# 2022 SURVIVAL GUIDE



**WELCOME** From the MeDUSA team

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**CLUBS** Join a club and plan your social calendar

**MEET THE TEAM** Full credit to those who helped create this guide



We acknowledge the Wadawurrung people of the Kulin nations, the Traditional Owners of the land on which we learn and share our knowledge and stories. We pay our respects Elders: past, present and future, and welcome all Aboriginal and Torres Strait Islander people to the cohort of 2025.

We recognise the importance and interconnectedness of community, country and healing.



Stevie Green <sub>She/Her</sub> Publications Chair



## EDITOR'S WELCOME

Welcome to Deakin! It feels strange saying that, I hardly consider myself a seasoned veteran or med school expert. You'll realise pretty quickly that we're all just doing our best, learning and enjoying the journey. So when you feel the imposter syndrome kicking in, remember the person next to you likely feels the same way.

The other reassuring thing is that there are people who have done this all before. So to ease you in, we made this little guide. I sincerely hope it helps, but if it doesn't – you can contribute next year! Plus you can always reach out to your classmates and MeDUSA if you're unsure, especially at the moment when things are constantly changing.

Congratulations, you made it. One of the best things about Deakin is the unique, individual paths everyone took to get here. Make new friends, try new things, try to chill when you can and not get too overwhelmed by the sheer amount of new things to learn.

Good luck out there.

Stevie Publications Chair, 2022 Rachel Tobin She/Her MeDUSA President



## PRESIDENT'S WELCOME

Hello! My name is Rachel and I'm the President of MeDUSA (Deakin's Medical Student's Association).

First of all I want to extend a very big congratulations to all of you. I know how hard you will have worked to get here (particularly with the current state of the world!) and you should all be incredibly proud of yourselves. We are all so excited for you to join the Deakin family, and I hope that MeDUSA can help support you - either with our advocacy or a few after exam drinks - throughout the next four years.

Medicine is a big journey, and as I reach my final year it has become obvious that all of the advice you'll get in the first few weeks of med school about pacing yourself and trusting the process are true. It really is a marathon and not a sprint. Make friends, go to social events, take the days off when you don't want to get up in the morning - these things will help you get through what will be a challenging few years. A lot about the upcoming year is still up in the air - and you'll find that when it comes to COVID, nothing is certain. Just know that your preclinical MeDUSA team and myself are pushing for you to get the best experience you can while staying safe this year. You can read more about what MeDUSA does and who we all are in this booklet, and I hope to meet you during O-Week!

I'm always here to chat, answer questions and, honestly, to help you pick yourself up after the first mid-semester test that knocks you around a bit - it happens to all of us. Please feel free to reach out at any point.

Congratulations again, next-gen Deakin Doctors. Enjoy the ride!

Rachel MeDUSA President, 2022

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Maya Raj Pre-clinical President



## PRE-CLINICAL PRESIDENT'S WELCOME

Dear First Years,

I am so pleased to welcome you to the Doctor of Medicine program at Deakin and to your medical student society, MeDUSA. My name is Maya and I will be serving as the Preclinical President this year. I hope I can be someone you feel like you can reach out to as you begin this momentous journey towards becoming future doctors. All of you have worked very hard to be here, but the fun is just beginning. At this moment though, take some time to take a few deep breaths, relax and appreciate the magnitude of your achievement.

First year will be quite a ride and we are here to help you get to the finish line. Over the coming year you will find that you are being pulled between studying lectures, doing your learning issues for PBL, workshop manuals or clinical skills preparation. Make sure to keep the bigger picture in mind of why you are doing these things – real patients will look to you in 4 years time to treat them. (This might sound scary, but Deakin will prepare you well for this). My best advice to you is to make sure you know that feeling overwhelmed is normal at every step of this program, but you will get through. Please do take care of your wellbeing throughout and definitely reach out to your elected reps, your Unit Chair and your teachers because optimising resources is an essential part of the learning process. Take opportunities to engage in all the fun social events that will come up because you deserve to unwind now and then. Naps are highly encouraged.

I am looking forward to getting to know you over the coming year. We are here for you, so please settle in and reach out when you need.

Best of luck and congratulations!

Maya Pre-clinical President, MeDUSA 2022



# What is MeDUSA?

MeDUSA are the body representing Deakin medical students within the university and we are the largest student society as Deakin, representing 500+ students across all of our teaching sites.

We advocate on behalf of students, meet regularly with the School of Medicine staff, run social events such as Med Camp and Med Ball and academic events like peer tutorials and careers nights throughout the year. We also have a number of subcommittees focused on special interest areas and we work closely with Deakin's other clubs.

We also liaise with other representative bodies such as AMSA (Australian Medical Student Association), MSCV (Medical Student Council of Victoria) and the PMCV (Post Graduate Medical Council of Victoria). These bodies represent Deakin and other medical schools in the larger Australian field to bodies such as the AMA and state and national governments.

Each year level will have a MeDUSA representative, and in clinical years, each clinical school will have a representative. There are also individuals responsible for different activities throughout the group that you can read about below. Your year level representative is usually the best point of call if you want to talk, but anyone in MeDUSA can be contacted if you have anything you'd like to discuss. MeDUSA meets every fortnight, and meetings are always open for anyone to join. We will also be looking for some first-year representatives in the first weeks of school, so if advocacy is your thing please apply!

MeDUSA is a paid club, with memberships for all four years of the degree as well as one-year membership options. Membership provides you access to members-only benefits, but we advocate for all students, and our academic events will always be free to attend.

You'll get an opportunity to meet us in O-Week, as well as some of the other clubs run for Medical Students and some of our great sponsors (who allow us to run events for you!) - please come and say hi!

# Stay up to date with us

In 2022 MeDUSA will communicate with students primarily through the <u>MeDUSA</u> <u>Common Room</u>, where we will keep you updated with anything important – events, opportunities and information.

The full meeting minutes of our all of our various meetings will be available in the MeDUSA resources drive to <u>read here</u>



Each year level has their own Facebook page that they can use however they want. MeDUSA and other groups may sometimes use these pages to advertise events run specifically for your year level.

MeDUSA has a website - <u>www.medusa.org.au</u> where we host our own MCQ bank and OSCE bank for members as well as other resources.

We all run the <u>MedBible</u> - your go-to for med resources



# What we offer

## **TCSS Program**

MeDUSA's TCSS (Travel and Conference Support Scheme) program provides grants to cover student's fees for attending conferences throughout the year. This includes anything that might benefit the student and Deakin more broadly. This is open to all MeDUSA members and includes 50% of the cost of travel, accommodation and conference ticketing up to \$500. Applications open in rounds throughout the year, so if you're the conference type keep an eye out!

You can find more information about the TCSS program in the MeDUSA members section of our <u>website here</u>

MeDUSA liaises with the School of Medicine to provide a mentorship program throughout the four years of medical school. This includes a 1st-2nd year mentor program, a 3rd-4th year program and a mentoring program for new interns with previous Deakin graduates.

Mentoring

In first year, you'll be paired with a second year mentor by the School of Medicine, usually in your PBL groups and within the first week or two of the year.

## Surveys

Throughout the year MeDUSA reps will run surveys of specific groups, a whole year level or a whole cohort. These are the best way for us to advocate on big issues, and they're always anonymous. Our annual survey is the largest survey conducted in Deakin Med, and usually runs towards the end of the year.

# Calendar

The Medusa Calendar is the best way to stay up to date with all of the events, tutorials and meetings MeDUSA runs for you.

You can access this calendar on our <u>website here</u>, or you can sync it to your own calendar using the <u>instructions here</u>.

If you want to sync our calendar, the public <u>link is</u> <u>here</u>. Or, if you're using apple calendar, the <u>link is</u> <u>here</u>.

Running something and think others might be interested?

Contact our social media chair, Phoebe, at social.media@medusa.org.au, or message our Facebook page to have your event added.

# WHAT'S GOING ON GOING ON WITH COVID?

Look, the truth is... I'm not sure.

In 2021 all lectures were delivered online, along with some clinical skills like basic life support and first aid, which was very strange. Towards the end of the year we had a clinical skills mega day extravaganza to cover those things we had learned in the lectures but needed to get our hands on in real life. So rest assured, our teachers are working hard behind the scenes to make our learning experience the best it can be while keeping everyone safe.

By semester 2, we thought we'd made it back. For a few weeks we had PBL on campus, but that didn't last long. In the end, we had out anatomy and pathology workshops on campus every Tuesday, and sometimes would come in on a to practice examinations. Arriving to class meant checking in (with the QR code and your student ID), sanitising and popping on a fresh mask. Otherwise, things like clinical interview were mostly done online.

The current plan is to be back on campus. But as you know, things could change. Unit coordinators will always let you know via Cloud announcements.

If you are impacted by COVID and need support, **please reach out**. MeDUSA, the School of Medicine and the University all have resources available to help you out

# Support Services

## **Disability Support Services**

The Disability Resource Centre can help you out with accessing things like reasonable adjustments, Grammarly, proof reading services etc., depending on your needs.

### Mental Health

The School of Medicine has a dedicated counsellor. You can make appointments for online and in-person sessions (which are free). Most of us will access this service at some point during our 4 years at Deakin.

#### Medical Centre

There's a medical centre on campus, with awesome GPs and nurses. Go for everything from your yearly flu vax to your regular GP stuff. They're very familiar with the course so that helps too.



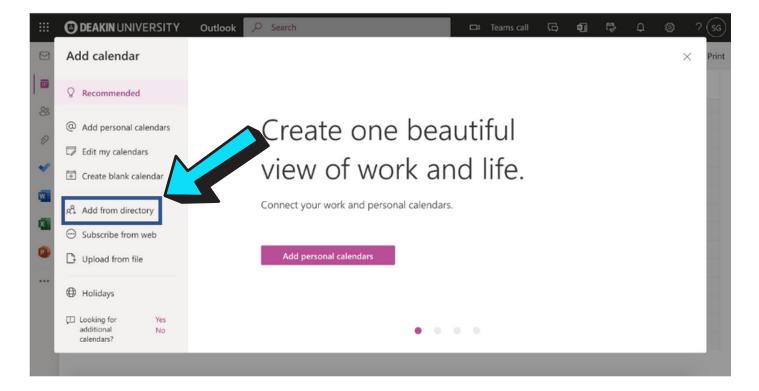
I reckon the best way to sort your med life out, admin wise, is to use Office 365. With your Deakin email you have access to everything, including Teams, OneDrive, Word etc. It helps with sharing files in your groups. Plus, don't forget to add EndNote to Word to make referencing a breeze.

Others prefer to add the timetable to their own calendar/ device. Just keep in mind that if you do this, it may not be up to date.

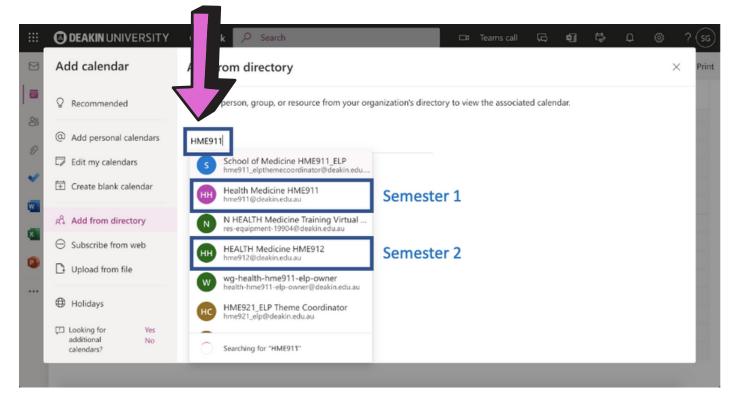
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## 2. SELECT "ADD FROM DIRECTORY"



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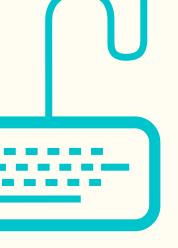
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## YOU SHOULD NOW BE ABLE TO SEE THE FULL TIMETABLE IN OUTLOOK.

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Note that this is all classes, so you need to know which number PBL you're in and whether you're group A or B. This will be uploaded on Cloud.



## **HELLO, IT** A GUIDE TO DEAKIN'S ONLINE RESOURCES

#### **BB COLLABORATE**

Blackboard's meeting tool (like Zoom, Teams etc.) for online classes. Join most lectures and any online PBL/Clinical skills sessions using the links on Cloud.

### CLOUD

The online portal where you access all unit content: lectures, lecture slides, tutorial prep, workshop manuals, assessment details, discussion boards & submit assessments. There'll be a Year 1 Hub, then each block will have its own Cloud site.

#### DEAKIN SYNC

This will link you to everything you will ever need for uni, like your units on Cloud, email, InPlace and Student Connect.

## DUO

Deakin's multi-factor authentication provider, linked to your student email. There's an app you can download on your phone to approve log ins, or you can choose to have a SMS code sent to your phone.

#### INPLACE

The online portal for coordinating placements. This is where you upload all the relevant paperwork e.g. Working with Children Check, proof of vaccination etc.

## STUDENT CONNECT

The place to go to manage all your Deakin details, like enrolment, contact details and accessing your results (Pass/Fail!).

Tablets are super useful for anatomy and pathology workshop manuals. I use the Notability app on my iPad with the Apple Pencil.

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## **CR** Cardiorespiratory

The first block of semester 2, covering cardiovascular and respiratory physiology, pathology, and anatomy of the thorax.

## **ELP Ethics, Law and Professionalism**

A theme covering the ethical and legal issues relevant to medicine.

## HB Human Biology

The very first block. An introduction to biomedicine, physiology, and anatomy covering a wide variety of topics to bring everyone up to speed.

## IDR Infection, Defence and Repair

The second block, covering immunology, microbiology, inflammation, tissue repair, and malignancy. These topics will then come up in every subsequent block.

## LI Learning Issue

Gaps in your PBL group's knowledge identified during Monday PBL. Each person then presents a LI on Friday.

## LO Learning Objective

A list of concepts you should have learned during the week. Weekly quizzes and your exams are based on these.

## **MSCP** Medical Science and Clinical Practice

This theme covers your science content and clinical skills, making up the bulk of your lectures.

## PBL Problem-Based Learning

Small, student-directed group classes where you discuss the case provided. You are supervised and guided by a facilitator.

## **PHM Public** Health Medicine

A theme covering local and global public health issues, and the roles of doctors and the health care system.

## LNA Learning Needs Analysis

A self-reflective task you submit to your PBL facilitator in order to gauge how you are going throughout the year

## **RG Renal and Gastrointestinal**

The last block of first year, covering renal and gastrointestinal physiology, pathology, and anatomy of the abdomen.

## TBL Team-Based Learning

PHM tutorials that include a quiz completed first on your own and then in your group. Your group then submits a public health initiative designed to solve some of the problems raised.



Friday's PBL presentation under 10mins = lifelong friendships

- Ivana





#### PBL

- 2 hours every Monday & Friday
- Small group class of 9-11
- Supervised by facilitator
- Follow a case and identify LIs on Monday
- Present your LIs on Friday & don't be afraid to get creative

#### CLINICAL SKILLS

- 2 hours every Wednesday
- In your PBL group
- Includes clinical interview, examinations and getting familiar with equipment
- Practice on each other and models



#### ANATOMY + PATHOLOGY WORKSHOPS

- 2 3 hours every Tuesday
- Anatomy: learn on models and cadavers
- Pathology: go through histological slides, cases, diagnostic process, etc.

#### ELP SEMINARS

- Usually Friday morning, around once per month
- Discussion of ethical dilemmas that are uploaded to Cloud beforehand
- An opportunity to ask ELP tutors about concepts

#### PHM TBL

- Usually Friday morning, around once per month
- Application of PHM lecture and readings content
- Individual and group attempts at a quiz, followed by a public health issue your group needs to develop an initiative for

#### LECTURES

- Medical Science will be throughout the week, but mostly Monday
- Clinical Skills on Wednesday
- PHM & ELP on Friday
- Most are delivered live on BB Collaborate, but you can always watch the recording later

## RESOURCES HASHNI SENANAYA

## 🗛 Med Bible

Can't emphasise enough how amazing and useful the Med Bible is. It is a collection of resources from past med students. Med Bible contains notes, lecture slides, past papers, PDF versions of simply every textbook you need, and many more. I use the most recent notes (Rachel's) as my main study guide. This saves me a lot of time. I annotate those notes according to my liking. You will be provided with the link to the Med Bible on your first day. Kudos to the seniors for the amazing job they did with the Med Bible.

## Online **MedEd**

In my opinion this is god sent. The platform contains videos, flashcards, notes and practice questions to review high yield content of different body systems covering physiology, pathology, pharmacology and a little bit of anatomy. Dr. Dustyn uses a whiteboard to map out physiological mechanisms, pathophysiology, treatment algorithms and such. You don't necessarily need to use the notes or the flashcards. I write my own notes from the videos using pen and paper. I find it much more useful. The videos are around 20 - 30 mins each and they are completely FREE. Just sign in using your email and you are good to go.

## Boards Beyond.

Deakin is a system-based curriculum (means we learn a specific body system and everything related to it in one block). BnB is a comprehensive review of those topics in a video format. Cardiologist Dr. Jason Ryan emphasises the high yield points, explains concepts in a simple manner with easy to remember illustrations, pictures and diagrams and you can download his lecture slides as a pdf to annotate while watching the videos. I watch Boards and Beyond vids a few weeks before the finals just to brush up my memory and to make sure that I understand all the high yield content.

## Ösmosis

If you are a visual learner this will be your favourite resource. They present the high yield content in a clear, conversational style. Step by step, logical explanations with excellent animations will keep you awake even through a very boring topic. You can now access Osmosis for free through Deakin library! <u>https://www.deakin.edu.au/library/a-z/databases</u> (Just type "Osmosis" in the search bar).

## PassMedicine

This is a question bank that contains thousands of questions for you do. It is FREE! Before exams it is important to do practise questions to see whether you can answer exam style questions. (Active recall is very important). It's all MCQs and they provide the answers and explanations as well.



## an@tomedia VISIBLE BODY

Good news! You can now access both these online resources using the Deakin library database. Anatomedia has photos of real cadavers and dissected parts. It mimics the stuff you will see in an anatomy lab. It also has explanations for them. Our anatomy team use this in the workshops as well. The Human Anatomy Atlas from Visible Body contains 3D models, illustrations and animations. You can use the 3D models to understand and better visualise how our body is actually put together. You can download the app on your phone, tablet or laptop. But remember! Whatever anatomy resource you use, drawing them out yourself (just ugly drawings will do) will make you remember and understand it 100 better than just reading or watching a video. Through Deakin library: <a href="https://www.deakin.edu.au/library/a-z/databases">https://www.deakin.edu.au/library/a-z/databases</a> (Just type "Human anatomy atlas" or " Anatomedia" in the search bar)

## GEEKY MEDICS

I use this for my clinical practices. They have detailed history taking guides for every system in the body. Their YouTube channel has many videos on physical examinations, history taking etc. They are very useful as you get to see how to do an examination on a person or how to talk to a patient. I found it valuable as we didn't get to do hands on examinations due to everything being online.



## Zanki: Anki Deck

Zanki the ultimate pre-made Anki deck for med students! Now you don't have to make those Anki cards from scratch. For those who don't know Anki is a tool to make flashcards. You can download the app on your desired device & start making flashcards. This offers spaced repetition & active recall. It's very time consuming though. You can now download these pre-made Anki decks and do whatever changes you need to do. Follow the steps in this Reddit post or search in YouTube for a tutorial. <u>https://www.reddit.com/r/medicalschoolanki/comments/iri0yg/anking\_overhaul\_v8v3\_rel</u> <u>ease\_physeo\_tags\_skin\_of/</u>

## You Tube

Helpful Channels: Ninja Nerd Science, Armando Hasudungan, Medzcool, Revmedz, Kharma Medic, Ali Abdaal

What's important is finding the best resources that work for you. You don't have to and shouldn't use all these resources and overwhelm yourself! Med school is stressful enough so check these out, see what fits you the best and stick to it. You will change from one resource to another and that's okay. Don't put too much pressure on yourself. You will be just fine! Good Luck!

# **GEELONG** BRANDON HERNANDEZ

## GETTING AROUND

## WALK

It may seem like there isn't much around campus at first, but there are heaps of shops and restaurants in walking distance.

WAURN PONDS SHOPPING CENTRE Supermarkets, Kmart, Target & Foodcourt

HOMEMAKERS CENTRE Bunnings, Officeworks, Waurn Ponds Hotel & Thirsty Camel

OTHER FOOD Subway, Augustus Gelatery, Shinya Ramen, Deccan Indian Kitchen

## **PUBLIC TRANSPORT**

BUS

**Routes from campus:** 

 Waurn Ponds Shopping Centre, South Geelong Station, Geelong Station, Deakin Waterfront, CBD/Geelong Hospital.
 Waurn Ponds Shopping Centre, Geelong Station, CBD/Geelong Hospital.
 41/42 - Geelong Station
 Tip - the fastest way to town is BUS 1.

#### VLINE

Great way to travel to Melbourne or placements in Corio/Lara.

#### FERRY

To Docklands and Portarlington. Departs between the carousel and pier at Geelong waterfront. Pre-book your tickets online.

## DRIVE

FREE CAR PARK This one fills up pretty early, so be prepared

CELLOPARK Download this app to pay for parking on campus

FLEXICAR Great for getting groceries with mates or driving to the beach for a few hours.

## **BIKE**

There are heaps of trails to explore!

Barwon River Trail Bay Trail Bellarine Rail Trail Cowies Creek Trail Hovells Creek Trail Ted Wilson Trail Tom McKean Trail Waurn Ponds Creek Trail

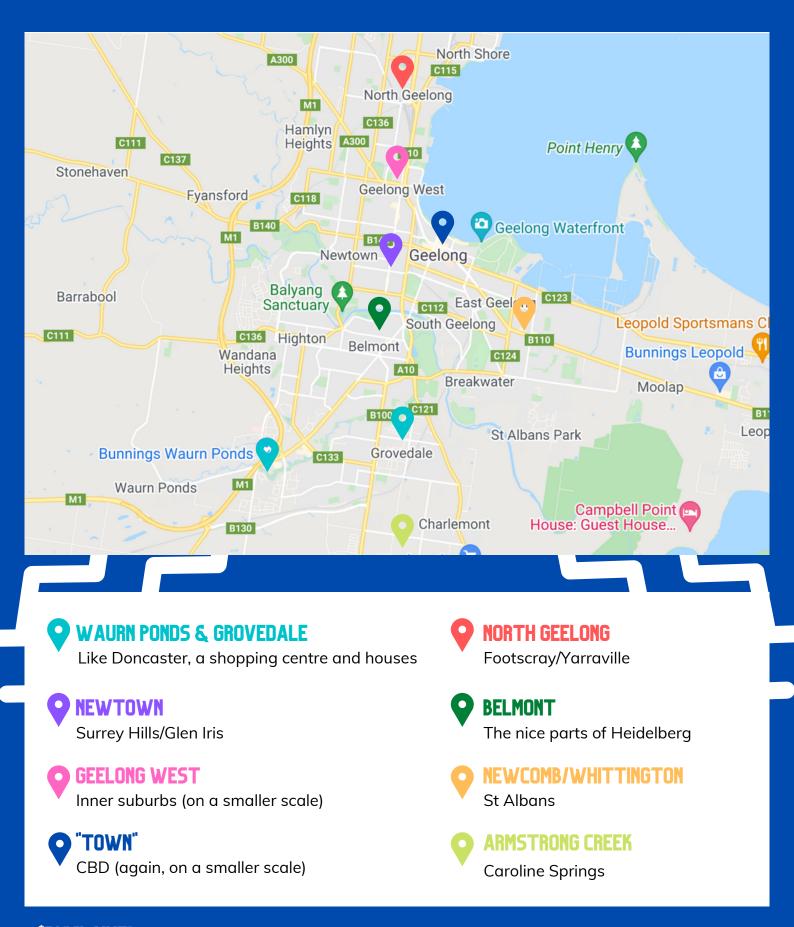
## **DEAKIN SHUTTLE BUS**

FREE between Waurn Ponds and Waterfront Campus. Flash your student card. Monday - Friday, every 15 mins.

**Tip -** Save your bus fare and get to Geelong CBD, Eastern Beach & Westfield.

# GEELONG

#### A MELBOURNIAN'S GUIDE FOR DECIDING WHERE TO LIVE



# LONG DISTANCE RELATIONSHIPS\*

The title may have sucked you in but I regret to inform you there will be no long distance relationship advice here, I don't want to be responsible for any break-ups. Instead we will be delving into the perilous but ultimately fulfilling adventure that is moving interstate. I moved down from Brisbane after O-Week. I didn't know anyone in Victoria and thought Geelong was a suburb of Melbourne.

I completely understand and acknowledge that everyone's experience is different and things that work for me won't necessarily work for you, but here are a few things that I think helped me love my time down here.



#### Embrace the chaos

My car broke down in regional Victoria, parts of my bed got lost in the move. It a<u>ll works out in the end.</u>



#### Be flexible with your living options

- a. It can be hard to find accommodation in Geelong and surrounds
- b. I'd recommend taking a chance on someone from the housemates page in a share house



#### s a fresh start

- a.Moving away from friends and family = moving away from the obligations that come with that
- b.I just tried a bunch of new things that I'd always been interested in but never got around to back home or felt embarrassed to try. When in doubt, have a crack.



#### Commit to your Geelong life

- a. 'Brisbane will always be here' wise Uber driver 2021
- b.I absolutely miss everyone back home and (especially during lockdown) it can feel like you're missing out on so much
- c. When I did finally get home, I found that really not a lot had changed, and the wise Uber driver was right. 5 stars.



#### Victorians think you have a weird accent

a. They're just jealous of your charming twang b. Plus they say 'bathers'...

SAM STARK

# THE INTERNATIONAL PERSPECTIVE BY HANNAH JULSETH

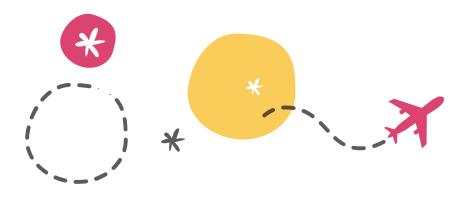
Starting at a new school is both an exciting and nerve-wracking moment, but when you're moving to a whole other country it can be particularly overwhelming! Here are a few short tricks and tips from one international student to another to hopefully help you settle in during the first few weeks and beyond:

#### **GET INVOLVED!**

Particularly with online school still partly in place, it can be very challenging to meet people and make friends in a new community. Therefore, attending the club's event during O-Week is a fantastic way to research which extra curriculars are available to new students. Getting involved in one of these clubs offers a great opportunity to meet other like-minded students and helps to establish a small network of friends in all cohorts who you can then turn to for both social and academic support.

#### **REACH OUT TO FACULTY**

The faculty at Deakin may seem intimidating at first, but everyone is very happy and willing to help. Send a quick email introducing yourself, asking a question, or. organising a short video chat, and you'll find that most faculty are more than willing to take the time to get to know their students better. It can be especially important and helpful to have these connections when dealing with concerns that may be specific to you as an international student.



## **SELF-CARE TIPS** BY MARCUS DI SIPIO

Hey everyone, my name is Marcus. What I share with you are the tips, perspectives and philosophy that I bring as your pre-clinical community and wellbeing representative. That is, a self-care 101 from someone that was in your shoes or has gone through it with you.

Just like how I wouldn't naturally fit into all of your shoes in reality, this advice is just like that, there is no one size fits all to self-care.

Because self-care can be unique and personal, it isn't always easy to talk about it, so I like to make it fun and easy by using analogies. One of my favourites is the bathtub with various holes in the bottom. The tub comes in different sizes and represents out capacity to hold water, The water is the the energy we have to attend to our emotional, physical and social aspects of our lives. When our water gets to a certain level, our ability to respond to challenges in our day to day activities changes. Filling the bathtub up with water is replenishing those stores.

First of all, self-care, as the name suggests, is an individual responsibility. Its something that you need to work on, it is something you can think about, manage and develop. Attending to selfcare can be just like your other classes in medicine, you can set a time in your schedule, you can do some further research, you can talk to others about it and you can bet that attending to it consistently throughout your year will build the habits to serve you into the future.

This isn't an exhaustive list but some of the things people might do to fill up their bathtub include:

- Spending time with people whose company you enjoy
  - Communicating and talking about it with friends/ appropriate health professionals
    - Exercising
    - Meme scrolling
    - Journaling
    - Reading
    - Listening to music/podcasts
    - Volunteering/ Helping others

- Spend time outdoors
- Playing music
- Getting creative
- Eating good food
- Embracing a hobby
- Puppies

Less intuitively and maybe more challengingly, self-care is a communal responsibility. Creating a culture of self-care makes it easier for those around us to overcome the barriers one might face when trying to self-care, it makes self-care normal and removes the stigma of needing to self-care as a sign of weakness. These are the things that might make it easier to fill your bathtub with water:

- Be friendly and have a chat
- Reach out to anyone that might seem like they need a hand
- Share your self-care experiences
- Respect peoples boundaries and differences
- Offer support where you can
- Help bring people together
- Think before you make comments/gossip about other people
- Advocate for systemic change (i.e. work conditions for health professionals)

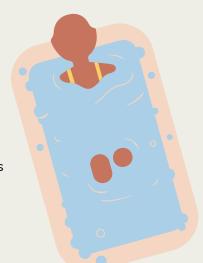
Other things that make it easier to self-care and overcome the things that make it difficult to replenish those stores are the perspectives we view the world from.

I often reach out to people that I admire, and ask them how they seem so calm and collected and how they manage their self-care. A key theme I find is viewing set-backs and challenges as opportunities to grow rather than failures, taking the time to reflect on the challenges ahead, planning and breaking goals and aspirations into manageable steps.

Self-care helps us to be better health professionals. Learning how to fill up our own bathtubs before rushing to fill up those around us can only help us to have more sustainable and enriching paths.

If you need any further support Deakin offers some <u>great free services</u>.





# **STUDYING**



## IN MED SCHOOL

Learning in Med school can be very daunting but by getting into the course it has proven your ability to learn, retain and evaluate information. However, you also need to be prepared that there is a lot of knowledge, concepts and skills that you need to ascertain. It's best to be prepared by firstly having an open mind that learning may be different from what you have experienced to date. In medicine, memory matters, so it's important to maximise your retention and retrieval of information. Here are a few tips and tricks of learning strategies to grow your knowledge.

#### SPACED PRACTICE

It's very easy to learn something by cramming only to forget it the next day. This might have got you through your studies up until now, but you may want to reconsider your strategy. Being a doctor is about life-long learning. Evidence demonstrates that if information is regularly reviewed and obtained in several sessions over a longer period of time it helps to maintain the information. This could be done by learning the information then reviewing it later on. Everyone learns differently, so do what works best for you. Then catch up with friends and discuss the topics or concepts together. Another way to revise is a good deck of Anki cards (which you can find on the MeDUSA Google Drive). Revise this information when you can. If you keep revising the information, then you won't need to cram just before an exam and overall you will be much less stressed knowing it is in your long-term memory.

#### INTERLEAVING

Many students find that learning is made much easier when you learn one topic or skill before moving onto the next topic or skill. An example of this may be learning renal before moving onto cardiology. This method is called 'blocking' of material and can be easy as you can feel like you ticked the box of learning that topic. However, it is important that you can integrate and mix several topics in the long term. So, if learning in topics works better for you, be sure to also know how it integrates into others.

#### **BRING IT BACK TO THE BASICS**

Medicine can be overwhelming by the amount of content that you will be exposed too. Don't worry, I'm sure that every student at some point has been overwhelmed. So, if this happens to you, know you're not the only one. To overcome this feeling, start with looking at the big picture topics or concept. Then add other big concepts before finally adding the details. I like to visualise this as a pyramid. Start at the bottom, such the block you're learning (e.g. HB, IDR, CR etc.). Then add a major concept such as the heart or blood vessels etc. on the next layer up. Keeping adding details on top of the base of the pyramid. By knowing the big concepts can allow you to understand the minor details and how they integrate into the overall topic.

#### **TRY NOT TO FALL BEHIND**

This is much easier to say than do. Make sure that you're attending all of your classes. By keeping up it will make you much more prepared for PBL cases. It was clear if someone was falling behind in classes as they weren't able to contribute fully. Also, by keeping up it allows the delivery of information to be continuous and this will reduce the stress of being overwhelmed with the amount of content. Personally, I felt that attending lecture wasn't enough to then be able to apply my knowledge into the weekly clinical case presented in PBL. I found that once I attended the lecture or workshop then I compiled these notes into a document. This gave me a solid revision source that I was able to review too. Also, when a case incorporated a topic that was previously covered, I was able to quickly refer to it and revise it again. If you do fall behind, that's ok. Life can get in the way, and there can become times where you need to take time out. That's ok. The Deakin staff are lovely as well as other students who are always willing to openly chat.

#### **DON'T FORGET CLINICAL PRACTICE**

Remember that you're going to be a doctor, and the need to interact with patients is what you need to master. It is very easy to become overwhelmed with the 'knowledge' component of medical school. However, it is crucial that clinical skills are learnt spaced out and regularly practiced over the year. Clinical practice makes up a large proportion of assessment and does test if you have properly understood and developed the correct skills over the entire year. So, practice it from the first day. I advise meeting with different students to practice and getting their input of what you did well and not so well. This also allows you to see how others perform the examinations and history taking and well as widen the scope of feedback received.

#### Amanda Mackus



The Australian Medical Students' Association (AMSA) is the peak representative body for all medical students across Australia. The AMSA team at Deakin will act as the interface to allow you to engage with all the beautiful opportunities AMSA has to offer. Be sure to follow us on Facebook to keep a look out!

#### What do AMSA actually do?

Basically, a lot. AMSAs initiatives are based on the interests and needs of all Australian medical students. Here is just a taste of what you can get involved in -

- Advocacy: AMSA provides a strong national voice. Whether it be number of internships, the international student experience, indigenous students, rural placements and more!
- Events: There's a lot but here are the main ones!
  - AMSA Convention (the largest student run academic/ social event worldwide)
  - AMSA Global Health Conference
  - Vampire Cup (our annual blood drive pitting all the medical schools against one another to see who can suck the most blood)
  - AMSA Rural Health Summit
  - National Leadership Development Seminar
- Policy: you can get involved with policy writing across a number of areas including mental health, climate change, sexual and reproductive health plus heaps more.

It's a great way to meet other med students across the country and make a meaningful impact on the med community. So if you're interested - sign up and get started on your own journey!

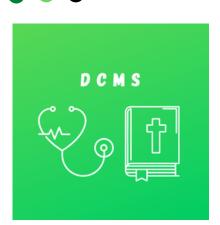
#### - Ellie Damianos & Stevie Green



Crossing Borders is a group here at Deakin under AMSA which aims to promote advocacy for refugee health rights amongst medical students. This is an important role that medical students and doctors have, especially in the current climate and the inequities that refugees and asylum seekers face in detention centers.

Not only do we work with MeDUSA, AMSA and UHAD here at Deakin, we also collaborate with the Crossing Border teams at Melbourne and Monash University. We run lots of fun and exciting events to promote and advocate for refugee health rights including movie nights, symposiums, rallies in Melbourne and ration challenges! These are all great and fun opportunities to be better informed and involved in making a difference to combat health inequity in Australia. Like our page on Facebook, "Crossing Borders Deakin" to get the latest updates on the events we'll be running this year and to have a chat about how you can get involved. Looking forward to a great year with the class of 2025!

••••



Congratulations and welcome to Deakin Medical school! My name is Nicole, I'm a second year and I am the Geelong Christian Union DCMS leader.

DCMS (Deakin Christian Medicine Students) is a group for medical students who are interested in learning more about Jesus, the bible and Christianity and for Christians wanting to connect with other Christians. We are affiliated with Geelong Christian Union (GCU) and the Christian Medical and Dental Fellowship of Australia (CMDFA).

Alongside GCU and CMDFA we run a variety of events including bible studies, prayer and worship nights, social and fellowship events, camps, and conferences. These events provide opportunities to grow in your faith, learn more about the bible, connect with Christian medical students from other universities and hear from Christian doctors.

To learn more about our club, the events coming up and to get involved check out our <u>Facebook page</u> and join the Facebook group.

Hope to see you around campus

- Nicole Williams





**Deakin Surgical Interest Group** 

There are numerous surgical specialties, and surgery related specialties in the field of medicine. Of these specialties there is also scope for further sub-specialisation, and fellowship training across the globe. Therefore, each surgeon has a unique story or pathway to finish their specialist training. The Deakin Surgical Interest Group (DSIG) is a student run group with which organises surgery related events throughout the year. These events are not only for those who desire to pursue surgery, but also for those who are interested in experiencing what the field of surgery entails and those that just want to improve their hands-on skills.

Everyone is welcome to the events organised by DSIG, and we highly encourage you all to attend. Our first event of the year is the Surgical Careers Night, where a number of surgeons and surgical registrars will speak about their story as a surgeon, what it entails, and the road they took to get there. Our most popular event of every year is the Surgical Skills Night, where hands on surgical skills such as knot tying, suturing and tendon repair are taught by surgeons. This is a wonderful opportunity to practice these skills early on in your career.

Finally, this year we are also hoping to run a Diversity in Surgery seminar, where inspiring surgeons from all walks of life share their unique perspective and journey on getting into surgery, and in surgery itself. This event will include female surgeons sharing their experience on their surgical career as a woman and juggling family and children within a surgical career. Other speakers will include refugees and surgeons who grew up or trained in a different country and many more!

Make sure to follow the <u>DSIG Facebook</u> and Instagram page to keep updated on events throughout the year and how you can be involved

#### - Michael Lam





Deakin University Obstetrics and Gynaecology Society is a special interest group aimed at engaging medical students in women's health, increasing exposure to the obstetrics and gynecology workforce, and promoting women's health rights, inclusive of Indigenous, LGBTIQA+, rural and remote women.

Maternal and gynaecological care is our focus at DUOGS. We might be biased but we think this is such a unique and wonderful specialty that applies to a wide variety of interests. Our focus often overlaps with other clubs such as emergency medicine, paediatrics, GP, and rural health; which is what makes DUOGS so interesting! In 2021 we combined events with EMD and the Paediatric Society to run a wonderful Obstetrics Emergency Event for all years, hosted a virtual quiz night, and raised awareness to various gynaecological presentations throughout our social media platforms. As a group, we are passionate about improving knowledge and health outcomes in all areas of maternal health and gynaecological care. We are aiming this year to be more inclusive of all people and recognise that the term "women's health" may limit some of the populations' access to maternal and gynaecological care and are moving towards more inclusive topics in our future events.

We are super excited to host more clinical events, OSCE nights, fundraisers and community meetings this year. All of these events come at a discounted rate to all members. As a relatively new group within Deakin we welcome input from members and are open to ideas for the year ahead so don't be shy, make yourself known to us, especially if you share the same passions about maternal and gynaecological medicine!

If you'd like to be part of our club you can find us on <u>Facebook</u> or the <u>DUSA website</u>.

We will shortly be having elections for first year DUOGS representatives for those that would like to be more involved in the club so keep a watchful eye on our Facebook page to stay in the loop!

- Bek Mauger





Perhaps you're interested in becoming an emergency physician? Or you just want to know more about the fast pace of the emergency department? Or even just be better prepared for your emergency rotations as a clinical year student and intern... If any of these sound like you, then becoming a member of EMD is a must!

Emergency Medicine at Deakin (EMD) is a student-run club that focuses on enhancing the emergency medicine and critical care educational experience for Deakin medical students. Being involved in EMD means you get practical, handson clinical learning which will help with not only your medical school studies; but will also mean you gain invaluable skills for your future career as a doctor!

Throughout the year EMD have many fantastic events. Some of these include:

- Clinical Skills nights: Here you can learn how to use your shiny new stethoscope! The first of these is run in O week!!
- Annual clinical skills interview practice nights before your assessment aimed specifically at first years
- The Emergency Medicine Challenge (EMC) a competition run at the end of the year where students from all four-year levels come together to compete in multiple emergency and critical-care stations. Fingers crossed we can run this in person this year!!!

Sign-up now and get your own EMD beanie, penlight & lanyard cable! Membership lasts for all 4 years.

Lastly, early in 2022 we will be looking for first-year representatives to join the EMD committee. Keep an eye out for more information and help us put on an incredible year of events! But for now, you can keep up to date on everything happening on our Facebook & Instagram pages.

Can't wait to meet you all in O Week!

#### Ruby Graham

Preclinical Chair - EMD





Global Village Project is a medical student led NGO which provides healthcare and health education to vulnerable communities within Australia and internationally. We pride ourselves on our sustainable approach to global health development by supporting and strengthening the communities we partner with. We also provide medical students the opportunity to join our trips and gain experience working with passionate doctors in outback communities and low-income countries.

We host an array of social events throughout the year as fundraising for medical supplies, such as vaccinations and medications, which go directly to our partner schools and communities. Our longest running partner is the Rejoice Centre in rural India, an orphanage and school we visit almost every year (thanks Covid!). During our visits we run health checks on all 300+ students, provide necessary vaccinations and have the exciting opportunity to explore rural villages whilst offering health education workshops.

Exciting new opportunities are also in the works for 2022 and beyond so if you're interested in working alongside Indigenous communities within Australia or schools in the Pacific Islands then watch this space! If you're keen to join our group then make sure to follow our Instagram and Facebook page for updates and feel free to message us if you have any questions!

- Alex Wulff







Welcome to GPSN!

General Practice Student Network (GPSN) is a national network of medical students with an interest in (you guessed it...) General Practice (GP)! GPSN is supported by the General Practice Registrars Australia (GPRA), which currently has over 25,000 members who are medical students, pre vocational doctors, or GP registrars. GPSN is organised into local clubs on the campus of each Australian Medical school. Each local club is run by an executive committee of elected medical students with support from a central national committee. Local GPSN clubs organise events for their affiliated medical school and also collaborate with other local clubs, such as NOMAD, Psych'd and EMD, for larger events. Our events aim to support medical students to learn more about a career in general practice and how they can be an advocate for the health of their communities.

Last year, in 2021, GPSN was able to hold several exciting events despite the challenging environment created by the pandemic. We collaborated with students from Melbourne and Monash Universities to deliver an inspiring Careers Night to discuss the various subspecialties within general practice and life as a rural generalist. We also expanded our High School Wellbeing Workshop (HSWW) initiative. This project forms part of the national GPSN working groups and is an important part of our engagement with the community. The HSWW involves teams of medical students facilitating wellbeing workshops for VCE students throughout metropolitan and rural Victoria. We were extremely fortunate to even hold some of these in-person! At Deakin, we give first-year students the exclusive opportunity to nominate to become a Working Group leader, so keep an eye out for callouts in Feb! At a local level, GPSN was able to hold our extremely popular annual trivia night. This event is a highlight of the GPSN calendar and a great opportunity to meet new friends and contest for the title of GPSN trivia champion. The three-time reigning champions have recently graduated, so this year's event is wide open!

As your current GPSN executive committee, we are so excited to bring you multiple academic and social events to make up for the last two years. We have been working hard over the summer to make GPSN bigger and better than ever in 2022! Join us to become part of the GP student community and connect with other like-minded medical students! We cannot wait to meet some of you so please come and have a chat with us at our Open Day tent! All the best with starting your journey into medicine!



From the Deakin GPSN 2022 Exec. - Ryan, Dan, Leila and Sam



MedFit is all about coming together, staying active and having fun!

We want to help students get involved in social sports, who ever they are!

We know it can be hard to stay active sometimes through busy schedules but we believe having a community of friendly people going through it with you can make it just that bit easier!

We believe that health professionals that experience the benefits of being active, are more likely to continue that into their futures and promote that in the lives of their patients.

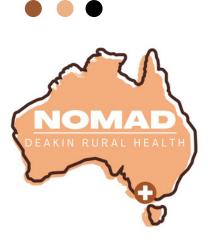
We hope Medfit is an opportunity for some people to try something new, get involved and sweat a little!

Lockdowns and limited on campus activities made it hard for us last year, but this year we are hoping to bring you more consistent events! We will be asking you on social media what types of sports you would like to play and trying our best to facilitate them.

If you aren't on social media and have some ideas or you want to be involved in organising and facilitating activities, please reach out to us via email or via our Facebook page.

#### - Marcus Di Sipio





Congratulations to you all, and welcome to Deakin Medical School! NOMAD (Nursing, Optometry, Medicine and Allied health at Deakin) is a rural health club that aims to promote rural and regional health through information exchange, volunteering and leadership opportunities, support and advocacy. NOMAD also works to promote Indigenous and Torres Strait Islander health by raising awareness of health disparities and promoting opportunities to enact positive change. NOMAD is part of the National Rural Health Student Network (NHRSN), a multidisciplinary health network comprising of 29 rural health clubs, with more than 9,000 student members nationwide.

Throughout the year NOMAD typically runs multiple social and informative events such our barefoot bowls social night, the Close-The-Gap Indigenous engagement event and the Warrnambool clinical school tour. We're hoping to host these events in 2022, pending COVID restrictions. We also work to promote great extracurricular opportunities to our members and we hold a BMP information session during the year to break down the contract requirements. NOMAD also keeps you guys in the loop about opportunities such as scholarships, conferences and other national events.

A major branch of NOMAD is the Rural High School Outreach, where we organise visits to rural schools to speak to to secondary students considering a career in the health industry, allowing Deakin students to share their own experiences from high school to university. As a club we aim to be vocal on current affairs affecting rural Australians and work to raise both money and awareness on such issues. So if you hail from a rural or regional township, if you're considering going rural in your career, if your keen to join in our events and programs or you're just interested in rural affairs, we'd love you to join us here at NOMAD!

To get involved, you may <u>purchase a membership</u> \$5 (\$3 if a current DUSA member). To find out more about who we are and what we do, you can follow us on Facebook. We'll also have opportunities for first year students to get involved in the committee side of the club, so keep an eye out on our Facebook group for announcements.

We're excited to meet you all (whether face-to-face or through a computer screen), and we look forward to watching you all flourish in medical school. Good luck!

- Grace Woollard

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#### - Mira Neufeld (they/she)

Skill-It is a student group that was founded in 2018 with the hopes of expanding student wellbeing through skill and knowledge-sharing with a focus on cooking, nutrition, food systems, and sustainability. We do this primarily by cooking together and creating spaces for formal and informal conversations about these topics. Skill-It seeks to shine light on the intersections between food, healing, togetherness, and social and environmental justice. Nutritional education is chronically absent from medical curriculums and Skill-It aims to provide a supplement to this. We also like to have fun while we're doing all these magical things!

We know that the foods we eat and the ways we connect to our food and environment are major contributors to our overall health. Creating positive relationships with growing, cooking and eating food can be complicated by toxic diet culture, body-shaming, and corporate capitalism. At Skill-It, we try to hold space for the myriad relationships, cultures, and experiences our members come from, while working to foster an environment where we can grow, learn, and eat together. We aim to do this by building wholesome and nourishing life-long skills in and around the kitchen.

We have a full kitchen set-up on campus at Waurn Ponds and while we haven't been able to cook together in-person for a couple of years, 2022 might be the year for this we live in hope! Throughout the pandemic we have hosted Zoom cook-alongs, shared pictures and recipes of foods that are getting us through, and kicked off the "Food for Thought" seminar series. Skill-It is also a Deakin University student group representative with the Australasian Society of Lifestyle Medicine. We have lots of exciting and delicious events and recipes coming your way in 2022 - including a free cookbook for members!



So are you overwhelmed by the unnecessarily complicated recipes in that Ottolenghi book you were gifted over the holidays? Moving out of home for the first time and missing the ritual and connection that comes from gathering around food? Just wanting to make some new friends and figure out how to chop an onion? Have some of your own recipes you'd love to share? Come join us! All are welcome.

Skill-It is proud to acknowledge the rightful owners of the lands and waterways where we conduct our business - the Wathaurong, Gunditjmara, and the Dja Dja Wurrung peoples. Sovereignty has never been ceded. We pay our respects to elders past and present.

Those of us who are settlers acknowledge our responsibility to educate ourselves and to fiercely align ourselves in support of the ongoing resistance to colonial rule of all Aboriginal and Torres Strait Islander peoples across this continent.





The Deakin Teddy Bear Hospital (DTBH) is a multidisciplinary studentled initiative, run entirely through the involvement of student volunteers. Our aim is to familiarise and destigmatise healthcare settings for children, by creating a fun and interactive environment for them to learn and ask questions. We also aim to provide our volunteers with the opportunity to build their paediatric communication skills, by hosting training sessions with paediatric experts. 2022 is our third year running as an independent entity and we are hoping to host more COVID safe events than ever, including social events for our volunteers - there's plenty to look forward to!

DTBH will run school visits throughout the year, where we use interactive play to cover topics like vaccinations, exercise, healthy eating and mock medical visits. The visits are an amazing opportunity for our volunteers to interact with children in a clinical-esque environment, knowing they're giving back to the local community. A strong focus of the DBTH is providing health education to some of the more underserved schools in the region, particularly in rural areas.

The DTBH welcomes students from Medicine, Nursing, Medical Imaging, Optometry, Occupational Therapy and Masters of Play Therapy, providing a variety of skills that can be shared amongst volunteers. The DTBH invites you to get involved by becoming a volunteer and sharing in this fun and exciting experience!



Welcome class of 2025! Whilst you may feel that you want to dedicate yourself exclusively to study at this terrifying/exciting start to your medical education, I'm here to tell you that you're definitely brilliant/hardworking enough to find a little time to pursue an extracurricular, particularly one that is also an incredible springboard to addressing public health challenges in the community.

If you're wanting to make real change, break down health inequity, and are passionate about global health, Universal Health at Deakin (UHAD) is the club for you. We pride ourselves on health advocacy, promotion, education across the 'universal' themes of healthy communities, sexual and reproductive health, and the environment. So whatever your passion

is within global health, there is a place for you, and a club culture that encourages seizing the initiative and bringing your ideas to fruition.

Despite the challenge of COVID-19 we have a number of great events in the works. Fancy drinking wine on a sunny afternoon whilst fundraising for international health initiatives? Do you love trivia and are intrigued by the idea of a bookclub? How about being involved in an on-campus cultural festival featuring music and food organised collaboratively with recent migrant communities?

Becoming a member opens you up to all of these events, and if you want to take it a step further and get involved in the club, we have a number of first year positions that will be promoted in the coming weeks. To sign up jump on the DUSA website or come to one of our O-Week stalls! If you would like more information you can find it via our Facebook page or contact uhad.deakin@gmail.com. We look forward to seeing all your beautiful faces in person soon!

#### - Joshua Eaton

## The 2022 MeDUSA Executive Committee



Rachel President



Mariyah Vice President



**Emily** Treasurer



Jane Secretary



**Maya** Preclinical President



**Gabriel** GCS President

# The 2022 MeDUSA Executive Committee

## **Executive Committee**

PRESIDENT - president@medusa.org.au The President is responsible for the overall management and direction of the committee. They also represent MeDUSA on an external level through holding positions on many committees.

#### VICE PRESIDENT - vp@medusa.org.au

The Vice-President role is a supportive role. They are responsible for various internal projects such as the Travel and Conference Support Scheme (TCSS) and elections, and the Y4 mentor program.

#### TREASURER - treasurer@medusa.org.au

The Treasurer is responsible for coordinating MeDUSA's financials through management of invoices from external stakeholders, reimbursements of subcommittees and other financial interests.

#### SECRETARY - secretrary@medusa.org.au

The MeDUSA secretary plays an integral role in the day-to-day running of the committee by facilitating communication between all MeDUSA members and the student cohort.

## GCS PRESIDENT - president.gcsc@medusa.org.au

The GCSC President is leader of the Geelong Clinical School Committee. The GCSC is a large subcommittee of MeDUSA which runs dozens of events during the year including MCQ nights, socials, and inspiring academic events.







Yacoub Academic Chair



Chris IT Chair



**Stevie** Publications Chair



Sharadhi Social Co-Chair



Daniel Social Co-Chair



Jet



Hashni Sponsorship Chair Gender Equity Chair Social Media Chair



Phoebe







Fred DSIG Rep



**Zoe** GCS Sponsorship



**Alicia** Ballarat 3rd Year



**Bill** Ballarat 4th Year



**Amanda** Eastern 3rd Year



**Laura** Eastern 4th Year



**Chloe** GCS 3rd Year



**Josh** GCS 4th Year







Alexander

Sam Ash Preclinical AMSA Rep Preclinical VP Preclinical Academic Rep





Marcus Community & Wellbeing Rep

Michael

DSIG Chair

Hannah International Student Rep



Karan Florence DSIG Preclinical Rep Crossing Borders Chair





Claire WCS 4th Year



Josh WCS 4th Year



Tori **RCCS** Rep



Sophia International Clinical Rep GCS Social Rep



Crist



**Sophie** First Nations Officer



Zoe GCS Sponsorship





## **General Committee**

AMSA CHAIR - amsa.clinical@medusa.org.au The Australian Medical Students Association (AMSA) is the largest representative body of Australia's 18,500 medical students: Deakin's AMSA Chair advocates for you on the AMSA council to ensure that Deakin's voice is heard at the national level.

ACADEMIC CHAIR - academic@medusa.org.au Your Academic Chair identifies concerns relating to assessment and aims to improve the quality of learning throughout your medical education and host inspiring social and academic events.

## COMMUNITY AND WELLBEING CHAIRS -

community.1@medusa.org.au

The Community and Wellbeing Chairs links Deakin Medical students to the wider community through charity and volunteering initiatives, and also aim to identify important issues that arise in the medical community. They advocate for the mental health of Deakin's students and run events throughout the year promoting wellbeing within the cohort.

## IT CHAIR- IT@medusa.org.au

The IT Chair manages the MeDUSA website and all IT services. If you have any issues relating to MeDUSA's IT presence (e.g. online tickets or elections) or would like to give feedback about the website, contact the IT Chair.

## **General Committee**

PUBLICATIONS CHAIR - publications@medusa.org.au The Publications Chair is responsible for the production of MeDUSA's monthly newsletter, The Olecranon, as well as the invaluable survival guide and the fourth year graduation book. The Publications Chairs are always after interesting articles or artwork from students.

SOCIAL CHAIR - social@medusa.org.au The Social Chair has the large and important role of organising all the superb MeDUSA events that break up the academic year and make your time at Deakin more memorable. The Chair is always looking for enthusiastic students to get involved in a social subcommittee, so keep your eye out for opportunities to participate.

FIRST NATIONS OFFICER - first.nations@medusa.org.au The First Nations Officer has the role of representing the voices and experiences of Indigenous medical students within Deakin University, providing support to fellow Indigenous medical students in curricular and extracurricular aspects of the MD course.

## GENDER EQUITY REPRESENTATIVE

The Gender Equity Representative plays the critical role of increasing the voice and visibility of women and LGBTQIA+ individuals within the medical school cohort and workforce.

## **General Committee**

SPONSORSHIP CHAIR - sponsorship@medusa.org.au Your Sponsorship Chair has the important task of securing financial support for MeDUSA. This role ensures that all stakeholders are well represented and continue to have a relationship with MeDUSA.

INTERNATIONAL REP - international.clinical@medusa.org.au The international clinical representative is responsible for advocating for all of Deakin's 3rd and 4th year international students.

## **Preclinical Committee**

The preclinical committee is similar in structure to the general committee, with each member of the Preclinical Committee reporting to the Preclinical President and Corresponding MeDUSA Chair. Feel free to contact anyone in the preclinical committee if you have any concerns; starting medical school can be a tough time, so if you come across any issues, it is important to flag them early with a member of this committee so we can make this time as smooth as possible.

> preclinical.president@medusa.org.au vp.preclinical@medusa.org.au academic.preclinical@medusa.org.au international.preclinical@medusa.org.au amsa.preclinical@medusa.org.au community.preclinical@medusa.org.au

## **Clinical School Represenatives**

The clinical school representatives advocate for students in their year levels at their respective clinical sites. This often involves working closely with the team running the site, organising tutorials for the students and communicating with the larger team about issues.

This year, our 3rd year representatives will also rotate through attending our School of Medicine meets to represent the third year voice.

ballarat@medusa.org.au eastern@medusa.org.au academic.gcsc@medusa.org.au year4.academic.gcsc@medusa.org.au warrnambool@medusa.org.au immerse@medusa.org.au (RCCS Rep) social.gcsc@medusa.org.au sponsorship.gcsc@medusa.org.au international.clinical@medusa.org.au

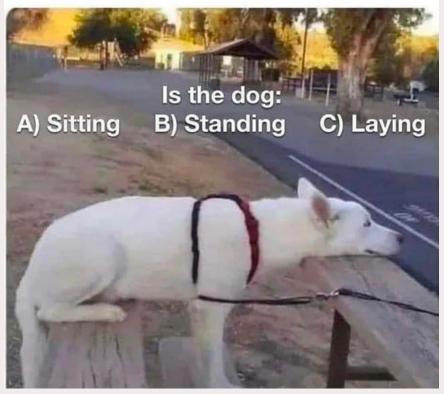


When facing the many demands of first year, remember that drunk drivers often survive car accidents because their inebriated bodies just go limp and absorb the blows.



# ENJOY YOUR FIRST ~

Teacher: The test isn't very hard. The test:







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