reach out for help

Moving interstate and studying a course like Med is a lot for anyone to handle, so make sure to look after yourself and your mental health along the way. This will look slightly different for everyone and it's important to find out what works best for you. Our study schedule can get pretty hectic so try and be as organised as possible to reduce your stress levels on a week-to-week basis. Also make sure to schedule in your 'me time' every week, whether that be going to the gym, checking in with a friend over coffee, calling home to your parents/friends/partner or ticking off one of your bucket list items on the weekend. Doing these little things every week might help you feel a sense of consistency and normality when life gives you lemons or when exam season is approaching. Notre Dame is also a really tight-knit community where everyone looks out for each other. Your tutor will check in on you with their regular 'pulse checks' and your second year mentor will always be around for advice. Keep an eye out for the Wellbeing Team's tips for keeping you safe and sound throughout your studies, as well as the university's free confidential counselling service if you ever need it. The trick is to know yourself, know when you're struggling and reach out for help.

Best of luck with your first year of Medicine at Notre Dame and feel free to say hi or message me if you ever need a hand!

Daphne McLeod 2nd Year Student



Click on the icon above to visit the official Sydney tourism site.

You'll find all sorts of great Sydney events and places to visit.

Interstate Mover

Congratulations on getting into medicine! Take the time to celebrate this achievement and enjoy this time before you make the big move. I remember having mixed feelings about moving down – excitement, trepidation, and feelings of uncertainty – particularly if this is your first time moving away from home as was the case for me. Fortunately, Notre Dame has an amazing support network and a wonderful sense of community to help ease this transition. There are also so many opportunities awaiting you here in Sydney, both within and outside of the Notre Dame sphere, which will ensure your new life here isn't entirely focussed on studying or medicine. I've listed a few things that might be helpful in ensuring your move is as smooth and, hopefully, is as enjoyable as mine was.

Peer Support & University Clubs

Having a solid support network is essential when moving to a new or unfamiliar place. For some of you, moving may be a daunting prospect especially if you do not know many people in Sydney. I was pleasantly surprised to find that there was a strong connect amongst peers at Notre Dame, particularly between first and second year cohorts and facilitated by multiple university clubs and societies. MANDUS is a whole subset of societies and committees which are always seeking new faces! Don't be shy to reach out to your second year MANDUS representatives, like myself. We will be introducing ourselves properly early on and are always happy to help out or have a chat. Reach out to your peers! I recommend joining your cohort's Med '25 Facebook group if you haven't already and enquiring about others also coming from your state/ area. This is the easiest way to get in touch and meet new people.

Where To Move Out

Trying to find a house to move into with people you have not yet met or don't know very well can be tricky. Finding places, particularly during



COVID uncertainty can also be a bit of a task. There are multiple Facebook pages you can join with people advertising rooms in a house or offering a lease take over – I recommend: UNDS Medicine Accommodation, Inner Sydney Housemates (Glebe, Surry Hills, Darlinghurst, Ultimo etc) and Sydney Inner West Housemates (Newtown, Enmore, Marrickville). It is always good to find a place close to public transport so that should be a priority, especially if you are not familiar with Sydney just yet. You will likely be using public transport primarily as parking around uni can be tricky to find. There are a large number of med students who also join a college at USYD for first year. A few of my friends are at Sancta College and a few other colleges. If you need advice on colleges, do not hesitate to message me and I can get in touch with some of these people for you.

Continue Your Hobbies!

Maintaining a healthy work-life balance is so, so important! The course load for medicine can be quite large but medicine should not be all encompassing. You have embarked on a new journey and it is so exciting! Remember to enjoy it. As one of your social representatives for next year, I can assure you there will be plenty of fun activities in store that should cater to everyone's interests. We have wonderful sports reps that will put together various groups. There are also external sports clubs and groups you can join in Sydney. I enjoyed playing social netball externally; there is also touch, climbing and many other groups you can join. It's nice to have a weekly extracurricular commitment to look forward to break up your time and allow you to meet other people with similar interests. I found that moving interstate, having a number of different social interactions and environments, not just related to or an offshoot of

medicine, is a great way to feel as though you are actually living and rather than just studying in a new city. Take your favourite hobby, be it a sport or music or art and find a local club or even a gym in the suburb you are moving into as a way to branch your life out 😊.

Take Care of Your Health

I recommend finding a good GP early on when you move down. This may not be your number one priority due to the overwhelming amount of things that will be happening throughout the year but it is one of the most important. Find a GP in your area or one that will suit your needs for if and when you might need one. I had to figure this out early on to ensure some of my serology and documents for medicine were taken care of. This is important due to the COVID uncertainty for this year as well. Studying medicine in a new city will have its stressors, so look out for yourself. Keep in touch with family and other friends. While moving is a big task and there is a lot to organise, ensure your emotional wellbeing by pausing to check in with yourself and your family during the move.

Don't Be Afraid to Speak Up or Ask for Support

I saw a few of my friends struggle this year with the pressures of studying a new course, navigating a new life and city as well as for other external personal reasons. Luckily, the pastoral care that Notre Dame offers is truly wonderful. The university is always looking out for you. Your PBL tutors will check in with you and ensure that you are adapting well. You also have a wonderful second year Wellbeing Team who will be looking out for you and will provide you with details to university counsellors that offer free confidential counselling services, should you ever need someone to talk to.

Welcome to Notre Dame!!! We are so excited and happy to have you. Please feel free to reach out to me or any number of the friendly faces around campus if you have any further questions about medicine or moving interstate. Best of luck and have fun!

Bhavna Brijball 2nd Year Student

Studying with 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-Rose Van de Lücht 3rd Year Student

Rural Background

I've lived in Sydney for 9 years now, yet I've never ceased to refer to Young, NSW (about 4 hours southwest of Sydney) as 'home'. So, if it is your first time leaving your rural community, or you're an old hand at it, like me, I get it: the connotation of 'home' never really leaves. However, I will temper this by saying that moving to Sydney comes with an entirely new set of opportunities. You really will get the most out of the experience if you take all of these opportunities in your stride. Med School, in particular, is full of these opportunities, from student associations to conferences, seminars, research projects and of course, the cheeky night out. There will be many things to fill your time with and help you find your niche in the medical world.

1. Don't forget to check in 'back at the ranch' – you will meet a tonne of people staring Med, and just as many outside of school but don't forget to call, text, email the folks back home. If COVID-19 has taught us anything, it's the benefit of a Zoom to close that gap a little.
2. Befriend a local – trying to familiarise yourself with the Google maps version of Sydney can be a mammoth task. Find yourself a Sydney person and strike up a friendly conversation – odds are they can help you get from A to B with a little more efficiency. I was forever badgering my local Sydney friends in my undergraduate degree, and now, I can be that person for others as a karmic reward.
3. Explore the concrete jungle – although there aren't many paddocks to be found where you can sit with your thoughts, spots for mulling over things can be found, even in Sydney. Between the parks and the beaches and everywhere in between, you can find a sanctuary that will be different to home but can serve the same purpose.



4. There are no silly questions – if you haven't noticed already, I'm a firm advocate for asking for help when you need it. Suppose you have questions about content, study methods, scholarships, clinical schools, so on and so forth. In that case, there will always be someone who has an answer.

During Med school, you may also find that that with your rural background comes a different lens in viewing returning to rural practice. The benefits of practising rurally are plentiful. During your visit to Lithgow (hopefully) and the rural clinical schools' presentations – the 'lifestyle' of practising rurally will be mentioned countless times. But, if you're anything like me and intend to apply to the rural clinical schools and eventually return to practice in a rural area, it won't be the 'lifestyle' reasons fuelling your passion. If you're like me, it may be for more sombre reasons: the nuanced understanding you may have of the dire need for healthcare professionals in a rural setting. I strongly implore you to harness that knowledge, share it with your peers, and be an advocate for the value of practising rurally.

Claire Ingram 2nd Year Student

Rural Background

Hey team – so nice to finally meet you all and welcome you to Australia’s best (and most fun) School of Medicine! And of course a special hello to our fellow country friends – strap in for the ride of your life 😊

My name is Pip and I grew up on a sheep and cattle property between Crookwell and Boorowa in rural NSW. After high school, I spent a gap year abroad in Cambodia, Kenya and Ireland before undertaking a Bachelor of Nursing at UTS. After several placements in rural and remote locations including Alice Springs, Broken Hill, and Goulburn, I commenced working as a Nurse in Far West NSW. The bulk of my clinical work has been in rural and remote, and Indigenous communities including Ivanhoe, Broken Hill and Wilcannia, where most of my time was spent working closely with the Royal Flying Doctors Service.

In 2019 I returned to Sydney to undertake a Master’s in International Public Health/Master of Health Management at UNSW while working in Cardiology at RPA. However, following spinal fusion surgery, I sadly stopped clinical work and fortuitously joined the NSW Rural Doctors Network (RDN) (an organisation those rurally inclined will become very familiar with). This role furthered my understanding of and capacity to change rural and remote, and Indigenous health equity, influence rural workforce strategy and solutions, and find ways to inspire, support and facilitate students and early career professionals in their journey into rural and remote health and lifestyle.

Since starting medicine, I have continued to work for RDN while becoming more involved in Uni based rural health stuff including the BEST (and also most fun) society – ROUNDS! ROUNDS, as you will hear is known for hosting the greatest events, embracing the true good bloke vibes of medicine and resultantly fostering a-



-true sense of comradery and the excuse to disappear bush for “uni trips” and lots of beers and laffs in the name of rural health and medicine – how good!

So my advice – good question, I think I am still working this out for myself...

1. Do not take yourself too seriously – perspective is key! This is the best degree, with the best people and will hopefully be the best decision of your life BUT remember it is just a degree, will be just a job and the little and very important things in life such as family and friends are the little gems that will get you through – do not forget them!
2. Embrace it – study and learn to be a good doctor, not a good (or HD alone) student! Great advice I was told during exams was – “All year you study to be a good future doctor, during exams you study to be a good student and a good exam taker” – this is true 😊.
3. For the rurally inclined – although this seems a while away, keep in the back of your head (if and when thinking about how to be a rural GP, rural generalist and/or rural specialist) one of two things 1. Where do you want to live. They say pick your community and then choose what the community needs. Or 2. What type of doctor do you want to be, for example I just want to be a Rural Generalist with OBGYN, then go where they need you – miles away but an interest concept – would you pick the community or specialty?

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4. Do summaries – if you can, keep up on weekly summaries! They do not need to be over the top, just consistent and clinically relevant – happy to show and share if you would like!
5. Seek and embrace every opportunity – especially rural ones. As I said, I am a big advocate for rural health and rural based student initiatives – even if you aren't sure, have a crack! It will be amazing I promise – also join ROUNDS and keep up to date with scholarships, immersions trips and experiences the uni, ROUNDS and RDN is offering!

Congratulations to everyone once again and GOOD LUCK! It is amazing and please, please, please if you ever want a chat, want to talk rural health, want to discuss adjustment to city life or just have a tea (or wine) HIT ME UP – would love to meet you all 😊

Lots of love,

Pip Kensit 2nd Year Student

Studying and Working

Ah yes, the age-old question “how do you study medicine full time AND work?” Medicine truly is, without a doubt, a full-on degree with seemingly little room for anything else but it definitely is possible to study and work a part-time job. To me there are 3 student worker types in medicine:

1) The Odd Jobs Person

Working different jobs over the year isn't uncommon and many people choose this style of working. Tutoring high school/ university level students or GAMSAT (shiver) tutoring is popular and usually pays well. I've heard of other people doing gardening, event set up, sport coaching, babysitting, airtasking, among others. The work is usually outputs focused meaning you can take on more or less during the year. However, this style of work does require you to hustle a bit and be on the lookout for opportunities as they come along. In saying that, everyone is pretty good about advertising opportunities that they know about meaning some of the heavy lifting is for you. I highly recommend this style of working if you're a bit nervous about the sheer workload of medicine because it enables you to make a bit of money relatively easily without sacrificing your studies.

2) The Nightshifter

There are some people who have part time jobs where most of the work is done during the evening hours or into the early hours of the morning. The jobs have the benefit of not cutting into class time and allow you to have time between afternoon classes and work to decompress. The downside to these types of the jobs are obviously the late nights and the fatigue that comes with that. Types of jobs that students take are almost exclusively shift work jobs such as nursing jobs, hospital clerks, bar jobs or security jobs.



Probably not best for someone to take on a nightshift style job when first starting med but it can integrate quite well into an established routine later in the year. But, the flexibility of shift work allows you to take on less work come crunch time or if you're hitting a study load threshold.

3) The No Lectures Person

During first year, you will have about two solid days of back-to-back lectures. It is relentless. Sorry in advance. Some people will already have days jobs or maybe you're looking to take on something where you can work during the day. What some opted to do this year (myself included) is to work on lecture days and completely skip the lectures entirely. I would go back and watch the lecture recordings for the lectures or parts of lectures that I felt were most important. The benefits of this style of working are that your schedule isn't thrown by weird working hours and most jobs will employ someone for two days a week. This style of working requires you to be extra vigilant and organised (unfortunately not me) on making sure you don't get behind in lectures. It is easy to do and there is nothing worse than having 20 lectures to watch the week before exams.

Takeaways:

- At the end of the day everyone is different so find what is right for you and build on that.
- DON'T take on too much at once as medicine is a lifestyle change for everyone.
- Medicine is not as full time as you think, and you do get a chance to take a break.
- The average work week is about 15 hours for those who do work. Basing your hourly rate on that will give you an idea of what you have to live on.

- You will need to learn about prioritising and have a clear idea about what is most important to you when deciding if or how much you want to work.
- Yes, you can get good grades and work at the same time. It's not a zero-sum game. See below.
- Identifying strategies to boost your efficiency and productivity will open up a whole bunch of hours for other things such as work so make them part of your life as quickly as possible.

Let me know if you have any questions about working part time, efficiency strategies or studying tips. Happy to discuss over a coffee or a beer. Or both.

Tom Elphick 2nd Year Student

Studying and Working

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!

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 it's 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

3rd Year Student

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)

Student Parents

Hello, Bonjour! 😊

I am Vanina, a mother of 2 boys, Mahé (8 years old) and Elliot (5 years old).

To me, being a parent is the hardest job on the planet.

It is harder than studying *you know what* (GAMSAT).

It is! Let me try to explain why I think that.

We, as parents, are flooded by mixed emotions all the time. It is tiring and sometimes it is torture (sleeplessness, tantrums, pre-teen attitudes, no 100% love back guarantee... you know what I mean). We run around like headless chooks without medicine. My point is that we are *professional* headless chooks, so we can make the most of it positively and efficiently! That is why we will survive this, like we survived and will survive, the difficult moments of parenthood.

Medicine is like an extra kid, to put it one way, *but* 100% an easier one. You have true and complete control over it and it does not grow to become its own individual like your kids do (not to mention the lack of tantrums and the unnecessary expectation for a 100% love back guarantee, because it is an inert piece, unlike your kids 😊). Awareness of this control is paramount. Take control and own it.

Here are some approaches I took in my first year, and bear in mind, they are only a very subjective view on a complex matter.

- **Use online learning in your favour.** I enjoy the online lectures (not the practicals though 😊) as it gave me time to care for my family and help my husband. I cooked dinner at lunchtime, for example, or I was doing the laundry between lectures.



I used all the time I had free – all of it. At the end of the day, I was exhausted, but I was 100% there for the kids' bedtime stories, board games, dinner and going-to-bed prep. Then, no work at night – *none, zero* (unless it was CCS training), because the rest of this time was for my partner and I.

- **Surround yourself with family and friends.** If you don't have family support, take what you can to alleviate the weights of responsibility, such as childcare. If you don't have the financial support, investigate for grants and financial help. What I mean is: don't feel guilty to seek help.
- **You are a seed for passion.** Your kids see you happy because you reached an amazing dream, being in medicine. They are proud of you and see your passion as an inspiration. Inspiring parents are the best parents in my opinion! I don't know how many times I said "I quit! It is too hard, I am not smart enough or strong enough to do this, they made a mistake taking me", and my kids will say *non maman!* Your kids will become your cheerleaders!
- **Partners.** My husband is my rock and I am his rock too. He is very supportive. We work together as a team. There were days where I did not see his tiredness and that he did not see mine. Talk and spend quality time together with your partner. It is more important than catching up on anatomy.

Continued...

- **Keep a perspective in mind.** You will be a doctor regardless of your marks. Nobody will ask you if you had a HD in your first year of Med. Drop high expectations and do your best with what you have. As a wise doctor once told me: "one of the best anaesthetists in the UK was an average medical student".
- **Communication.** You will feel overwhelmed – trust me you will – as you are whilst reading this Survival Guide, I am sure. Fear not though – we the students are here, the university is here, and the tutors are here too. You are not alone. Speaking when things are hard is important. It will help you to share the emotional load that you have.
- **You are not an alien.** I am not sure if it is just me, but as a parent and mature aged student, I felt like an unwanted alien sometimes. Then I realised that all these feelings were coming from me. I came to realise that everyone around me has so many life stories, passion, happiness, tears and so much more to share. I realised that we were not so different after all. So, you are not an alien 🙄.
- **Avoid cramming.** It will not work; not in medicine and moreso when you are a parent, because of the unexpected moments that family life can throw at you. We need to be prepared all the time. Please avoid cramming (unless you are a genius of course 😊)! My advice is to do little bits every day.
- **Anki is your friend.** Get on top of Anki as soon as possible. Make your own cards and flag the ones that you struggle to remember. Use it as often as possible weeks before the exam. The quantity of information that is thrown at you is ridiculous. Anki will help you.
- **Create and exercise.** Take time for yourself; squeeze this time somewhere. I am talking about 10 to 30 minutes each day. We have definitely have a spare 10 minutes or more each day – we do.

When we look at the average time we spend on our phones and reflect, we realise how much time is wasted doing mostly nothing.

- **Weekends.** Organise them efficiently. To me, they were the mini catching-up time. Choose either mornings or afternoon but not both (unless exams are coming up). Try to do as much catching up as possible during the week (Making Anki cards, doing Learning Outcome summaries, using the MANDUS resources – they are gold).
- **Lectures.** I went to all the lectures. It worked for me. I rarely use the recordings because it is easy to say that you will do them later, and then before you know it, you have 12 hours of lectures to catch up on. Don't do this to yourself. If you can't make it to the lecture, try to do them as soon as possible but don't postpone them for too long.

Vanina Vergoz 2nd Year Student

Student Parents

Welcome MED1s! You're in for an amazing ride. Nothing can fully prepare you for what being a 1st year med student will be like until you live it but remember that many before you have walked this path before you. You can do it!

I'm 38, a mum of 2 humans (and 2 dogs) and work 15h/week in academia. There's no sugar-coating it – it's a challenging journey, but hopefully some of these tips will help you not only survive, but thrive, in your first year.

ANKI is your best friend. If you haven't heard of ANKI already, I suggest watching some YouTube videos on it and how it works for med school. It is essentially a digital flashcard system which I used for 90% of my study. It was the most efficient in terms of time invested and content learned – and it really worked! For me, 5-830pm were essentially blocked out for home duties. Pick-ups, dinner, bath, bed, you know the drill. So imagine this – getting through hundreds of flash cards while shhh-patting my 1 year old to sleep in the dark – that's efficient! ANKI allows those spare few minutes to be opportunities to study: the train ride to and from Uni, the 30 min wait while my daughter goes to swimming, the waiting time at the doctor's office. All opportunities!

Study a little bit every day. There is so much content to learn that it is impossible to even attempt to cram it all in at the end. Doing ANKI daily helped me study a little bit every day. By the time exams came around, most concepts were familiar and needed refreshing, rather than completely foreign.

Study with others. I don't think I would have gotten through med if I tried to go it alone. Rely on your PBL group, friends you make at Uni, people that live near you – these group study sessions helped me immensely in clarifying concepts, reinforcing ideas, and clinical skills. The pressure med places on you can be overwhelming – so sharing anxieties and stresses with people that know what you're going through can make all the difference.



Study according to the Learning Objectives (LO's).

Efficiency is key. Keeping all the balls in the air is hard work, so I really tried to focus on the 'high yield' stuff. You will receive a document of LO's for each week. Study according to these as you cannot be examined outside these LO's! I found that looking at these before each lecture helped me to know what things are a 'must know' vs things that are 'good to know'. There is so much content to learn so I found that this was the most efficient way to study.

Put yourself out there. Studying medicine, especially during COVID-19 and lockdown, can be very isolating. If you're able, attend social events arranged by your reps and try to put yourself out there. It's easy to be swallowed up by med and home life and I found that making new friends really helped me feel included.

Establish a support network. When it gets hard (and it will), having a support network will be your saving grace. Being a parent while studying med and working is not something that can be done alone, so reach out when you need help. My husband and in-laws were essential getting me through. I also found support from the many 2nd, 3rd and 4th year mentors who were kind enough to share their pearls of wisdom with me. Get in touch with me if you want to chat.

Hang in there. It is so easy to get overwhelmed and feel like everything is spiralling out of control. This is normal, but I promise you it will get better. You will experience some terrible weeks where it feels like you've fallen so far behind, or that you are exhausted from 3 weeks of your child getting up 4x a night – it's brutal. But it passes. You are here because you deserve to be here, and you will get through it!

Samantha Biet 2nd Year Student

The Clinical Years

Third and fourth year are truly the years of reward for getting through pre-clinicals. Whilst these years are very long, with mountains of content to know, they are incredibly fun.

Absolute highlights that you can look forward to:

- Helping with the delivery of a baby for the first time (both vaginally and via c-section).
- Doing procedural skills ranging from cannulas, venepunctures, ABGs, suturing and then eventually even more technically difficult things such as ultrasound guided fluid aspirations or ultrasound guided cannulas.
- Assisting in surgery – my personal highlight moment was being given the opportunity to resect out a bowel cancer (i.e., the 1st of 2 cuts of a hemicolectomy).
- Doing countless hours on the ward, ED or clinic setting where you get to flesh out your Dr. House diagnostic skills. Plus 1 point to you if you get the diagnosis. Another point if it's of something rare.
- Feeling part of the medical team and having many free coffees from your seniors.
- My personal favourite – being part of resuscitations where if the team trusts you + you're feeling okay in yourself, you can get involved in things like CPR, cannulas, ABGs etc.
- Having the privilege to be part of the patient's journey at their very worst (e.g., being involved in breaking bad news to patients and their families, or involved in certifying a death etc.) and having the opportunity to do right by them.



Although there are negatives to the clinical years, namely that it's a bit less social than year 1 and 2, and where burn out can be very real thing (hopefully temporary though) ... year 3 and 4 are very enjoyable. Some basic tips on what you can do in year 1 and 2 to help the clinical years:

- Focus on CCS and getting your history and exam skills down pat. Don't worry too much about procedural skills as you get refreshers many times and you really just have to crack it out on real patients to get better.
- Regularly practise your diagnostic skills with friends. Have one person pick a high yield diagnosis and act as the patient (the mock patient should use something like AMBOSS to present textbook features to your mock doctor colleague) and practise reasoning through history/examination/investigations to get a reasonable differential diagnosis list. This is good fun especially when you as the mock-doctor get the right diagnosis. The same clinical reasoning skills is what you apply in real patients.
- Do not neglect BCS even if you think it's low yield (okay... some things you can probably pass more than others). All the content and having a good foundation especially in physiology, pharmacology and anatomy are extremely useful to all things clinical.
- Enjoy the social aspects of year 1 and 2 as much as possible.

Dr Van Nguyen 2022 Graduate and DUX of 2021

Clinical Background (Physiotherapist)

Huge congrats on making it into med!! Getting in definitely was 10x harder than anything you have to do in first-year med so really give yourself plenty of time to celebrate and just enjoy the ride.

Bit about me: I finished my physiotherapy degree three years ago and have been working in public hospitals since then (I particularly love working in ICU and neuro). These are my tips to get through the year, particularly for those with a physio background.

Pharmacology – this was pretty much all new stuff to me, but the pharmacology lecturer Prof Peter Carroll is just the best, kindest and clearest lecturer you can ever have. Everything you need to get through his year is in his lectures. Take particular note of what points he tells you ‘put in a neuron,’ and remember them well. Pharmacology can be overwhelming, but you’ll slowly pick up throughout the year what different classes of drugs do and the names of some specific drugs.

Anatomy – as a physio, your fundamentals on how you learn anatomy is there. You may also have some recollection and/or mastery of upper and lower limb and spinal anatomy which is covered again here. I found using this time to consolidate weaker areas or help others learn these topics was good revision. As you expect, everything else – e.g., the heart, lungs, brain, is expanded with much greater detail. For me gastrointestinal and reproductive anatomy (usually comes up late-semester 1) is something I never bordered before so areas such as these will be some of the most difficult areas to-



-approach. Spending more time here when it comes around would be helpful as these topics are really important and heavily examinable.

Physiology – Most of the physiology is taught by UTS. The topics are interesting, but they can go into far too much depth. Most of the content here will form a good base of knowledge for the PBL cases you go through each week. I think it’s good to attend them, as they can often help you in your weekly PBLs; but there will be times where you feel like the whole lecture went over your head. Don’t over-fret; particularly if it’s related to histology and microbiology – there are far more useful ways to spend your time as a med student.

Clinical skills – You’ll know the process of doing some practical skills, histories, and assessments from previous exams/work experiences, but will need to be prepared to remember and learn a greater range of skills and questions to ask. Still make sure to practise the assessments/history taking frequently, because this is the meat of where you become a good doctor in your first year. There is often a lot to remember, and doing it more frequently will help form a good foundation, even though practical skills is not heavily weighted in first year exams.

PBL: Every week you’ll get presented with an imaginary patient to discuss. You’ll gradually get to learn more about the patient’s diagnosis and physiology over the course of the following week.

Continued...

Use your background knowledge to help others, for example those who may have had to learn a crash course of upper limb anatomy in a course off a few lectures, rather than over a semester.

CDT/PPH/PPD/Bioethics: As most people recommend, don't completely neglect this domain even though it is more 'fluffy.' However, again, don't overstress about it – just do a lot of past paper questions beforehand, and it should cover your bases for the exams.

Again, enjoy the ride! It'll be such a fun year learning and meeting new people in med. Very excited to meet all of you so if you need any help feel free to reach out or say hi!

Will Du 2nd Year Student

Clinical Background (Pharmacist)

Hey all, and for the 756th time, congratulations on getting into med! For some of you, this will be the first time that you'll actually be interacting with patients on a clinician-patient level (e.g. through CCS practicals and on GP clinical placements). But for the rest, you might feel a vague sense of déjà vu, since you've already been in a clinical role that required you to speak to patients on a daily basis.

For me, I was a pharmacist before starting med. Although talking to patients was nothing new for me, med takes the experience to a whole new level. For example, you learn a wide variety of medical conditions and treatments for patients as an allied health professional. But for a lot of them, the level of detail you need to know to get through your daily work is surface level. However, as a med student, it will begin to dawn on you that you can't just 'refer' patients to their GP or specialist anymore... because you ARE the GP/specialist. So try to remove the previous healthcare professional label that you had and start anew as 'med student'.

Pharmacology - If you studied Pharmacy at the University of Sydney, then you will be very familiar with Professor Peter Carroll. Like before, his lecture slides are simple to follow and give you a good idea of the level of detail he expects. If you did study pharmacology (e.g. from pharmacy, nursing, etc.), my biggest tip with regards to pharmacology is to not be complacent with it. Make sure you do go over his lectures at least a few times before the exams come around. Even though there are a lot of things there that you will still remember from undergrad or from clinical work, there is always something that you forgot (CYP450 enzymes, I'm looking at you).



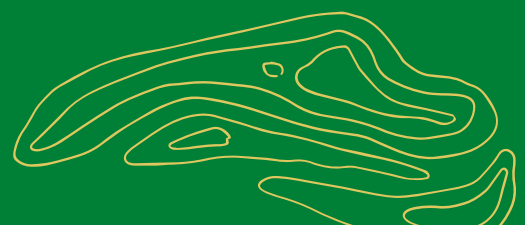
Anatomy - Obviously, the anatomy in med is insane. It will go into as many body parts and systems and sub-categories that it can. You will find that although there may be certain body systems that you know well on a general basis (e.g. musculoskeletal system if you're a physiotherapist), the anatomy will either dive into it in significantly more detail than clinically required for your practice as an allied healthcare professional or it will now include body systems you never even thought to touch (e.g. podiatrists - you'll be travelling up the lower leg now). In general, the anatomy focuses on two key things: naming structures and being able to describe some clinical relevance of particular ones. My big tip here is to establish the structures and clinical relevancies that you need to know - check out SANDUS' fantastic Anatomy Manual to help you figure this out.

Help others - Helping those who have no clinical background, especially during PBL tutorials and CCS practicals, is a great way to help you reinforce what you need to know and to what extent. I was involved in making practice questions and summary diagrams to help my friends appreciate pharmacology like I did. I was also always there to answer their one-on-one questions.

All the very best First Years and remember to always reach out to any of us, others in your cohort or the staff if you have any questions.

Behrad Behdarvand 2nd Year Student

MANDUS SUBCOMMITTEES



Australian Medical Students' Association (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!



Australian Medical Students' Association (AMSA)

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!

Australian Medical Students' Association (AMSA)

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** (held in Canberra in 2022)
- **National Convention** (held in Newcastle in 2022)
- **Global Health Conference** (held in Melbourne in 2022)
- **AMSA Rural Health Summit** (location TBD)

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?



Sanjna Vijayakumar
AMSA Representative

Click on the following AMSA links to see even more!



General Practice Student Network (GPSN)

A huge congratulations for getting into medicine at the University of Notre Dame, we are so excited to have you joining us in 2022. Medical school is rewarding, but it can also be a handful at times! Our team here at GPSN are here to help as we host a range of workshops and seminars throughout the year to help you build your clinical skills and assist in revising curriculum-based content. Our events also give you the chance to see all that the General Practice speciality has to offer!

What is GPSN?

The General Practice Students Network (GPSN) is a National 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 the Notre Dame Team, and we take care of all things UNDS related, however we also work with the larger National Network which means there are opportunities to become involved with other medical students from all over Australia!

What do we do?

- **Clinical Skill Masterclasses:** This was one of the most valuable sessions for many of the first years in 2021. Our talented 2nd years who have been through the hard yards of first year run through a step-by-step masterclass to help you nail your clinical skills which really comes in handy around DOCS/OSCE time.
- **Speaker Nights:** We run a speaker night throughout the year where we invite GP's to answer your questions and fill you in on the day to day life of being a General Practitioner and a bit about their path to getting there. Even if you aren't sure if General Practice is for you, it can give you a great insight into your clinical placements.
- **Revision Quizzes:** In 2021 we ran a very successful PPH/PPD quiz because as you may or may not find out, it can be easy to neglect! So, look out for these revision nights around exam time, and we can promise excellent prizes too!

Our team is looking forward to meeting you in 2022! And the best news is membership is absolutely free! We will be around at your O-Week stalls (either virtually or face-to-face) so come and say hi to our team and sign up!

Kiahla Arnold and Connie Malliaras
GPSN Co-Chairs



ND Rural Health Organisation (ROUNDS)

Howdy howdy incoming first years, congratulations on being offered a position at Notre Dame this coming year! We at ROUNDS cannot be more excited to welcome you in with open arms.

ROUNDS is our rural society at Notre Dame Sydney and is made up of the University's Medicine and Nursing cohorts. We are part of the National Rural Health Students Network (NRHSN), and it is our job to promote rural, remote, and Indigenous health. Rural health is a rapidly changing domain and doctors are now better equipped than ever before to support rural communities through their medical practice.

We know what you're thinking – our society must only be for those who are thinking of pursuing a rural career. Not true! We'd love to get everyone involved and show off what our country has on offer.

So why would you consider becoming a member of ROUNDS next year? Easy – we are known to run the best (and by far the most FUN) events every year. The Amazing Race, Rural Health mixer nights, the Wagga Wagga trip, the Rural Health Symposium, and inspirational speaker nights featuring the Royal Flying Doctor's Service and NSW Rural Doctors Network among others...

Throughout the year, we will also advise you when applications for rural health scholarships, Cadetships, and experiences such as the Bush Bursary and Go Rural open. We are more than happy to answer any questions and provide pointers for your applications.

Continued...



ND Rural Health Organisation (ROUNDS)

We are also here to support anyone interested in completing their clinical years in Wagga Wagga, Ballarat, or Lithgow. These clinical schools are known for their hands-on teaching styles and always require competitive applications. Members of the second-year cohort will be happy to help out with all applications.

With love,

Pippa Kensit and Marnix Bakker
ROUNDS Co-Chairs



Click the icons above - they're interactive!



Sports

Welcome MED1's to Notre Dame Sport! Congratulations on beginning your medical careers. We can assure you that it's going to be a brilliant year filled with all sorts of fun activities, on and off the field! There is never a shortage of extra-curricular activities to participate in which are as much of a social activity as they are sporting.

Notre Dame sports is for everyone, of all abilities, whether you're the year 3 hula hoop champion or 5-time champion of the darts competition at your local pub. We pride ourselves on having great participation and making sure that sport is inclusive. Given the quiet few years thanks to COVID, there is a lot to look forward to in 2022.

Annual sporting competitions with fellow medical schools are spread throughout the year with Cricket, Basketball, Football, Rugby Union, Touch Football and a swimming carnival all making an appearance. These events are mostly played against USYD and we'll be doing our best to keep our winning history alive and well!

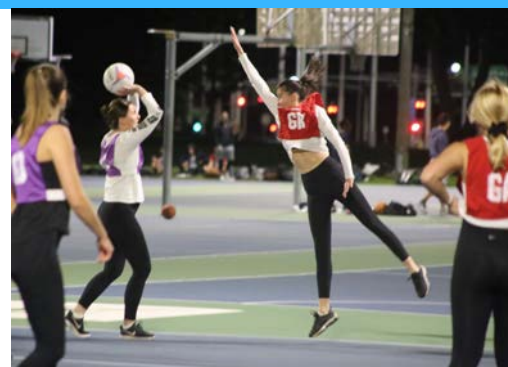
There are also sporting events held between MED1 and MED2 at Notre Dame which are a great social occasion with bragging rights on the line. Netball was introduced as one of these events this year we look forward to adding more to the calendar without the disruptions of COVID.

Notre Dame has a rich culture of engaging in weekly sporting activities and there is never a shortage of people wanting to go rock climbing, play touch football, head to the beach for an open water swim amongst many others. We're always willing to do our best to facilitate any social sport to maintain the balance that we all need whilst studying.

As sports reps, it's our responsibility to arrange discounted gym memberships and support all students in their health and fitness endeavours. Another aspect of sporting culture at Notre Dame is RUNDUS (Notre Dame Running Club) which organises weekly runs through the scenic surrounds of Sydney. This year, we began the incentive of having a morning fitness club which we'll continue in 2022 and is for all students of Notre Dame wanting to keep fit and healthy and enjoy a social coffee afterwards.

All in all, we love staying active and involved in Sports at Notre Dame. We look forward to a year with (hopefully) a bit of normality and we can't wait to meet you all in person over a sweaty low sugar soft drink or two.

Rory Maguire and Jamie Rickward
MANDUS Sports Co-Chairs



Surgical Society of Notre Dame Sydney (SANDUS)

Congratulations class of 2025!

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 surgical trainees and surgeons, at the forefront of their respective fields, will provide you an insight into their training programs and careers. These include events dedicated to Women in Surgery as well as a Careers Night, where you will hear from an array of speakers in various surgical specialties, including some Notre Dame Alumni! These are often great opportunities for students to network, ask questions and learn about the requirements and pathways of different specialties.

Unlike 2021, we are (cautiously) hopeful that 2022 will bring a social rebirth of all things SANDUS as we awaken from our COVID-19 hibernation. And so, we are committed to assisting you all in excelling in and enjoying your first year of medicine through a strong focus on in-person 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, as well as our much-loved suturing and anatomy workshops and 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 seeing you around campus, so please come and find us for a chat if you have any questions!

Jett Ho and Lauren Caush
SANDUS Co-Chairs

Jarrod York & Samantha Biet
Events & Communication

Felix Wong
Committee Assistant



Paediatric Association of Notre Dame Australia (PANDA)

Hello everyone and a massive congratulations from PANDA! The hardest part is done, and we hope you are all enjoying your holidays before everything kicks off next year. PANDA is the Paediatric Association of Notre Dame Australia, and as co-chairs we are super excited to meet you and introduce you to one of the best clubs at Notre Dame.

We have many plans in the works for 2022, hoping to continue the excellent work done by our predecessors without hopefully having the many restrictions COVID imposed. PANDA is involved in advocating the health and wellbeing of children and adolescents, serving as a tool for Notre Dame students to get a taste of what a future career in paediatrics may look like.

PANDA has a bunch of different events to look forward to (fingers and toes crossed that COVID doesn't ruin this), kicking off with the Bob 'Tug' Wilson Walk in March which seeks to raise money for cancer research at Westmead's Children's Hospital. Beyond this, we will be hosting other fundraising events such as Tracky Dack Day and Jeans for Genes. At some point during 2022, we will also be looking for two first year PANDA 'Pups' to join our team!

The best part of PANDA is undoubtedly the Teddy Bear Hospital program which runs regularly in various primary schools, during which some first and second years set up stations to teach the kids about health literacy. This will include teaching first aid, emergency procedures and healthy eating using the PANDA teddy bears - and of course showing off your stethoscopes to the kids. There will of course also be a paediatric speaker night featuring various local and interstate paediatricians, which is always a huge hit.

Enjoy your holidays, and we look forward to meeting you all in 2022!



Katelin Yarde and James Peverelle
PANDA Co-Chairs



Women's and Obstetric Health Association of Notre Dame Australia (WANDA)

Hello and congratulations from WANDA for being accepted into UNDS medicine!!! We are so excited to meet you and welcome you to the WANDA society.

WANDA is the Women's and Obstetric Health Association of Notre Dame Australia. Although WANDA is only in its infancy (officially established in 2021), your co-chairs Alessia Ferri and Steph Spartalis are looking forward to a very big and exciting year for our society. Working off the incredible foundations laid by our predecessors, we aim to explore the specialties of obstetrics and gynaecology, advocate for women's health, and embrace the power of the uterus! We are both extremely passionate about getting all students involved in the society – there is a place for everyone. Whether it be discussing women's health, raising awareness around important issues, or increasing our skill base in this area, WANDA is the society for the job.

Throughout the year we have many exciting things planned, make sure you look out for:

- WANDA Wednesdays on social media
- Rural obstetrics and gynaecology (O&G) information night
- Pathway to O+G question and answer night with practicing clinicians
- Insight into O+G career/life balance with practicing clinicians
- Breast Cancer awareness month fundraiser
- Trivia nights
- Volunteer work
- Organised skill-based sessions to promote interest and engagement with women's health specialties

Our aim is to be a soundboard for women's health, an advocate and an encourager for any student that wants to get involved. Feel free to message us at any time if you want to see more content related to a certain topic, or have any requests for an event, or even just to say hi! We would love to hear from you! We can't wait to meet you and work with you in 2022!



Steph Spartalis and Alessia Ferri
WANDA Co-Chairs

Research Association of Notre Dame Australia (RANDA)

What is RANDA?

Here at RANDA, we are passionate about medical research. We share an appreciation and understanding of how research contributes to robust and meaningful clinical practice and hope to inspire some budding clinical researchers. Our aim is to help broaden horizons and share some of what's happening in the 'research world' with our fellow students, making research accessible, digestible, and engaging throughout the course of their MD study at Notre Dame.

What events does RANDA host?

Throughout the year RANDA host a bunch of events. The RANDA Trivia Nights are aimed to help prepare students for Formative and Summative Assessments using question banks prepared by previous students. In 2021, the Trivia Night was hosted in collaboration with the Social Team at the Infamous Unicorn Hotel.

RANDA also hosted a new event, the MedTech Seminar this year. This brought together a nationwide audience of medical students and clinicians who gathered online hear four Australian entrepreneurs share their stories of pushing the boundaries of innovation in medical technology, and explain how and why they brought their concepts to life.

RANDA are also here to help assist and guide students find their MD project supervisors, draft proposals and submit ethics approvals – which will start coming into the picture late in your first year of the course.

How do I get in contact?

You can engage with us on our RANDA Facebook Page or directly with any of the committee members who will be on the UNDS Class of 2025 page.

Please feel free to get in touch at any time, whether research related or not – we are happy to help.

Best of Luck from your RANDA Co-Chairs,

Tess Hunt and Stell Goutzamanis
RANDA Co-Chairs

FREE ONLINE SEMINAR
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TECH
INNOVATION**
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TAKING THEIR CONCEPT TO THE COMMERCIAL
SPACE
AND PARTNERING SCIENCE WITH INDUSTRY

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COO BioEye

Dr Sarah McDonald
CEO Baymatob

Dr Kyle Sheldrick
Managing Director
Merunova

Prof Tony Weiss AM
FRSC FTSE FRACI FRSN
Founder - Elastagen
Chair Biochemistry USYD

**WED 1ST
SEPTEMBER**
6:30 PM - 8:30 PM

HOSTED BY THE MEDICAL ASSOCIATION
OF THE UNIVERSITY OF NOTRE DAME SYDNEY

TRIVIA night



Click Me!



Speciality Society of the University of Notre Dame Australia (SSUNDA)

Congratulations on your place at Notre Dame and a big warm welcome from the Speciality Society of the University of Notre Dame Australia (SSUNDA)!

With over 80(!) specialties and subspecialties to choose from after medical school, we aim to inform and educate students about the diverse range of career opportunities on offer. We hope to give ND students the chance to immerse themselves in areas of medicine that are not already included in the scope of the existing ND societies, and get you excited about forging the right pathway for you.

Speaker nights

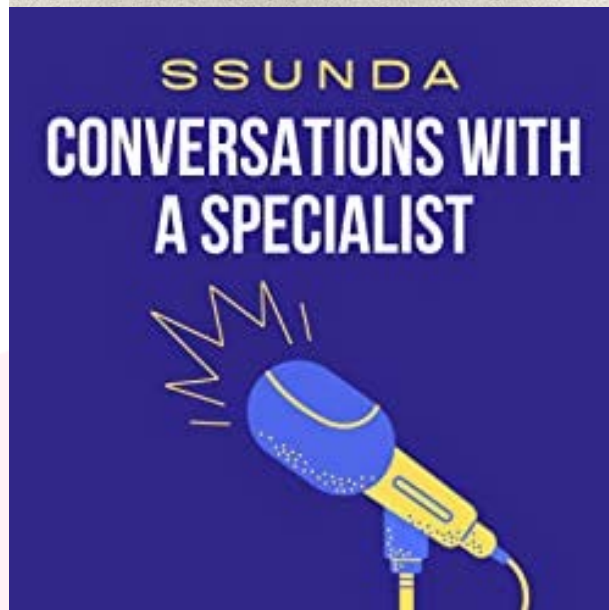
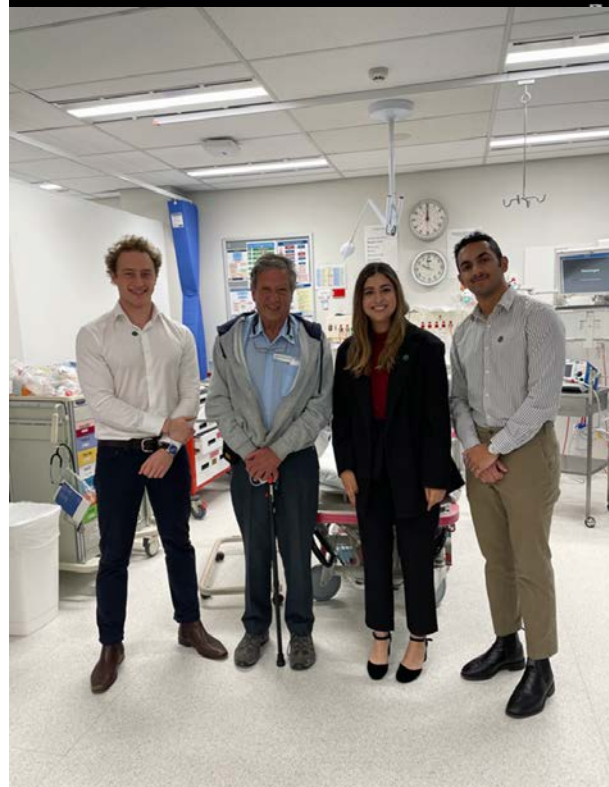
In 2021, despite facing challenges brought about by the pandemic, we managed to host events such as the Critical Care Medicine Careers Night, and the Pathways After Medicine Night. These welcomed speakers representing the Royal Flying Doctor Service, and fields such as anaesthesiology, intensive care, psychiatry, orthopaedic surgery, addiction medicine, and gastroenterology. Students enjoyed a Q&A, and gained insight into day to day life of these fields and the training pathways involved.

Podcast

We also launched a brand-new podcast series, Conversations with a Specialist. The bite-sized episodes included interviews with high profile guests from fields such as emergency medicine and cardiology, and even famed medical YouTuber and UNDS alumni Dr Armando Hasudungan.

Through 2022, SSUNDA is looking to continue its growing trajectory. Bringing more speaker nights and juicy podcast episodes. We also wish to expand on other initiatives, including:

- Fun-sized social media infographics: Dedicated posts on our social media throughout the year that include information about various specialities, including a more niche selection that are underrepresented in our other events. Go follow our Instagram (@ssunda_unds) for a taster!



Click me!

Speciality Society of the University of Notre Dame Australia (SSUNDA)

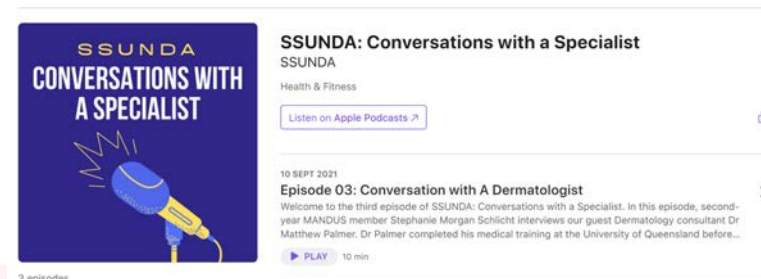
- Mentor/mentee relationship development: helping students to identify consultants, registrars and research fellows to engage with through the newly formed ND alumni group and the existing network of specialists SSUNDA has established.

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.

Matthew Harland
SSUNDA Chair



Click the interactive links below to check out the **SSUNDA: Conversations with a Specialist** podcast on Spotify and Apple Podcasts



University of Notre Dame Society for Equity in Medicine (UNDSEM)

Who are we?

UNDSEM (University of Notre Dame Society for Equity in Medicine) is a MANDUS sub-committee that is passionate about promoting equity in the medical profession. Our focus is to celebrate and raise awareness for diversity in the workplace, including gender, sexual and cultural diversity. We hope to empower fellow students to advocate for themselves, their colleagues and patients, and contribute to positive change throughout their medical career.

What did we do in 2021?

In 2021, UNDSEM launched the International Women's Day Breakfast in collaboration with SAUNDA, NURSOC and WANDA, which included the amazing panellists Prof Christine Bennet (AO), Samantha Cook, Rebecca Fry and Pauline Deweerd. This year's theme was #choosetochallenge, with key points of hiring diversely, the importance of men stepping up, confidence in approaching leadership positions, and having mentors along the way. Shortly after, UNDSEM organised a charity drive with the Women's and Girl's Emergency Centre and collaborated with NURSOC to create a crafts table in celebration of Harmony Week.

One of our main events of the year was our LGBTQIA+ Perspectives in Healthcare online speaker night with expert panellists Dr Portia Predny, Dr Catriona Ooi and Dash Gray, and LGBTQIA+ identifying medical students, Tom and Rosie. The panellists discussed current barriers to healthcare for queer patients, common misconceptions about LGBTQIA+ healthcare, how doctors can foster trust for their queer patients, and the best part about working and being in the LGBTQIA+ space. Led by Steph Zwi and the Events Committee, the night was a huge success and we received some incredibly positive feedback from students. Another event that UNDSEM was proud to run was our trivia night fundraising for Afghanistan with UNDSEM Chair Yousef Hakimi and Global Hands co-chair Aparna Atresh as hosts.

In 2021, UNDSEM welcomed first years Sanjna, Maggie and Daphne to the team of second years in Yousef, Katherine, Farah, Steph and Julia. Our cohesiveness and creativity as a team made 2021 an amazing year for UNDSEM and we can't wait to welcome new members in 2022! 😊

Check out our Instagram for updates and more ways to get involved!



[Click Me!](#)

Daphne McLeod and Maggie Bester
UNDSEM Co-Chairs



Global Hands

A big congratulations on your place at Notre Dame and a very warm welcome from the Global Hands Committee of MANDUS! We are absolutely thrilled to have you as part of the Notre Dame community, and we can't wait for all the amazing events, learning and experiences we will get to share with you in the coming year!

We have a few questions for you - Do you like following world news? Are you interested in the United Nations, the World Health Organization or Médecins Sans Frontiers? Do you believe in stronger action to tackle global heating? Do you believe in the political, economic and social equality for all people regardless of race, beliefs, sexual orientation, ability or gender?

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.

Our aim is to create safe spaces for the MANDUS community to learn about the intersection between health and social justice. We host hands-on and engaging events to empower you to be passionate leaders in global health 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:



Global Hands

- **Speaker nights**

Doctors, advocates and experts in their fields, visit us voluntarily and teach us about their experiences working in global health.

- **Workshops**

You can get your hands dirty potting some plants 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**

AMSA has a dedicated Global Health Committee that helps lead global health advocacy and promote student global health engagement through various events. The largest of these is the Global Health Conference, which will be run in Melbourne 2022. This multi-day conference involves likeminded medical students across Australia congregating to discuss major global health issues. It involves learning from incredible speakers, workshops, think tanks and a few cheeky social events!

As COVID has changed the way we did things this year, our vision for 2022 is to plan more F2F events and other innovative ways to keep you engaged in Global Health! If you have any questions about Global Hands or Med in general, please feel free to reach out at any time! We look forward to hearing from you and can't wait to meet you.

Lara McDonald (MANDUS) and Ella Clarke (AMSA)
Global Hands Co-Chairs



Global
HANDS

Global Health At Notre Dame Sydney
School of Medicine

Publications and Media

If you're reading this, then remind yourself once more that "I made it". Congratulations once again for entry into the Doctor of Medicine program at UNDS!

Publications and Media is an important cornerstone of both the MANDUS theatre and of the wider university arena. Our role is to provide a resonant voice to all staff and students in our highly-anticipated publications.

These publications include:

- [Kyphosis](#) - the voice of Notre Dame's medical student body, staff and alumni. It's a great way to remain current with university events and developments. Check out the MANDUS website (link below) to see previous volumes. It's full of incredible stories, reflections, artworks, poems, and much more. Go on, Google 'kyphosis'. You'll see what it means 😊.
- [MANDUS Survival Guide](#) - tailored to provide you with the very best tips from older students and alumni who have previously been in your shoes, throughout the entire year! And you can always come back to it in second year too!
- [Social media posts, event posters and much more!](#)

Make yourself memorable in the First Year of med by submitting a piece for the Special 2022 Edition of Kyphosis to our email: publications@mandus.org.au

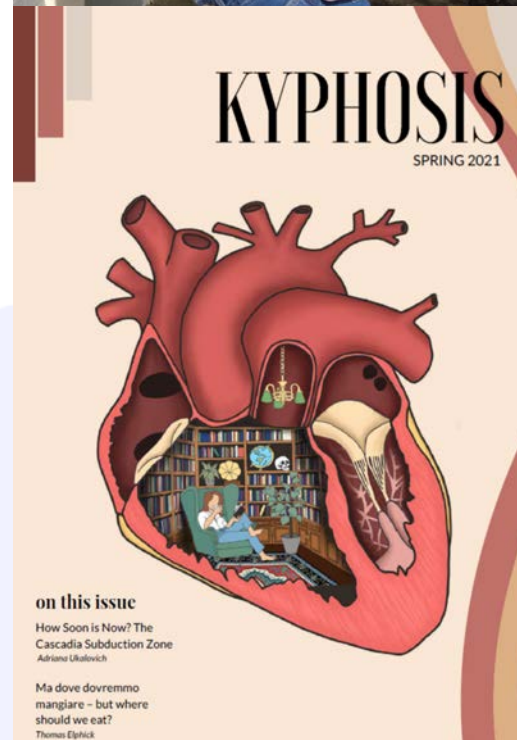
Once again, congratulations for getting into med, and in one Sydney's finest unis too!

Your journey to med is as unique as you are.

Millicent Lee and Behrad Behdarvand
MANDUS Publications and Media Co-Chairs



Click the MANDUS emblem to check out the Official MANDUS Publications page!



Wellbeing

Congratulations and Welcome!

This is the next chapter of a very exciting, sometimes overwhelming but overall rewarding part of your life: Med School. Understandably it can all feel very daunting in the beginning, with so much left to learn and achieve. Our job as the Well-Being Team is to help you thrive outside your comfort zone and to assist with the transition to the roller-coaster ride we call Medicine being as smooth as possible for your mind and body. To let you know what that looks like - we have a few tips that will help you throughout the year:

Hot Take 1: Keep Your Extracurriculars It is easy to fully submerge yourself into medicine and think of nothing else, and forfeit everything in favour of a little bit more study time. This is indeed a trap. Keep playing your instruments, reading those books, and cooking up a storm - whatever activity you find cathartic. It helps ground us in reality; to rest your brain and let your heart sing. The Med Machine will always be waiting for you again when you're ready.

Hot Take 2: Maintain Your Social Circle Friendships outside of Med School are somewhat invaluable. You will become very well acquainted with the people in your cohort rather quickly, and they will be there all day every day. But the people you know outside, they can be real life savers if you do need a break from talking 'shop'. If you've moved interstate, or just to Sydney for the first time; try getting out and about to local sports teams or special interest club to meet an array of people.

Hot Take 3: It Is A Marathon, Not A Sprint We've all had a good spiral every now and then, am I right? But, unlike the spiral you are used to, Med School asks you to do something unique with it - and "trust the spiral". What this means, is that while initially you may feel you are floundering with the quantity of content - it will be covered again (and again, and again). Don't try and learn all the minutia of the curriculum, ease yourself in, and set laser focus on those "high yield" sections.



Mandus WellBeing Pet Pageant



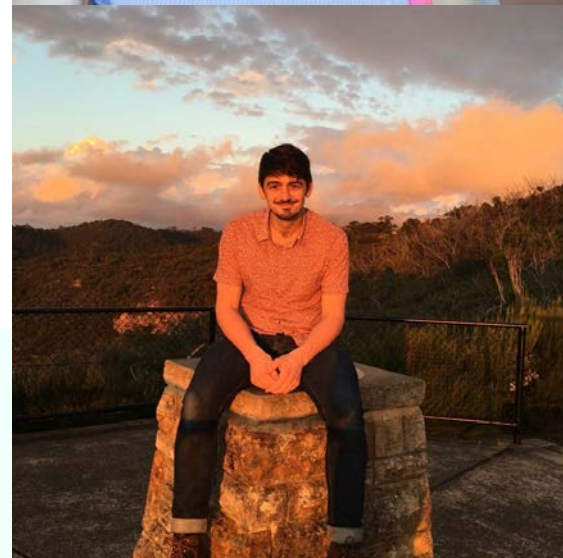
Wellbeing

Hot Take 4: Check Your Own Pulse First This is our catch-cry as the Well-being Team: you need to fill your own cup before you can begin to look after others. As future Doctors, this is a lesson we need to appreciate early on to avoid burnout later in our career, or in Med School, depending on your grind. Diet, sleep, exercise, mindfulness, prayer, socialising and so many other activities care for different facets of your exist and are of equal importance as diligently studying - if you can maintain these habits during the year, you'll be better equipped to tackle every hurdle Med School can muster.

This last one isn't so much a "hot take" as a, "take to heart" message - Ask For Help. As Med students, we can sometimes take on a lot, tell ourselves we can manage, we'll cope, it isn't that hard, and "it will be fine". Sometimes, it isn't - and that isn't a failure or admission of weakness. As we said, this is a roller-coaster, so ups and downs, and it isn't a bad thing to need a hand to hold, ear to listen or shoulder to cry on. Your peers, MANDUS comittee, tutors, support staff and friends will surprise you with what they can help with if you can take the first step and ask.

Love always from your Well-Being Reps,

Claire Ingram and Brenden James
MANDUS Wellbeing Representatives



Social

As you will no doubt hear for the next 6 months of your life, a big congratulations for getting into medicine. You did it! Now most people will tell you that medicine is all study study study. And it is. Sorry.

But medicine is also one of the best 4 years of your life for socialising. It is truly one of the best opportunities to meet people and make connections that will undoubtedly be life long. As social reps, Tom and myself are here to help you guys make the most of your time at med school. Our role is to put on the quintessential medical school events such as Med camp, Scrub Crawl and Medball. These events are super fun and help bring the whole cohort together.

We also have a couple of little surprise events up our sleeves that we think will be super fun. All in all, people think med school is 80% study 20% socialising. Speaking from experience, it's kind of the opposite. So strap in. Welcome to med school and welcome to Notre dame! We're so excited to have you with us and can't wait to get to know you.

Bhavna and Tom x

Bhavna Brijball and Tom Elphick
MANDUS Social Co-Chairs



IT & Public Relations

Congratulations and welcome to med at Notre Dame from IT and public relations! My name is Gen Cox and I am your IT and public relations rep for this year. I will mainly be in the background making sure that the IT side of MANDUS runs smoothly.

My main roles are:

- Maintaining and updating the MANDUS website
- Collating all the amazing MANDUS resources
- Setting up and maintaining the main communication channels for MANDUS
- Ensuring a strong social media presence
- Ensuring students are well informed on how to effectively use the resources and technology we have access to
- Most importantly, being a point of contact for all things IT related

I am looking forward to meeting everyone and am always happy to answer any IT related questions or any general med questions. I also moved interstate from Melbourne and live at Sancta Sophia college, so feel free to message me about that as well.

In the meantime, stay up to date with MANDUS at the following links!



[mandusmedsoc](#)



[mandus.org.au](#)



[mandusunds](#)



Gen Cox
IT and Public Relations Chair

Alumni

Congratulations and welcome to Medicine at Notre Dame Sydney. As the Alumni rep, I hope to facilitate strong alumni connections through networking events, speaker nights and a mentoring program.

Our university has had many amazing graduates who have pursued a diverse range of career paths and specialties, and over 2021 we have had many exciting speaker nights where alumni shared these experiences with us. We hope to see you at these events this year.

As Alumni rep, I will also help coordinate the ongoing 10-year reunions of the graduating cohorts, which will also be a great opportunity for us students to interact with those in our senior cohorts. Just think, in four years' time you will join them as a Notre Dame graduate and Doctor.

Will Du
MANDUS Alumni Representative



Sponsorship

Welcome to medicine at Notre Dame! With the pressures of textbooks, study resources, and all things med related to the wallet, we will be sure to help lighten the impact. Stay on the lookout for promotions, discounts, and partnerships with vendors of interest (think: white hot chocs with soy milk to go with your handy tendon hammer). Our aim is to make your year as affordable as it can be.

If you have any hot ideas for sponsorship or potential areas for student discounts, feel free to reach out via email at sponsor@mandus.org.au.

**Thisun Gunasena, Savindi Ramasundara and
Ruvín Baddevithana**

MANDUS Sponsorship Co-Representatives



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LOCAL FOODIE GUIDE

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.

SUKI'S TOP SYDNEY PICKS

Sydney is an incredible city with some of the best food and places to visit when you've had enough of the Krieb's Cycle or have just come back from GP visits. I know that uni students are rolling in cash (ya welcome back to uni) so I really tried to tailor these lists but if you discover another spot please, please, please let me know!

Darlinghurst has the most quirky cafes and restaurants along it's lanes! Make sure you go around and have a look for yourselves, a Sunday brunch at The Rusty Rabbit on Forbes Street or pancakes at Bill's on Liverpool sounds exquisite.

Below are some of my favourite places, not only in Darlinghurst but across Sydney - hopefully you all can get out and about and get your taste buds tantalizing with delicious foods!

And if you need some company, flick me a message and we have a whole crew down to eat whatever... whenever! And I promise we will give you a laugh 😊.

Sydney's Top 7 Places to Eat

1

Mappen

Where: George Street

What: Japanese

2

Friggitoria

Where: Potts Point

What: Italian

The cutest lil italian place and they make their pasta fresh! Definitely give it a go, per favore)

3

Boon Cafe

Where: Haymarket

What: Thai

Traditional and super duper yummy - salivating just at the thought

4

Malabar South Indian

Where: Darlinghurst

What: Indian

For when you are craving curry and have just finished uni

5

ChinaTown Noodle King

Where: Sussex St

What: Chinese

Amazing before a night of high class karaoke to keep your tummy settled

6

Spice Alley

Where: Kensington St

What: all sorts of incredible Asian foods

After your UTS classes, head over here for your hungry tum tum

7

Mamak

Where: Goulburn St

What: Malaysian

Make sure you book a table, the line for this place is always out the door!



Coffee when at uni:

The Bunker is amazing, or if you are walking up from Kings Cross station in the mornings, I always stop at Infinity Bakery for a cheeky pastry and coffee.

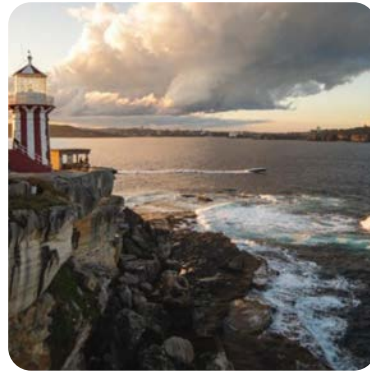
Coffee when not at uni:

Gumpton by Coffee Alchemy (take a book and you'll be there for hours).

Sydney also has some of the most beautiful places to visit! Everyone loves to do their own thing, but here are just a few ideas if you get stuck! Again, if you need some company please send me a message - we all need a bit of R&R and to debrief sometimes.

Sydney's Top 7 Places to Visit

- 1 Barangaroo**
A walk along the water with amazing views and then cocktails and food at The Teahouse
- 2 Watson's Bay Walk**
Had a stressful day? Walk towards the Hornby Lighthouse and clear your head
- 3 Cockatoo Island**
Organise a picnic and head on the ferry to Cockatoo Island for some peace and quiet - a gorgeous get away from the hustle and bustle of Circular Quay
- 4 Shopping and high tea at the QVB**
Wanna be boujee, fancy and enjoy a spending spree? This is the place to do it! High tea at the Tea Room is just that lil bit extra
- 5 Bondi to Bronte Walk**
BEST WALK EVER! If you go from Oct-Nov you will get to see the Sculpture by the Sea exhibition. Finish it off with a burger from Milky Lane Bondi or Bonditony's Burger Joint Bondi.
- 6 Bondi's iceberg pools or Bronte Baths**
Thought I'd add these in whilst we are on the B2B walk
- 7 Royal Botanic Gardens**
A must do obviously - they have the Herb garden, Succulent garden and the Westpac Openair cinema with the newest releases



Of course there is the White Rabbit Gallery, kayaking under the Sydney Harbour Bridge (heck, climb that bridge), the aquarium, the Zoo, the Opera House and of course all the famous beaches but I'll leave you with this and I can't wait to hear about what you get up to!

If you manage to escape uni, head towards the Blue Mountains, Wollongong or up towards the Hunter Valley. The possibilities are endless (this is not sponsored by Visit NSW, I promise).

For those who already reside in Sydney, get out and have an absolute blast. For those who have come internationally and interstate an incredibly massive WELCOME, we will look after you!

Lots of love,

Sukriti xx

HOW TO GET TO UNI

NB: You will be spending your time at two universities in First and Second Year – The University of Notre Dame Sydney's Darlinghurst campus (exclusive for Medicine and Nursing students) and the University of Technology Sydney campus (for labs).

Darlinghurst Campus:

The Darlinghurst site of The University of Notre Dame Australia is just metres from St Vincent's Hospital and a few minutes from Sydney's CBD, the cultural centres of Paddington and Surry Hills.

The Darlinghurst site is a short walk from major train stations and boasts frequent bus routes.



Bus: Buses travel between the city, the Eastern Suburbs and beyond every few minutes.

Routes include: [311](#), [333](#), [352](#), [389](#), [396](#), [440](#)

Stand at the following stops:

- Taylor Square, Oxford St, Stand C
- Oxford St after South Dowling St
- Flinders St after Oxford St
- Burton St opp National Art School



Train: The University is a 15 to 20 minute walk from Kings Cross Station.

Alternatively, you can catch a bus to and from Central Station, the main train and light rail hub for the Sydney CBD.

University of Technology Sydney Campus:



Bus: This list is quite extensive, so we suggest that you check out

<https://maps.uts.edu.au/directions.cfm> for a more specific location.



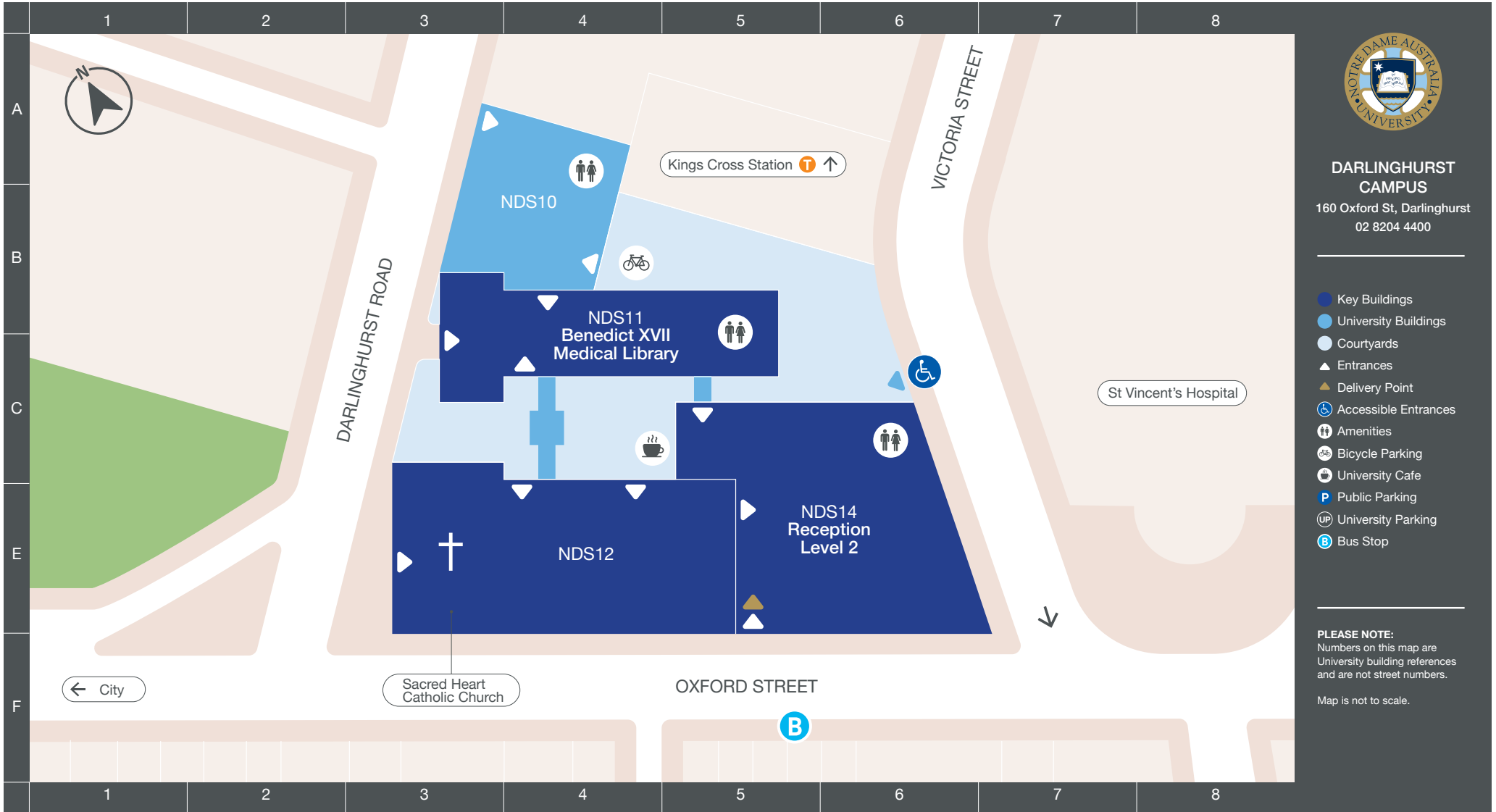
Train: The campus is right next to Central station, as well as the Railway Square bus

interchange. From Central station, expect it to be about a 15 minute walk to reach the campus. All-in-all, allow yourself about 30 minutes before class starts to comfortably get there on time.

Take the exits to Railway Square/George Street and walk through the Devonshire Street Tunnel to the Goods Line, where there are escalators to UTS Building 6.

Walk through Building 6 and over the Harris St foot bridge to access the UTS Tower (Building 1) and Buildings 3, 4, 7, 10 and 11.

[Check out the following pages for maps of the campuses](#)



Department/School	Building Map	PBL Teaching	NDS11	4C
Campus Services	NDS14 6E	Reception	NDS14	6E
Clinical Prac Rooms	NDS14 6E	Sacred Heart Church	NDS12	4E
IT Services	NDS14 6E	School of Medicine	NDS14	6E
Lecture Rooms	NDS14 6E	School of Nursing	NDS14	6E
Library (Benedict's XVI)	NDS11 4C	Student Common Room	NDS12	4E
		Student Services	NDS11	4C

Please note: The Broadway Campus is located at 19 Buckland St, Chippendale

- › School of Arts & Science
- › School of Business
- › School of Education
- › School of Law
- › School of Philosophy & Theology
- › Notre Dame Study Centre
- › Research Office

UTS is fortunate in having its city campus located close to a wide range of bus, rail and light rail service hubs providing staff, students and visitors with frequent access by public transport. This guide provides basic information on options available for getting to and from the UTS City Campus by walking, cycling and public transport.



What about UTS Kuring-gai? A free shuttle bus also operates Monday to Friday between the UTS City and Kuring-gai Campuses. Shuttle service timetables are available from www.uts.edu.au

Can I park on the UTS City Campus? Limited car parking space is provided for mobility-impaired visitors. Bike racks and locker locations are shown on the UTS City Campus map (overleaf).

GET TO UTS BY WALKING AND CYCLING

Improve your health and reduce greenhouse gas emissions by walking or cycling to the UTS City Campus, or combining walking or cycling with taking public transport for part of your journey.

Bike racks and showers are available at several locations on campus. Details are available from www.fmu.uts.edu.au/amenities and information about official bike routes is available from the Roads and Traffic Authority website rta.nsw.gov.au. The City of Sydney Council website cityofsydney.nsw.gov.au and Bicycle New South Wales website bicyclensw.org.au also provide a wide range of information for cyclists.

GET TO UTS BY PUBLIC TRANSPORT

The UTS City Campus is situated at the centre of Sydney's public transport network. You can travel for less if you purchase a pre-paid ticket, such as a TravelTen (buses only) or a TravelPass (buses, trains and ferries). A pre-paid ticket is required for most buses in the CBD. Concessions are also available for full-time students.

CATCH A BUS

The UTS City Campus can be reached by a large number of bus services. Any bus stopping at 'Railway Square' or 'Central Station' will take you to within a short distance of UTS.

CATCH A FERRY

Services from across Sydney Harbour arrive at Circular Quay and connect with bus and train services to Central Station and Railway Square.

CATCH THE LIGHT RAIL

Light Rail services operate between Lilyfield and Central Station via Rozelle, Glebe and Pyrmont. All light rail vehicles are wheelchair and pram accessible (some stations are only accessible using a lift). Fare and timetable information is available from the Metro Transport website metrotransport.com.au.

CATCH A TRAIN

Frequent train services arrive and depart from Central and Town Hall Stations between 4:30am and midnight. Almost every CityRail train line passes through Central Station. Wheelchair access is available via the Eddy Ave entrance. Town Hall Station connects to bus services stopping at Railway Square or UTS. Lift access is provided on the eastern side of George St, between Park St and Bathurst St.

BIKES AND PUBLIC TRANSPORT

Folding bikes can be packed into their case and taken on Sydney Buses. Any bike can be taken on City Rail trains free of charge (except during peak hours when a fare is charged for non-folding bikes). All bikes travel free of charge on light rail and ferry services.

Bike lockers are available at some suburban train stations.

FARES, ROUTES AND TIMETABLE INFORMATION for buses, trains and ferries is available online www.131500.info or you can phone 131 500. A trip planner is also available from the 131 500 website.

THINK.
CHANGE.
DO

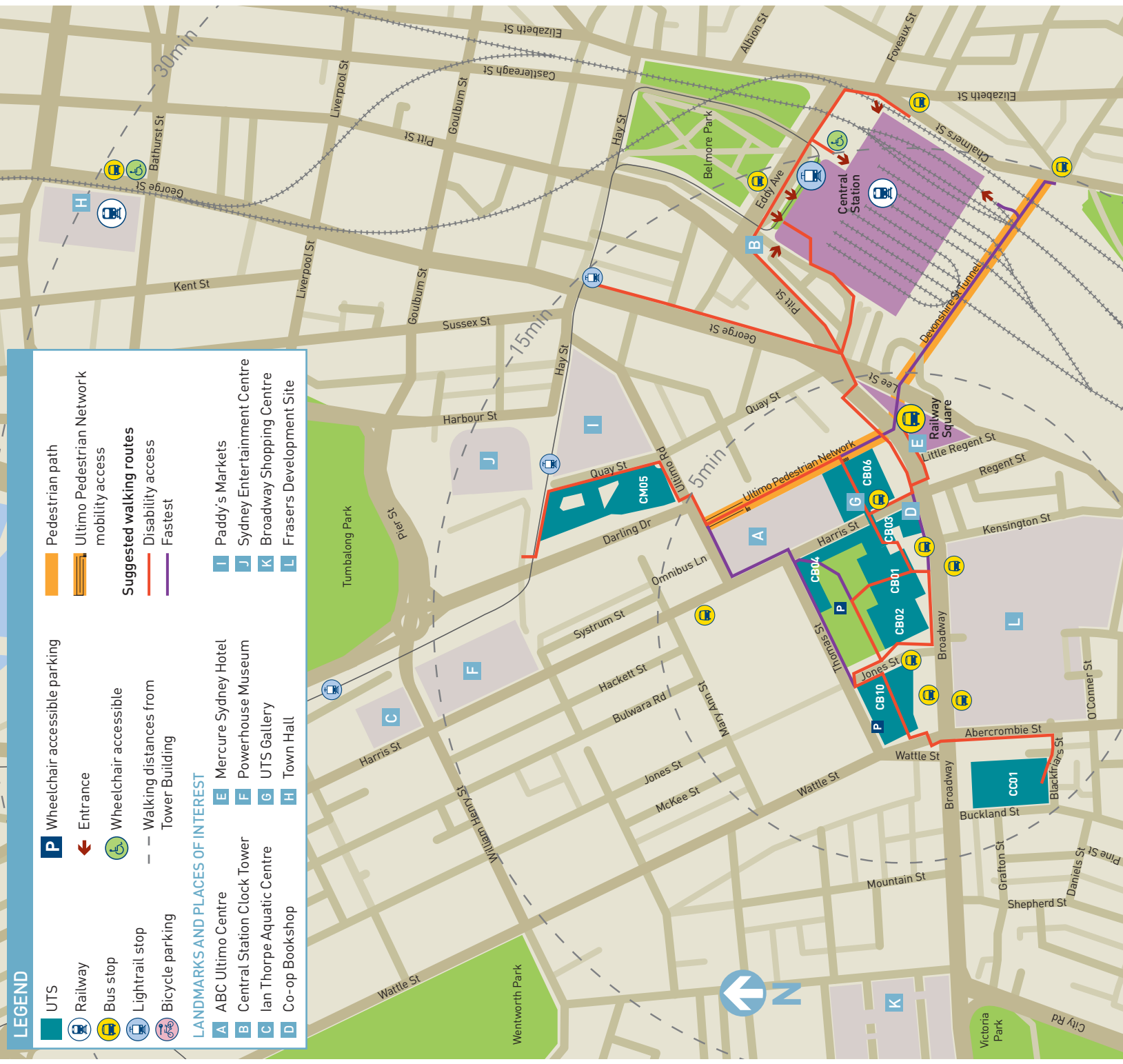
UNIVERSITY OF
TECHNOLOGY SYDNEY

SUSTAINABLE TRAVEL ACCESS GUIDE FOR STAFF, STUDENTS AND VISITORS

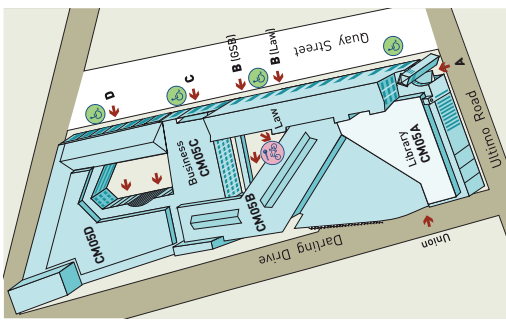
UTS:

HOW TO GET TO UTS

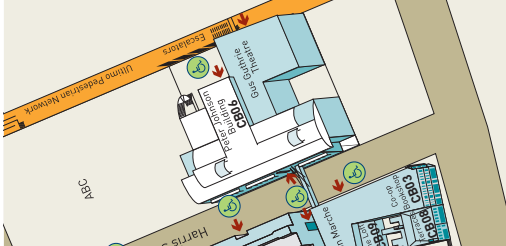
City Campus: Broadway | Haymarket | Blackfriars



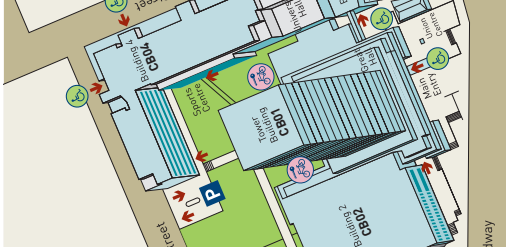
HAYMARKET PRECINCT



BROADWAY PRECINCT



BLACKFRIARS



MANDUS.ORG.AU



UNDS SCHOOL OF MEDICINE



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2022.

Your journey to university is as unique
as you are. #IAmAUNDSMedStudent