



UQ Premedical Society

first year's survival guide



*The ultimate guide, designed by students,
to help you navigate university life.*



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Welcome!



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To the eager and ambitious premedical student,

Congratulations on being accepted into UQ, and welcome to the UQ Premedical Society. Now, you are on the precipice of embarking on an exciting adventure towards medicine – and we are beyond excited to join you on this journey.

Perhaps you're feeling nervous, excited, or somewhere in between. Certainly, starting this new chapter of life can be daunting and for many, this will be the first time that you will be off on your own. There are so many university courses to pick from, so many social events to attend, and so many late night study sessions waiting to be pulled. This new chapter will come with much more freedom, excitement, and opportunities, but also with more responsibilities.

That's why at UQPMS, we are here to enrich your university experience and help you transition into first year. The approachable executives and knowledgeable senior cohorts are always down for a chat and answer any questions you may have. We are here to help, so ask away! This first year survival guide is a distillation of the possibilities in university that await you in 2024, and the many different ways UQPMS can support you along your premedical journey.

We wish you all the best for this coming first year and beyond – there is much to be excited for. Try something new, stay on top of your lectures (highly recommended), and make the most of your 2024!

Best of luck,
The 2024 UQPMS Executives.

UQPMS Executive Team



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Bowen Chen President

Bachelor of Science (Biomedical Science) | 3rd Year

Describe yourself in 3 words: Cornucopian (diet)coke consumer

Favourite UQPMS Event: UQPMS Ball – great event to grab a couple drinks, have fun and catch up with people

Favourite Study Spot: Level 1 central while on a bean bag I stole from Level 2

Something I wish I knew in my 1st Year: Attending lectures is optional if you promise to watch them after – you can get the same effect if you put the recording on 2x or if you borrow a set of good, high-quality notes. But DO go to uni – it's how you make friends to take those notes from ;)



Patrick Wang Secretary

Bachelor of Science (Biomedical Science) | 3rd Year

Describe yourself in 3 words: The people's doormat

Favourite UQPMS Event: GAMSAT workshops

Favourite Study Spot: Top floor of Law Library

Something I wish I knew in my 1st Year: Grind Grind Grind Grind Grind Grind



Henry Yip Treasurer

Bachelor of Science (Biomedical Science) | 3rd Year

Describe yourself in 3 words: Seasonal caffeine addict

Favourite UQPMS Event: Networking Night is an amazing opportunity to meet with medical professionals and gain exclusive career insights

Favourite Study Spot: UQ Gym – apparently you can grind Anki between sets while securing a monstrous chest pump 🤪

Something I wish I knew in my 1st Year: Download the GYG app and order on your way to Phizz to procure your burrito more efficiently

UQPMS Executive Team



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Vivian Toh Academic Internal VP

Bachelor of Science (Biomedical Science) | 3rd Year

Describe yourself in 3 words: Default mode: cold

Favourite UQPMS Event: UQPMS Market Day - our very first time getting to see all your lovely faces!

Favourite Study Spot: Sir James Foots Building >>

Something I wish I knew in my 1st Year: The top floor of Law Library is cold...very cold.



Max Lindsay Academic External VP

Bachelor of Science (Biomedical Science) | 2nd Year

Describe yourself in 3 words: Silly cat appreciator

Favourite UQPMS Event: UQPMS Ball

Favourite Study Spot: SLC - free tea, good mates, good vibes

Something I wish I knew in my 1st Year: Remember to flip over the page for my first biol1020 mini test 😊



Johnny Nguyen Social VP

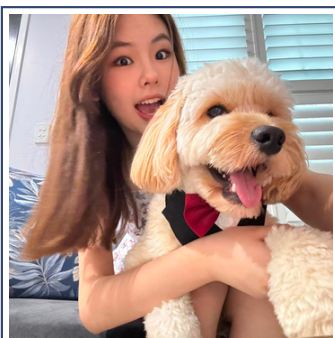
Bachelor of Science (Biomedical Science) | 3rd Year

Describe yourself in 3 words: Ambitious, chill, music

Favourite UQPMS Event: Scrub Crawl because I get to hang out with people I know for hours ofc 🥳🥳🥳

Favourite Study Spot: Central Library - I'm used to the noisiness now...

Something I wish I knew in my 1st Year: Attend your lectures to not fall behind because you will hate having to catch up



Chloe Lau External Relations VP

Bachelor of Biomedical Science | 2nd Year

Describe yourself in 3 words: Plushies, food, dog

Favourite UQPMS Event: Scrub Crawl + Pain n Sip (Turn up 😊)

Favourite Study Spot: Central cos frds

Something I wish I knew in my 1st Year: Actually go to uni - uni is not a side job lol

UQPMS Executive Team



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Joelle Lizbeth Lu Design VP

Bachelor of Biomedical Science | 2nd Year

Describe yourself in 3 words: Eat, Pray, Love

Favourite UQPMS Event: Ball, who doesn't love to dress up and dance the night away?

Favourite Study Spot: BSL Level 2, kitchen area (gotta have the microwaves nearby because I'm always hungry) or Central Library (it's close to union complex and my fav café at uni)

Something I wish I knew in my 1st Year: Attend your lectures... Will you really watch the recordings later? Exactly, attend your lectures! (& actually listen lol)



Peter Park Marketing VP

Bachelor of Science (Biomedical Science) | 2nd Year

Describe yourself in 3 words: on campus everyday

Favourite UQPMS Event: Camp

Favourite Study Spot: Law Library 4th Floor or Central Library; depends on my mood and who I'm with

Something I wish I knew in my 1st Year: Engage with the people in 2nd and 3rd year, especially the PMS regulars! I wish I did this before Sem 2



Donny Wu Mentoring VP

Bachelor of Biomedical Science | 2nd Year

Describe yourself in 3 words: big, nerd, 🤓

Favourite UQPMS Event: I loved the SWOTVAC study sessions!!!! i think it's a must-go for every first year

Favourite Study Spot: Sir William MacGregor 1st floor standing desk near the windows next to QBI elevator; right-most seat adjusted to 33.97 inches off the floor - do not take this seat because it's MINE

Something I wish I knew in my 1st Year: "be an alpha and make ur own opportunities" - donny woooooo!

What is UQPMS?



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The University of Queensland Premedical Society (UQPMS) is a nonprofit, student-run society dedicated to supporting anyone intending on studying postgraduate medicine at UQ. UQPMS is a thriving community of students and is one of the most diverse societies at UQ — our members hail from Brisbane, interstate, and overseas and specialise in a wide range of disciplines, from biomedicine to engineering to law.

We come together as a society sharing the common goal of pursuing a career in medicine, enjoying access to comprehensive resources and calendar year packed with social and academic events.

To stay updated on UQPMS events, publications, and opportunities, check out our **website** and follow our social medias — we are active on **Instagram and Instagram** (and enjoy an occasional TikTok here and there).



<https://uqpms.com/>



<www.facebook.com/UQPMS>



<www.instagram.com/UQPMS>



<www.tiktok.com/@uqpms>



What is UQPMS?

Academic



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Our society welcomes all students, including those wishing to enter medicine via the graduate medical pathway, and those with provisional entry into postgraduate medicine.

To support GAMSAT members, UQPMS works closely with major GAMSAT sponsors to offer up-to-date GAMSAT resources and information. Flyers and further information about each of our sponsor's offerings can be found at the end of this guide. UQPMS also hosts a Graduate Entry Medical Admissions Induction and run GAMSAT workshops to supplement members' GAMSAT preparation.

All UQPMS members also have the opportunity to hone their academic skills through study sessions, academic masterclasses and various professional development events, such as Networking Night.



Check out our flagship publications (and essential reads) on our **website**, at <https://uqpms.com/publications/>.

- ★ The **UQPMS Course Guide** is a culmination of years of past experience and university data, compiling student reviews as well as tips and tricks on 90+ courses offered at UQ.
- ★ The **UQPMS Medical Admissions Guide** is a distillation of everything we wish we knew about the GAMSAT from the start, including a breakdown of the GAMSAT, an overview of competitive scores, and different preparation approaches.

What is UQPMS?

Social



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UQPMS is renowned for the many exciting and unique events we host, which are the perfect opportunity for connecting and socialising within the premed cohort. Keep your eyes peeled for some of these upcoming events:

- Welcoming Night
- Launch Party
- Scrub Crawl
- UQPMS Camp
- UQPMS Ball
- UQPMS Amazing Race
- UQPMS Networking Night
- Premed Pal Events
- Paint & Sips
- Fundraiser Barbecues
- Social Sport Competitions

And many more!



What is UQPMS?

Mentoring: Premed Pals



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Transitioning into your first year of university can be overwhelming, but you don't have to be alone! UQPMS runs a mentoring program – **Premed Pals** – that connects a group of first-year students to an experienced mentor in their second or third year of university.

From nights of Paint and Sip to study sessions, our mentors are here to give you both social and academic support, helping you better settle into university life. Past mentees have not only built lasting friendships with each other, but some have even found professional opportunities through the advice of their mentors.

To sign up:

1. Fill out this expression of interest form: <https://forms.gle/bBxFtqUqYA5qxtC7>
2. To get to know your potential mentors better, take a look at our [mentor look book](#) and meet them in person at our Welcoming Night on the 27th of February. This is a FREE event for UQPMS members. Register for Welcoming Night here: <https://forms.gle/jGG7uxyBcv6ouEpX8>
3. Fill out your mentor preferences after Welcoming Night (preferencing form will open on the night).



What is UQPMS?

Sponsors, Benefits & Discounts



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Each year, UQPMS partners with businesses and locations **all across Brisbane** to sponsor our society and offer discounts to our members.

For a comprehensive list of discounts and benefits to UQPMS members, visit our website here: <https://uqpms.com/2024-sponsors/>.



In 2024, UQPMS's platinum sponsors include GradReady, Growlife Medical, Scarlett, and WAO Superclub. UQPMS holds close partnerships with GradReady and Medify to give our members the edge for GAMSAT preparation. Information about our GAMSAT sponsors' offerings can be found on our website and at the end of this guide.



What is UQPMS?

General Committee



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Our general committee form the backbone of our society, working with our executive team to plan, organise and facilitate UQPMS events. All their efforts behind the scenes set the stage for the magic to happen, and for our members to be able to enjoy the show.



The UQPMS executive team recruits highly motivated premedical students to form our general committee. Joining our general committee gives you the opportunity to:

- Gain leadership experience and hone your organisation skills as you help plan, run and direct society events
- Contribute your ideas and get involved with the behind the scenes of UQPMS events while having a ton of fun
- Build lasting friendships with other motivated and like-minded students (lots of laughs and food guaranteed)
- And as a bonus – you get an exclusive UQPMS committee shirt!

General committee applications open in two rounds: the first at the end of 2023, and the second at the start of 2024. Stay tuned to our socials to find out when the second round opens!

First Year



We know how overwhelming first year can be, especially at the beginning of the year. Adjusting to such a new environment can be a steep learning curve, but after a few weeks, you'll get the hang of things. First year course coordinators tend to be understanding, often giving you multiple reminders for upcoming assessments. They also typically post an introduction to the course on Blackboard, which is the primary online platform for all your course resources and content.

At UQPMS, our Premed Pals mentor program is available to help you settle in – new students are highly recommended to sign up! We'll connect you to experienced second and third-year mentors who will help you adjust to university. While first year courses tend to be the easiest, make sure to use your first year to set up sustainable study habits and routines. It's also the time to make friends and integrate yourself into the university community by getting involved in society events.

If you are studying partially externally, social media is a great way to connect with other students in your cohort. The UQPMS Executive Team is always happy to answer any questions or just to have a chat – feel free to reach out to us via our Facebook or Instagram page!



What to expect in your premedical degree

Second Year & Beyond



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Second year is usually when the going gets tough and the tough get going. Naturally, some fall behind. So, keep your assessment dates noted down and don't neglect your lectures. We understand when your studies become your number one priority – just don't forget that here at UQPMS, you are ours! We have a wealth of resources and support at your beck and call, and when you need a break from the academics, we recommend getting involved in our social events to wind down.

From second year onwards, there are also many opportunities to experiment with electives of your choice, so have some fun with it! There is a wealth of courses just waiting for you to stumble upon – our Course Guide has all the information you need to know about these potential hidden gems.



Third year is often considered not as academically rigorous as second year, as the ordeals of second year diminish the perceived difficulty of third year. However, third year courses still have increased and specialised content, along with harsher marking schemes.



At the end of the day, as premedical students, we are all in the same boat. Don't be afraid to rely on one another. Join UQPMS; make good friends; work hard. And we'll see you in medicine before you know it.



What is UQPMS?

The University of Queensland Premedical Society (UQPMS) is a nonprofit, student-run society dedicated to on providing students seeking to pursue postgraduate medicine (MD) with enriching academic and social events.

Who can join UQPMS?

Anyone can join UQPMS! This includes premedical students who have provisional entry, as well as those preparing to undertake the GAMSAT. We welcome students from any and all study disciplines.

What should I expect from first year?

The transition period from high school to university can be daunting, and you'll be bombarded with foreign terms like 'contact hours' and 'ECP'. Fortunately, first year course coordinators are understanding, and will help you ease into your first year. Over time, once you develop a routine, you will quickly settle into the hang of things.

If you attend UQPMS events, you'll have access to many social events, which is an invaluable way to meet new friends and help you build connections that will make your university experience all the better.

Academic Aspect of UQPMS

UQPMS members can keep an eye out for study sessions, academic masterclasses and professional development events, such as Networking Night. For members sitting the GAMSAT, we host information sessions, study sessions, and have GAMSAT sponsor offerings to help with your preparation.

Check out our flagship publications, including Course Guide and Medical Admissions Guide on our website!



Social Aspect of UQPMS

University can be challenging at times, so we run various events for you to kick back, socialise, and connect with other like-minded premedical students.

A non-exhaustive teaser of the events we have planned this year:

- Welcoming Night
- Launch Party
- Scrub Crawl
- UQPMS Camp
- UQPMS Ball
- UQPMS Amazing Race
- Paint & Sips
- Fundraiser Barbecues
- Social Sport Competitions

Mentorship at UQPMS

UQPMS's mentoring program, Premed Pals, connects a group of first-year students to an experienced mentor in their second or third year of university.

Our mentors are handpicked to support you in any of your social or academic endeavours, and to help you settle into university life with maximum ease. Check out our 2024 mentors in our mentor lookbook and fill out an expression of interest form via our Linktree.

Contact us <3

Join our community by following us on our socials! Don't hesitate to reach out and shoot us a message if you have any questions or queries.

www.facebook.com/UQPMS
www.instagram.com/UQPMS
www.tiktok.com/@uqpbs
website: <https://uqpbs.com/>



10+yrs
STATISTICALLY SIGNIFICANT

10,000+
HAPPY STUDENTS

FROM HERE

20 percentile average score increase*

TO HERE

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How to Become a Doctor

Admissions for the majority of graduate medical schools require students to have a good GAMSAT® score, a good GPA and to pass an Interview.

02

University	2018	2019	2020	2021	2022	2023	2024
Australian Capital Territory							
Australian National University	66	65	63	66	67	67	66
New South Wales							
University of Notre Dame - Sydney	59	56	58	62	63	58	63
University of Sydney	69	68	69	66	72	67	67
University of Wollongong	64	59	60	55	60	60	62
Macquarie University	-	62	63	64	63	-	65
Queensland							
Griffith University	61	66	61	66	67	61	64
University of Queensland - CSP	73	71	63	64	65	69	63
South Australia							
Flinders University	59	62	65	64	63	65	64
Victoria							
Deakin University	63	59	58	58	64	62	66
University of Melbourne	66	65	63	66	67	59	67
Western Australia							
University of Notre Dame - Fremantle	58	55	61	61	61	62	61
University of Western Australia	62	67	65	69	69	66	65

Understand Australian University GAMSAT® Cut-Off Score

Please note that this is a guide only. The data is based on a combination of officially available information and information collated from forums. The majority of universities do not release official cut-off GAMSAT® Scores. The scores relate to CSP Places and exclude rural places.

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Prepare for the GAMSAT® Exam

We've put together the most comprehensive library of Free GAMSAT® Resources available.

Signup for our GAMSAT® Free Trial to get access to free MCQs, our week-by-week Study Guide, an Online Exam that closely mimics the official GAMSAT® Exam, and much more!





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WILL 0481 952 118

Scarlett

BRISBANE



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BIRTHDAY AND TABLE PACKAGES AVAILABLE



Who are Medify?

Medify was established in 2009 with a vision and mission to widen access to medicine and dentistry by providing affordable products and services to help students.

In 2021, we were proudly recognised as the winner of the BETT Award in the 'Higher Education or Further Education Digital Services' category for utilising specialised technology to provide students with the best learning materials and realistic exam simulations.



How can Medify help you get into medical or dental school?

GAMSAT preparation	UCAT preparation	Interview preparation
<p>Our GAMSAT Online Course is perfect for supplementing your GAMSAT revision. Access seven mocks on a realistic test simulator, over 2,000 practice questions, and 50+ in-depth tutorials from only \$35.*</p>	<p>1 in 2 UCAT test takers worldwide use Medify to prepare for their exams. Access 20,000+ practice questions, 24 mock exams, performance feedback, and 50+ hours of video tutorials from only \$35.</p>	<p>Prepare at your own pace with authentic example video responses, an extensive Knowledge Bank, and comprehensive tutorials that include important ANZ health topics. All for only \$50.</p>

*UQPMS members can get a free 1-week access to Medify's GAMSAT course – simply sign up for a free Medify account and provide that email address to a UQPMS administrator.

We also offer a number of free helpful resources at www.medify.com.au:

- **GAMSAT** sample questions ([Section I](#), [Section II](#), [Section III](#)) and [cheat sheets](#)
- **Admissions Guide** covering the admissions journey step-by-step
- **Blog articles** on a range of topics from admissions news to UCAT and GAMSAT tips

Don't just take our word for it...

“Medify is without a doubt an excellent resource. You practise, you reflect, you move on, and you improve. I'm a real life example of the impact that they make.”

– A medical student's experience with Medify





first year's survival guide



<https://uqpms.com/> | @uqpms