



first year's survival guide

This ultimate guide, written by students,
to help you navigate uni life



UQPMS



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welcome!

To the eager and hopeful pre-medical student,

Congratulations on being accepted into UQ, and welcome to the UQ Premedical Society. You're about to embark on an exciting adventure towards medicine – and we're all excited to be on this journey with you.

Perhaps you're feeling anxious, excited, or anything 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 courses to pick from, so many social events to attend and so many all-nighters waiting to be pulled. This new chapter in your life 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 uni experience and help you transition into first year. The approachable executives and knowledgeable 2nd and 3rd years are always down for a chat and answer any questions you may have. We're here to help, so ask away! We have also compiled this first-year survival guide to help you gain an understanding of UQPMS and the rewarding experience awaiting you in 2023.

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 (optional but recommended) and make the most of 2023.

Best of luck,
The 2023 UQPMS Executives.

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 (MD). UQPMS is one of the most diverse societies at UQ – our members come from Brisbane, interstate and even overseas and study a wide range of disciplines, from law to dentistry.

Regardless of our differences, we come together as a society sharing the common goal of pursuing a career in medicine.

To stay updated on UQPMS activities and events, **check out our website (<https://uqpms.com/>)** and follow our **Facebook, Instagram, TikTok and Discord.**



www.facebook.com/UQPMS



www.instagram.com/UQPMS



www.tiktok.com/@uqpms



<https://discord.gg/AzUf6abCWF>

academic



Our society welcomes all students, including those with provisional entry into postgraduate medicine, and those wanting to gain entry via the GAMSAT pathway.

To support GAMSAT students, UQPMS works closely with 3 major GAMSAT sponsors to offer up to date GAMSAT information and resources. Flyers and information about each of our sponsor's offerings can be found at the end of this guide. UQPMS also runs GAMSAT study sessions to supplement GAMSAT preparation.

UQPMS also aims to help students hone their academic skills through study sessions, presentations (such as Academic Masterclass) and various professional events (such as Networking Night).

Don't forget to check out our annual flagship publication, the **UQPMS Course Guide** (find it on our **website: <https://uqpm.com/>**), which compiles course-specific student reviews to help make course selection less daunting.

social

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:

- Welcome Night
- Launch Party
- Premed Pal Events
- Scrub Crawl
- UQPMS Camp
- UQPMS Amazing Race
- Fundraiser Barbeques
- UQPMS Ball
- UQPMS Networking Night
- Trivia Nights

And many more!





sponsors, benefits & discounts

Each year, UQPMS partners with businesses to sponsor our society and offer discounts to our members. For a full list of discounts and benefits, **visit our website (<https://uqpms.com/>)**.

UQPMS also holds close partnerships with Fraser's GAMSAT Tuition, Medview, GradReady, Medify and Gold Standard to give our members the edge for GAMSAT preparation.

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



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mentoring

The uni experience can be daunting for a lot of people, especially for new, incoming students. This is why UQPMS runs a mentor program, the Premed Pals, to connect a group of first years (or anyone who wants to be involved!) to an older mentor student.

Mentors are always down for chat, provide advice and organise fun gatherings to help foster friendships and enhance your uni life. Examples of previous mentor-mentee social events include rock climbing, bowling, laser tag, mini-golf, ice-skating and large group dinners.

The mentor program is now open for mentee sign-ups within the first few weeks of semester.

Check our Facebook page for the sign-up link (www.facebook.com/UQPMS)!



general committee



The UQPMS executive team recruits motivated premedical students to form our sub-executive committee. Our sub-executives are heavily involved with the planning and running UQPMS events.

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

- Gain leadership experience and hone your organisation skills as you help direct society events
- Contribute ideas and get 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 the best one – you get an exclusive UQPMS committee shirt!

Sub-executive committee applications open in two rounds, one at the end of 2022 and the second at the start of 2023. Stay tuned to our social media to find out when the second round opens!

what to expect in your premed degree

first year

We know how overwhelming first year can be, especially at the beginning. 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, often giving you multiple reminders for upcoming assessments. They also typically post an introduction to the course on Blackboard, the primary online platform for course resources and content.

Most importantly, our Premed Pals mentor program is available to help you settle in – new students are recommended to sign up! We'll connect you to second- and third-year mentors who will help you adjust to university. On-campus and online mentors are both available, whether you are studying externally or flexibly. While first year courses tend to be the easiest, make sure to use your first year to set up good study habits and routines. It's also a time to make friends and integrate yourself into the university community.

Even if you are studying externally, social media is a great way to help you connect with other students in your cohort. If you want further advice or help from us, please reach out to the UQPMS Executive team via our Facebook page or on other platforms.

second year & beyond

Second year is normally when the going gets tough and the tough get going. Naturally, many people fall behind. So, note down your assessment dates and don't fall behind on lectures. We understand that your studies become your number one priority (and here at PMS, you are our number one priority!). That said, you'll meet so many interesting people and there's many opportunities to experiment with electives.

Third year is often considered 'not as bad' as second year, as the ordeals of second year diminish the perceived difficulty of third year. But third year courses still have more content along with harsher marking schemes.

At the end of the day, there is no reward without struggle, and as pre-med students, we're all in the same boat. Join the pre-med society. Make good friends. Work hard. And we'll see you in medicine one day!



tl;dr

What is UQPMS?

The University of Queensland Premedical Society (UQPMS) is a non-profit, student-run society that is focused 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 planning on undertaking the GAMSAT. We also welcome students from all disciplines, from science to commerce.

What to expect in 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'. Luckily, first year course coordinators are often forgiving and will help you ease into your first year. Over time, you will get into a routine, and you'll get the hang of things.

If you attend UQPMS events, you'll have access to many social events that will help you form a social circle that will make your university experience all the better.

Social Aspect of UQPMS

University can be a challenging experience, so we run various events that will help you socialise and connect with other like-minded premedical students.

Some events we have planned this year:

- Welcome Night
- Launch Party
- Premed Pal events
- Scrub Crawl
- Premed Camp
- UQPMS Amazing Race
- Fundraiser Barbecues
- Annual UQPMS Ball

Academic Aspect of UQPMS

For those planning on taking the GAMSAT, we run information sessions, study sessions, and have GAMSAT sponsor offerings to help with your preparation.

Don't forget to check out the Course Guide on our website!

Socials & Website!

www.facebook.com/UQPMS

www.instagram.com/UQPMS

www.tiktok.com/@uqpms

<https://discord.gg/AzUf6abCWF>

Website: <https://uqpms.com/>

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01

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.

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

02

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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- ✓ Interview Preparation

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- ✓ Online Question Bank
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- ✓ 2hrs Private Tutoring
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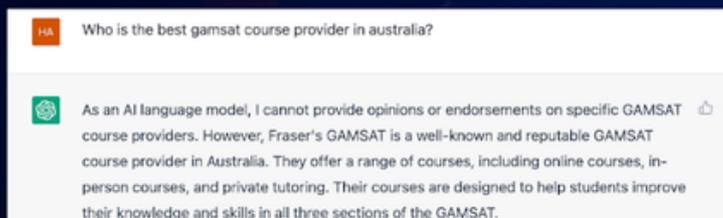
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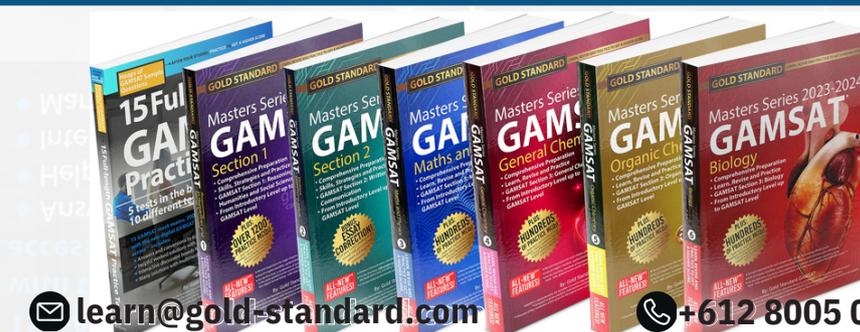
2ND EDITION

By: Gold Standard GAMSAT

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Note: This book contains 5 mock exam papers and a PIN for 1 year access to 10 online practice tests + worked solutions. Also note that nearly all questions from online tests HEAPS-11 to HEAPS-15 originate from the Gold Standard Masters Series.

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