



UQ PREMEDICAL SOCIETY

# FIRST YEAR GUIDE

2021



## CONTENTS

<b>WELCOME</b> .....	2
<b>UQPMS EXECUTIVE TEAM 2021</b> .....	3
<b>WHAT IS UQPMS?</b> .....	5
ACADEMIC .....	5
SOCIAL .....	5
SPONSOR BENEFITS and DISCOUNTS .....	7
UQPMS MENTOR PROGRAM – PREMED PALS .....	7
SUB-EXECUTIVE COMMITTEE .....	8
<b>WHAT TO EXPECT IN YOUR PREMEDICAL DEGREE</b> .....	9
FIRST YEAR .....	9
SECOND YEAR AND BEYOND .....	9



## WELCOME

To the eager and hopeful pre-medical student,

Congratulations on being accepted into UQ, and welcome to the UQ Premedical Society. After a particularly unique year in the grip of a pandemic, you're about to start a new adventure towards a shared goal of Medicine. We're excited to share this experience with you!

It's a brand-new chapter in your life marked by the transition from high school to university. For many, it will be the first time you're on your own. The options you have are endless - you have so many courses to pick from, you can arrange your own timetable, and determine whether a few all-nighters are worth a semester's worth of sleep-ins. Clearly this great freedom of choice also comes with great responsibility, but it also comes with opportunities to grow and take your next steps as an adult.

Here at UQPMS, we want to help ease you into university life and your pre-medical studies. This first year survival guide is an annual guide we put together to welcome our newest members with a sneak peak of what's coming up, including academic-focused events to the exciting society events and programs lined up (*psst, you got here just in time to witness the launch of our regular pre-med study sessions!*).

We wish you all the best for the coming year and future years, each of which will be better than the previous. We hope you enjoy being a part of UQPMS and our friendly execs are always here for a chat if you have any questions.

Lots of love,

The 2021 UQPMS Executive Team



## UQPMS EXECUTIVE TEAM 2021



### **PRESIDENT** | Nicholas Wong

*3<sup>rd</sup> Year Biomedical Science*

- Brisbane has a brown river
- Cooking
- Food Instagram
- Zing on



### **SECRETARY** | Viet Tran

*3<sup>rd</sup> Year Biomedical Science*

- Born and raised in Melbourne~
- Loves some good karaoke and boardgames
- Dabbles in the fine arts (manga, K-drama, webtoons, light novels)



### **TREASURER** | Jisu Choi

*3<sup>rd</sup> Year Biomedical Science*

- Probably gonna have back problems by 25
- Send me your rare kermits
- Head empty only 陈情令
- Vote greens



### **ACADEMIC INTERNAL** | Emily Shi

*3<sup>rd</sup> Year Biomedical Science*

- From Sydney
- Rides a bike daily but has no idea how to take care of it
- Absolutely no spice tolerance



### **ACADEMIC EXTERNAL** | Jonas Rivera

*3<sup>rd</sup> Year Biomedical Science*

- Key to happiness = low expectations
- E.g. expect to get hit by a car in an hour, then don't get hit = happiness obtained
- Enjoys dying (trying to exercise), pretending I'm smart (reading non-fiction) and sleeping



## **DESIGNS** | Natasha Firman

*3<sup>rd</sup> Year Physiotherapy*

- Halfie but sounds like a bogan
- Loves a mean banana bread
- The person dropping their laptop 3x mid-lecture



## **EXTERNAL RELATIONS** | Jennifer Kim

*3<sup>rd</sup> Year Science*

- Born in Korea, raised in Sydney
- Lives for sushi and bubble tea
- Shops kids-sized shoes



## **MARKETING** | Elaine Zhong

*2<sup>nd</sup> Year Biomedical Science*

- From Sydney! (nsg)
- Started drinking coffee for the taste but now completely tolerant to caffeine ;-;
- Unironically believes in star signs



## **SOCIAL** | Nhien Nguyen

*3<sup>rd</sup> Year Science*

- Gemini <3
- The most directionally challenged person you'll meet
- Palm reading guru
- Enjoys running



## WHAT IS UQPMS?

The University of Queensland Premedical Society (UQPMS) is a non-profit student-run society for students who wish to study postgraduate medicine. The society comprises members from all around Australia, the world, and also right here in Brisbane. Our members also study a wide range of disciplines, from law to dentistry, and our members come from overseas, interstate, or right here in Brisbane. Regardless of our origin, we come together as a society sharing the common goal of studying and pursuing a career in medicine.

To stay updated on UQPMS activities and events, follow our Facebook page ([www.facebook.com/UQPMS](http://www.facebook.com/UQPMS)) and Instagram ([www.instagram.com/UQPMS](http://www.instagram.com/UQPMS)).

*Psst! A little birdie says that there's a UQPMS discord server in the works - keep an eye out for future announcements!*

## ACADEMIC

Our society consists of students with provisional entry into postgraduate medicine, and those who enter via the GAMSAT pathway. As a result, UQPMS works closely with 3 major GAMSAT sponsors to offer up-to-date information on GAMSAT support and resources available. Flyers and information about each of our sponsor's offerings can be found at the end of this guide. In addition, UQPMS is re-introducing their fortnightly GAMSAT study sessions to supplement your GAMSAT preparation!

For all of our members, including provisional entry students, UQPMS is introducing weekly study sessions for premed students for UQ course studies. These study sessions will be run next to the main refectory (exact rooms TBA). Each session will have study themes and structured to help individual study for recapping the week's content and prepare for upcoming exams and assessments. Older students will also be available as tutors to help out with any particularly tricky questions!

Finally, UQPMS releases an annual flagship publication, the UQPMS course guide, which compiles course-specific student reviews and general course information all into one.

## SOCIAL

Every year, UQPMS hosts a number of events at a range of venues, all of which are aimed towards bringing our members together and providing an opportunity to socialise and connect with the premed cohort. Some events we have planned this year include:

- Welcome Night
- Premed Pal events
- UQPMS Amazing Race
- Fundraiser Barbeques
- Annual UQPMS Ball
- UQPMS Networking Night

And many more!





## SPONSOR BENEFITS AND DISCOUNTS

Each year, UQPMS partners with local businesses that sponsor our society and members. Many of our sponsors offer discounts to our members. For a full list of discounts and benefits, see our website [here](#).

Another advantage for our GAMSAT-sitting members is the close partnership UQPMS has with our 3 major sponsors:

Fraser's GAMSAT Tuition | GradReady | Gold Standard

Information about each of our GAMSAT sponsor's offerings can be found on our website and will be included at the end of this guide shortly.

## UQPMS MENTOR PROGRAM – PREMED PALS

The uni experience can be daunting for a lot of people. This is why UQPMS runs a mentor program, the Premed Pals, every year. The Premed Pals helps connect first years (or anyone who wants to be involved!) to an older mentor student. These mentors can be there to provide a bit of advice, arrange some fun gatherings for your mentee group, or just become a friendly face on campus.

In previous years, we have arranged a number of mentor-mentee social events, like bowling, laser tag, mini-golf, and large group dinners.



The mentor program will be open for mentee sign-ups within the first few weeks of semester. Keep an eye on our Facebook page for the sign-up link!





## SUB-EXECUTIVE COMMITTEE

Every year, the UQPMS exec team recruits a team of premedical students to form our sub-executive committee. Our sub-executives are heavily involved with planning and running UQPMS events.

Joining our sub-executive committee gives you the opportunity to:

- Gain leadership experience as you help direct premedical society events
- Apply and develop your organisation skills as you incorporate the premedical society into your university experience
- Get behind the scenes of UQPMS events and understand the workings of a society
- Make new friends as you work with other motivated and like-minded students (lots of laughs and food guaranteed!)
- And the best one – you get an exclusive UQPMS committee shirt!

Sub-executive committee applications open in two rounds, one at the end of the year and the second at the start of each year. Stay tuned to our social media to find out when the second round opens!





## WHAT TO EXPECT IN YOUR PREMEDICAL DEGREE

University is a daunting place to find your way through. Here, you'll find a brief snapshot of what you can expect.

### FIRST YEAR

From high school to university, many first-years often find their first few weeks at university to be strangely daunting. Everything seems so foreign, terms like 'contact hours' and 'course coordinators'. For many first years who are interstate and have decided to study externally, it can be even scarier since you can't meet anyone face-to-face to talk about it.

It's a steep learning curve, but after a few weeks, you'll get the hang of things. First year course coordinators tend to be quite forgiving and will often give you multiple reminders and plenty of warnings for upcoming assessments. Course coordinators typically post an introduction to the course on Blackboard, the primary online platform for course resources and content.

In addition, our Premed Pals mentor program is also available to help you settle in - first years are welcome to sign up! Once signed up, you'll be connected with a second or third year mentor who will be available to help you get adjusted to university. On-campus and online mentors are both available, whether you are studying externally or flexibly.

First year courses tend to be the easiest out of all courses, so make sure to use your first year to set up a good study habit and routine. It is also a time to make friends and get a feel for the university experience. Even if you are studying externally, there are many social media platforms available to help you connect with other students in your cohort. If you ever need help or would like further advice about navigating the various aspects of university life, you can reach the UQPMS Executive team via our [Facebook page](#).

### SECOND YEAR AND BEYOND

Second year is normally when the going gets tough and the tough get going - no more 'easing into university content and unimportant tutorials', many people find that second year courses (especially the biology-related kind) will start throwing content from the first lecture. It can be daunting and many people fall behind so it's important to have all your assessment dates noted somewhere and never fall more than a week behind on lectures - you can thank me later. Ultimately, your studies are your number 1 priority at university (and here at PMS, you are our number 1 priority!).

It's not easy but at least we have 24-hour libraries and hopefully friends who are willing to bond over an all-nighter. That being said, there are still many benefits of second year, including the broad range of people you'll meet, especially as second year courses tend to have a greater variety of students and you can also do a bit of experimenting with your elective courses.

By third year, you'd be somewhat jaded but also much more settled into the rhythm of university life and study. Third year is often considered 'not as bad' as second year, as the ordeals of second year diminish the perceived difficulty of third year. Third year courses still have more content (and often a greater level of detail) along with harsher marking schemes, so you can't relax just yet.



At the end of the day, there is no reward without struggle, and as premed students, we're all in same boat. Join the premed society, make good friends, try your best, and we'll see you in Medicine one day!