

Have a beautiful year!

The very
unofficial guide
to first year

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Updated for 2022

WE'RE SO EXCITED TO WELCOME YOU TO UQ!

Congrats on getting into med! UQ is a very chill and supportive med school so you're in for a treat. You might be nervous and that's okay. Many of you will be coming in from other states and countries so we've compiled a little guide to help answer some questions you might have.

A little disclaimer before we begin - this guide was written by older students to help you guys settle into life at UQ and find out about the many opportunities available to you. However, things like courses and program requirements may change slightly from year to year, so if you are ever in doubt about either, please contact the Faculty of Medicine directly for the most up-to-date information, and do not rely solely on advice in this guide.

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1. O-WEEK

O week is your opportunity to get to know your cohort, classes and the wonderful UQ med societies! There will be lots of free food, freebies, signups and information being thrown around so we've made a list of the must do's.

1. Sign up to ALL of the indemnity insurance providers. It's free, they give you gifts and will be there for you in the (veeeeeery) unlikely event that you wind up involved in some medico-legal dispute.
2. Sign up to the UQ Medical Society. The membership gives you access to all their social and learning events which are on ALL the time (and a fancy keychain)
3. Buy the clinical handbook. When you're signing up to the UQMS there will be some dodgy looking Clinical Coaching textbooks for sale. Buy one. You will literally memorise the whole book by year 2 and all of your clinical assessments come out of them.
4. Buy some scrubs. Why? Because on sports day we wear scrubs (and you will use them for events over the next 3 years!).
5. Go to SPORTS DAY! Before you dismiss it, there are no sports on sports day, except for a sneaky jumping castle or two. Sports day is essentially a massive med student pub crawl that starts in the morning and then moves to an open party space for sweet tunes, drinks and food. Not a drinker, no worries, neither are some of us. You will still 100% have an amazing time meeting your new family at UQ.

Other things to keep on your radar:

1. Get your UQ student ID
2. Get your blue card set up at building 69 (the home of CBL classes and a cute med student area)
3. Get a go card for public transport (see section 9)

2. "SETTLING IN AT UQ" EVENTS FOR FIRST YEARS (AFTER O-WEEK)

How to Ace First Year - 31st Jan

Where older students give advice on how they got through their first year of study including tips on which resources they found the most helpful, and how they balanced their workloads

- Studying in med was crazy different from how we studied in undergrad, so it was super helpful to hear how other people studied so we could get ideas for making a new method that worked for us

International Welcome Night - 3rd Feb

- Meet other internationals!
- Get some advice from other students in higher years

Med Camp - 11 - 13th March

- Get to know your family during a weekend of fun shenanigans

3. SUBURBS AND HOUSING

Brisbane has tonnes of vibrant areas to choose from! Here are some of the most popular.

WEST END

- Hipster vibe
- Saturday market for cheap veg
- 10 minutes to the city
- Coles and Aldi (Supermarkets)
- Cute cafes
- 10-25 min to uni by bike/bus or ferry
- Lots of gyms
- For the rock climbers, foodies and social butterflies
- Downside is you need to go over high-gate hill if you're riding to uni

HIGHGATE HILL

- See West End but everything is a little further and a little cheaper

SOUTH BRISBANE

- Ochsner town (Flashy apartments \$\$\$\$\$\$\$ or stress-free student accomodation)
- It's more expensive
- Lots of cafes
- Parks
- Cinema
- Cafes, bubble tea, food
- Woolworths Supermarket
- Close to all three modes of transport (bus/ferry/train)
- Southbank markets

ST LUCIA

- For the study addicts (ie. super close to campus)
- Open areas and the suburban feel
- You're close to uni but nothing else (may be full of undergrad students)
- Might be slightly harder to get to social events / to get home from the Valley (uber is your friend)
- There is an IGA (small supermarket)

TOOWONG

- Close to all three modes of transport (bus/train/ferry)
- RE is a big student catch up bar especially if you have friends outside of med (beware the 18- year-old college students)
- cheap dinners with all the Asian restaurants
- shopping centre has all the necessities
- It's a quick 6-8 minute bus ride to uni.

DUTTON PARK

- You can get to UQ by crossing the green bridge
- Cheaper and less busy than the rest

FORTITUDE VALLEY (“THE VALLEY”)

- Where all the nightclubs are
- Wouldn't recommend living here, just letting you know what it is

Woolloongabba

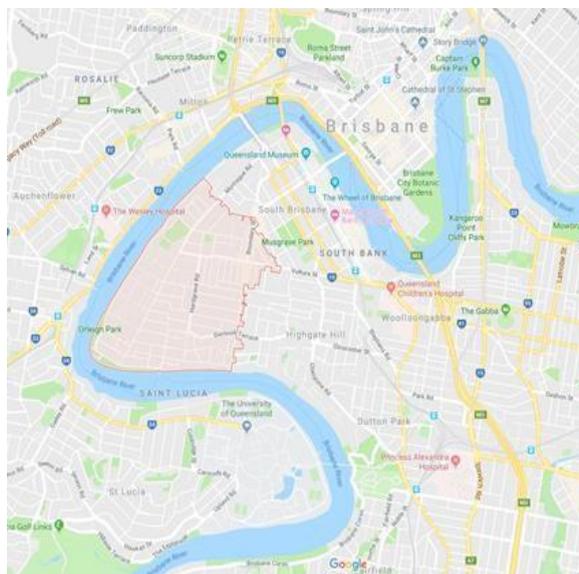
- really close to everything
- well connected with the hospitals and uni
- good mix of student accommodation and private rentals.

FINDING A PLACE TO LIVE ?

- Don't do what some of us did and just turn up, these websites are your friends
- Flatmates.com.au
- Facebook (The marketplace, UQMS marketplace)
- Gumtree.com.au
- <https://www.realestate.com.au/rent/>
- UQ also has some resources and information available at:
<https://my.uq.edu.au/student-support/accommodation>
 - Off-campus student accommodations are privately owned, and are a great alternative if you're coming from overseas. You can get your own private room with a kitchenette and bathroom. If you're an older student, don't worry, it's not just habitted by a bunch of 18-year-olds...

Prices will range anywhere from 120 to 300+ (for a room) depending on the location, size, furnishing, AC, inclusion of bills etc.

ALWAYS INSPECT BEFORE YOU MOVE IN!



4. INTERNATIONAL STUDENT ADVICE

EXCHANGING MONEY

A Canadian peer - "First, check out HiFx or XE (or other online money transfer companies). Then take the time to call your favourite and request a better rate/waive any transfer fees. I told them how much I'd have to transfer over the 4 years and got all that no problem. It was literally a 5-minute phone call... maybe even quicker."

BANKING

The four major banks in Australia are Commonwealth, Westpac, ANZ, NBA. Check to see your closest branch to you - UQ has a Commonwealth branch on campus.

If you ever want to send a friend money (say you have to split the bill, or you didn't have any cash at the farmer's market), everyone does it here through their bank apps - you'll need someone's BSB and Account number. It's kind of like Venmo.

HEALTH INSURANCE

In your application you can opt for the uni to set up your health care insurance, it saves heaps of time according to an Ochsner peer but shopping around will get you a better rate.

VACCINES

- They might be free in your home country or province so look into it before you leave
- Or it might be cheaper to wait until you're in Australia

HOW TO EAT VEGEMITE

What someone may suggest... get a tablespoon and scoop that lux paste into your mouth (don't do this).

How to actually eat the salty black sludge:

1. Toast some bread
2. Spread butter on the toast
3. Spread the tiniest amount onto your toast
4. Enjoy



Got questions? Email international@uqms.org

5. PARENTS

Med student parents suggest...

- Be organised, time-management is key and take advantage of any time available
- Keep a routine for kids with homework etc and think of med as an 8-5 job (although some days are much longer!) with the weekends and other time for your family



6. STUDENTS WITHOUT A SCIENCE BACKGROUND

So you sat the GAMSAT without actually doing any bio and now they're talking about mitochondria and Robbins..... so did our friend Doug (BEcon). Here's his advice:

Studying medicine is very, very different to most other academic pursuits. In my economics degree prior to my MD, I found that if I was good at maths and had watched the grand total of 12 lectures per semester, I could do well. This is far from true of your chosen field.

With my stern warning out of the way, let me say this: don't panic. You are smart and hard-working. You don't need a bio-med background to do well. I found out we have two kidneys in week 12 of my first semester. If you're doing better than that, you're home safe.

With that in mind, I do have some tips to make things a little easier for you. First and foremost:

1. **LEARN WHAT NORMAL IS.** *By this I mean you must start with first principles. Learn the normal anatomy before attempting to look at its aberrant forms in a pathology pot (organ in a jar). Learn the normal physiological process of the heart, before you try to study the myriad ways it can become distorted. I wasted countless hours attempting to learn disease processes, management and how a human body functions at the most basic levels simultaneously, which was grossly inefficient and confusing.*
2. *An easy way of doing this is **starting your anatomy flashcards one week in advance, and ACTUALLY DOING THE PRE-READINGS.** They will likely take you longer to do than it would for your colleagues, but I can assure you it is far safer to spend a little more time now.*
3. *My third tip is **use resources effectively.** The lectures provided to you are generally of an excellent standard, but they may not always be presented to you in a format you find digestible. One might therefore assume you need to begin reading every textbook you can find, but this is (an economist's worst nightmare) inefficient. Consider the UQ lectures necessary, but not always sufficient. If you decide to use a textbook (the books outlined above are all very good) ensure that what is said in the text is consistent with what has been told to you by your lecturers, and **MAKE SURE** that when using a textbook, you don't accidentally miss any concepts or facts elucidated by the lectures.*
4. *My final point is to make sure you **don't let yourself get intimidated.** It is very easy to feel stupid in medicine, particularly coming from a different background. You must remember that you are not stupid. Your merits have won you a place in this program. You will likely find the first week or two of every module confronting. Your peers, especially during CBL sessions, will almost certainly be throwing out words you are completely unfamiliar with. This does not mean that they are smarter than you. They are simply more knowledgeable at this point in time. The wonderful thing is that knowledge is much more easily acquired than intelligence. If you work hard and maintain composure, you will pleasantly surprised to start matching your friends much sooner*



than you think.

*Confirmed inner dialogue of all med students,
irrespective of how chill they are on the outside*

7. WHICH CLINICAL SCHOOL?

You're only going to have one weekly clinical coaching class and one fortnightly pathology class at your clinical school so it's not too much of a big deal where you go in first year. All classes are in classrooms (as a first year you're an assassin and won't be allowed near patients).

We would recommend choosing one based on how close it is to your home, but the overall timetable is probably the most important consideration in first year, since most of your classes are at the St Lucia campus anyway. All clinical sites can be accessed by the 66 bus which goes between all hospitals and the uni and runs every 15 minutes (so no worries if you don't have a car).

MATER

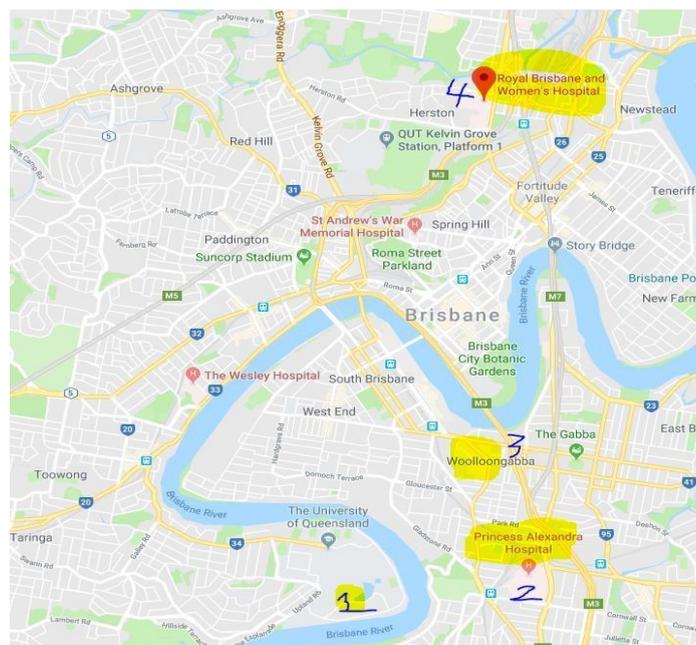
- Cute, cottage-like, close to UQ
- Pathology classes at PA (a two-minute bus ride away, so no biggie)

PA

- Modern, spaceship-like, close to UQ
- The biggest of the clinical sites

RBWH

- Pretty modern, newly refurbished lounge (with a pool table!), further from UQ
- Can find reasonably priced street parking about a 10-minute walk away
- The Herston Medical Library is on this site (not commonly used or well known since our readings are all online, but could double as a veery quiet study space)



1. Your lecture theatre, 2. PA, 3. Mater, 4. RBWH

8. LIVING IN BRISBANE

Prior to moving up here, we envisioned Brisbane to be akin to a small rural town with roundabouts and not much else. We were so wrong! This city is FUN sized and ready to rock your med degree 😊

CLIMATE

- When you arrive, it is going to be ridiculously hot, like sauna hot
- But it gets better and winter is gorgeous. Think clear days and perfect weather (22 degrees)
- The weather here is consistent so if you're from Melbourne you might get confused
- Brisbane is very hilly so if you plan to bike to uni you'll get fit quick (Highgate Hill hurts)
- You'll probably want ceiling fans or AC if you're not great with heat and humidity



COFFEE

- Best coffee on campus is Brew Point or Belltop
- Best deal for coffee on campus is Merlo cause when you sign up for their thing you get two free coffees,
- Best coffee/cafe outside of campus is anywhere in West End

THE CITY

- Movies tickets are super cheap, like \$5
- There is a pretty river with lots of lights
- Everything is close
- You can get to amazing beaches and rainforests within an hour

LIVING POOR

- West end market for cheap fruit and veg
- Aldi Supermarket for cheap meat, tinned stuff and frozen stuff
- Thrift stores for cheap homewares and clothes
- In emergencies, UQ can give you a \$250 loan
- Students get a discount on public transport in QLD if they register their Go-card online
- If you're over 22 and Australian get yourself set up with Centrelink
- Get a concession card for \$6 scripts (only if you're with Centrelink)
- Also, doctors like to help med students out and will tend to charge you less so make sure you let them know
- There are free breakfasts and dinners provided by the student union a couple of days a week.

9. TRANSPORT

Brisbane has a pretty good public transport system, lots of bike paths and is rather small, so you'll be fine without a car.

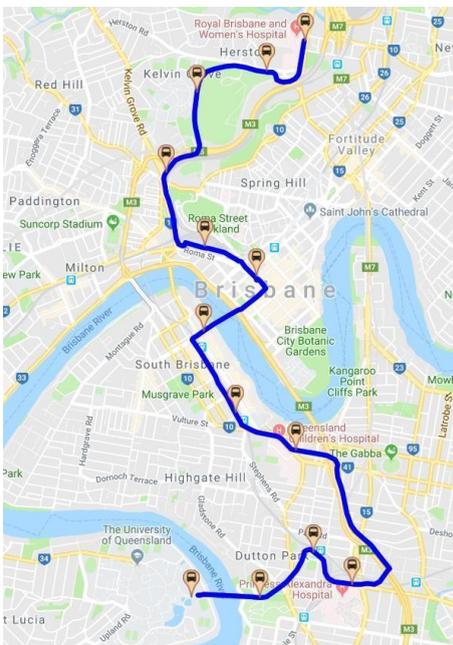
BIKE

- There are bike lockers where you can store your bike, stuff and have a shower
- Access is free, but you need to apply at the same place that you got your ID
- Personal lockers cost about \$20 / semester

Bus

Toowong/Coronation Drive

- Get a Go Card (the Brisbane public transport card for bus, train and ferry)
- Register your Go Card online to get a 50% student discount and to set up auto top-up so your go card credit never runs out
- If you don't have a go-card (or forget it at home) your only option is to pay for a cash ticket which is more expensive (although if you're at a bus station with ticket machines you might be able to pay on card)
- The 66 bus runs between all the clinical sites and UQ



- Note that bus is by far the most efficient way to get to the clinical sites since parking is not always easy (parking at Mater and PA is particularly hard since they're in the city, but you can find reasonably priced street parking 10 minutes' walk from RBWH)
- Other key buses: 192 from West End, 412 between the city and UQ via

CARS AND PARKING

- Parking lots in UQ are numbered P1, P2... and colour-coded to have different prices. Some carpark are also staff only.
 - o Blue- \$5 all day weekday parking
 - o All other colours are more expensive
- You need to pay for parking via the Cellopark app
- A peer says "My advice for parking is P7 or P9, or P10 undercover area if you want to pay a lil extra to not walk as far. P6 is pretty convenient if you're only going for an hour or so (hourly rates!). Generally, if you want to avoid missing a spot, arrive before 8 (lil earlier if exams) or after 1 (at least in my experience) and download Cellopark
- P11 (Conifer knoll) seems to fill up later (by 9 or so) and is close to advanced eng

10. FACEBOOK GROUPS

<https://www.facebook.com/groups/UQMSMarketplace/>

- A UQ med society controlled FB group for buying and selling anything
- Good for cheap homewares, finding med roommates and

textbooks

<https://www.facebook.com/groups/126407587998779/?ref=bookmark>

[S](#)

- A group dedicated to the ducks that chill outside of your lecture

theatre <https://www.facebook.com/UQMedicalSociety/>

- The FB group for UQ Med Students from all year levels (i.e. Where all the juicy event pictures are posted)

<https://www.facebook.com/groups/618022915999834>

- The UQ MD Class of 2025 FB page! If you're not in this group yet, what are you doing?

<https://www.facebook.com/CBLposting>

- The superior UQmed meme group

11. MEDICAL

- There is a clinic on campus that bulk bills and where you can use your international medical insurance
- A dentist on campus will do check-ups for \$30 (all students)
- You can access up to 6 counselling sessions per year through the uni (all students)
- If you have a disability, health or mental health condition you can get an access plan created to help with deadlines or exam conditions etc.
- More info in section 16

12. RESOURCES FOR YOUR COURSES

Pro tip: If you're ever trying to find a book, your best bet is to ask an Ochsner student.

STUDYING MED

Figuring out a strategy for studying will be one of your first adventures. Luckily, there is no perfect or one way to study med... which is cool because it gives you the artistic freedom to literally do whatever you want and no one can question it.

My (Jayde's) strategy was to

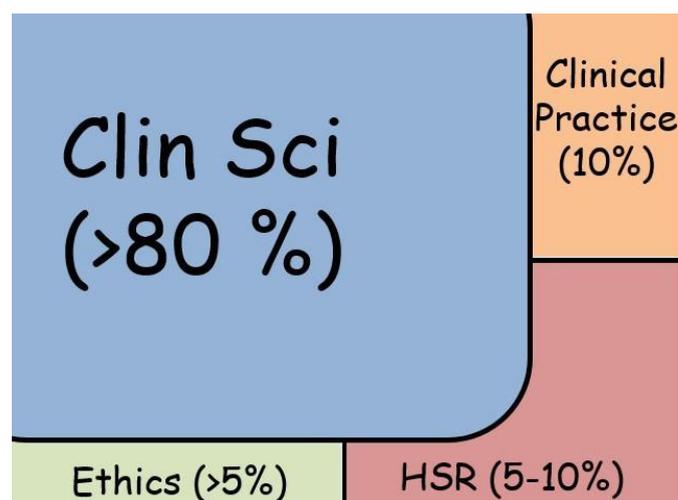
1. Go to the lectures and classes, annotating slides on OneNote
2. Summarise the notes merging them with Pathoma and leaving out the obvious stuff / things that I already know (please don't try re-write notes word for word)
3. Use Aaron's anatomy Anki EVERY DAY (I don't know who this guy is but he is a saint)

NB: Anki is your new deity – she's a spaced repetition flashcard program who drills information into your third eye. Download Anki at <https://apps.ankiweb.net/> and collect decks from your friends in year 2.

SUBJECTS

This year you will have 4 subjects, but as you will soon find out they are not weighted equally...

1. **Clinical Practice**: Where you learn to examine patients and take histories, ~10% of your time
2. **Clinical science**: Where you learn about all of the medical theory; I'm talking anatomy, pharmacology, physiology, pathology etc. This subject will account for 80% of your time.
3. **Ethics**: Self-explanatory, super easy and will take up 5% of your time.
4. **Health, society and research**: Public health, super easy, will take up 5% of your time.



CLINICAL SCIENCE

- Clin sci is a mother f**ker but she can be defeated
- There are a bunch of -ologies taught in a nonsensical order designed to give you a severe panic attack

- The best way to deal with it is to accept that FOM has a very niche perception of order and go with it

ANATOMY PRAC CLASSES

As part of Clinical Science (the biggest of the four subjects/courses you take each semester), you'll have roughly one Anatomy Prac Class per week.

For each prac you get about 30 pages of long-winded, detailed notes, and the idea is to identify the things in the notes on real-life specimens in class (a weekly things-to-spot checklist is also provided to simplify the process).

The following anatomy resources have saved the grades of many med students:

Aaron's Anatomy Anki Deck

<https://drive.google.com/drive/folders/0B56c1jnuh2Y8TkxGTTVqREdFY28>

- THESE WILL SAVE YOUR LIFE, CLEAR YOUR SKIN AND FIX YOUR BROWS
- Comprehensive digital flashcards for each anatomy prac

Acland's Video Atlas of Human Anatomy

- "The only reason I passed our practical anatomy exams in first year" – a peer
- Breaks all of human anatomy down into a series of 3 minute videos
- See stuff super clearly on real cadavers (sometimes hard to do in pracs)
- Accessible for free through the UQ library at this link: <https://aclandanatomy-com.ezproxy.library.uq.edu.au/>

RADIOGRAPHIC ANATOMY

This program will help orientate you...

<http://www.imagingpathways.health.wa.gov.au/flash/CTCAAxial.html>

PATHOLOGY

As part of the "Clinical Science" subject/course you take each semester, you'll have a Pathology tutorial either online or at your clinical site roughly every two weeks.

- Focus on the tutorials and the pots. If there isn't a pot (a plastic thing with an organ in it) they're probably not going to ask an image-based question about the disease.
- If they mention a disease know the inheritance pattern/genes involved
- Suja is a QUEEN - take what she says as gospel for your path revision

Books

Pathoma!!! (Textbook with videos)

- Has answers to 95% of the ridiculous MCQs
- Basically, all the important stuff from

Robbins

Robbins (Textbook)

- Great if you identify with Hermione (like to read HEAPS)
- It can be a pain to read, but many path tutorials follow it closely

How to do well?

- Literally memorise and get familiar with every single pot. They will almost only ever test you on pots that have been presented in the tutorials (so basically anything on the tutorial sheet or the pot of the week)



EMBRYOLOGY

- A peer says "make a note on embryology if you have difficulty remembering some portion of anatomy. I found learning some relevant embryology before going back over the anatomy make me remember it"
- Note the lectures for this are INSANE, but they only ever really test the basics

Helpful videos:

For Gut Development: <https://aucklandanatomy.com.ezproxy.library.uq.edu.au/MultimediaPlayer.aspx?multimediaId=10528611>

For Heart Development: <https://www.youtube.com/watch?v=5DIUk9IXUaI&t=2s>

PHARMACOLOGY

- A peer says 'make a table of MOA, class, AEs & (contra-)indications which I found handy 😊 effort, but worth it'
- A peer says 'writing down the name of every drug I came across this year and listing it in a drug directory word doc took 2 seconds and it was a super helpful reference'

HISTOLOGY

- Do the online quizzes until you get 100% on every single one
- The questions tend to all come from there
- A peer says 'I found I learned more from watching random YouTube histology videos than I ever did from attending histo pracs'

CBL (CASE BASED LEARNING)

CBL is where you become one with House and live out your childhood dream of solving medical mysteries (i.e. you work through a fake doctor-patient scenario or a "case").

- You are presented with a fictional scenario where someone comes to you (the DOCTOR) with a medical problem, and you and your CBL buddies work together to find out what it might be
- Then you learn about how to manage the person's treatment and follow their progression till they recover or die
- Each session is complemented by snacks brought by a CBL pal



A typical CBL treat

GENERAL CLIN SCI OVERVIEWS

- First aid for USMLE Step 1 is a great textbook and has system overviews
- There are also 'Kahoot Challenges' run by UQMS that review clinical reasoning within each of the modules that are ridiculously helpful

CLINICAL COACHING

- Buy the clinical practice handbook sold at orientation (if you miss out, the PDF is online on Blackboard and you can get it printed yourself at UQ Print on Demand, but it'll be slightly pricier)
- Memorise the relevant chapter, learn the marking sheet and watch the video (on blackboard)
- Anything in the clinical coaching handbook is fair game – memorise the juice

ETHICS

- Don't stress, this subject is super easy for anyone with half a moral compass
- the super basic 'principles' can be summarised in several pages
- There is an Anki somewhere
- THE UQMS ETHICS REVIEW AT THE END OF SEMESTER IS AMAZING

HEALTH, SOCIETY AND RESEARCH (HSR)

- As previously stated this subject is ridiculously easy
- Go to the lectures and do the Anki deck and you will do great

EXAM TIPS

- Do the past exams and all practice quizzes... FOM loves to recycle 😊
- Go to the UQMS review sessions
- Join a peer tute - they'll tell you what to do and remind you that you're doing okay

13. SAFE SPACES ON CAMPUS

UQU WOMEN'S COLLECTIVE: THE WOMEN'S ROOM

- next to the 24/7 study space at St Lucia which is next to the red room
- welcomes all women, and any trans men and gender and/or sex diverse people

UQU ABILITIES COLLECTIVE: THE ABILITIES ROOM

- The UQU Abilities Collective is a group for UQ students who identify as having a disability, chronic illness, or mental illness.
- The abilities room is right next to the women's room

THE UQ QUEER COLLECTIVE

- To the left of the women's room and on the same level
- <http://www.uqu.com.au/uqu-queer-collective>

14. SPORT AND FITNESS

SWIM FITNESS CLUB (SUPPORTING WOMEN IN MEDICINE, OPEN TO ALL)

- **Free weekly** yoga sessions and a running group (All in St Lucia)
- <https://www.facebook.com/groups/1180631315305002/>

MED SPORT TEAMS

A Great way to get fit, meet other med students, and play in teams that are sensitive to busy times in med school! All teams are open to all ages, genders and abilities and often welcome non-med pals.

The Pitch Doctors - UQ Med Cricket

- Matches run throughout the winter season (May to August) and training runs fortnightly from the start of the year
- <https://www.facebook.com/groups/pitchdoctorscc/>

UQ Med XV Rugby

- Relaxed and social, with players of all abilities
- Join the FB group at: <https://www.facebook.com/groups/831772343536785/>

Herston Hatchets- UQ Med Soccer Team

- One team, tryouts and social days early in the year
- Website: <https://herstonhatchets.com/>
- FB page: <https://www.facebook.com/herstonhatchets/>

Med Touch

- Open to all! Grab some mates and put a team together :)
- FB page: <https://www.facebook.com/uqmedtouch/>

UQ SPORT

Note: because med's timetable is different, you might miss out on some sporting events such as UniGames - a one-week inter-uni sports competition held during the normal university mid-semester break in Semester 2.

There's also heaps of social sports, classes, a gym and

a pool. Find your sport here: <https://uqsport.com.au/>

UQ Interfaculty Competitions (UQIC)

UQIC runs inter-faculty sports competitions for Rugby Union, Touch Rugby League, Netball, Seven-a-side Soccer and Basketball.

Anyone can put together a med team (or multiple teams!) No tryouts needed - just grab some mates or recruit via the UQMS FB pages!

Website:

<http://www.uqic.com.au/?fbclid=IwAR1Uh0SE0VAb6uHmckPaMamHSkk6pT3qvYr7kfOknkA0QV1mhIij35DzFgg>

FB page: https://www.facebook.com/theUQIC/?ref=br_tf&epa=SEARCH_BOX

GYMS

- Look around before committing. If you tell a gym that you're looking around, they're 95% more likely to bargain down the starting price
- Check if you can pause your membership over the holidays

DEA GROUP HIKES (DOCTORS FOR THE ENVIRONMENT)

- Another med-affiliated student society - Keep an eye out for their organised group hikes!
- FB page: <https://www.facebook.com/groups/142498392582158/>

ROCK CLIMBING

- Very popular - here's a FB group of UQ med students obsessed with it! <https://www.facebook.com/groups/1823525964346538/>
- Popular Bouldering place they use is called Urban climb <https://www.urbanclimb.com.au/westend/>

15. LGBTQIA2S+ LIFE

UQ is very queer friendly and progressive and there are great support systems in place.

RAINBOW MED

- The queer advocates/queer support network of the UQ Medical Society!
- Social: they hold regular informal catchups to keep in touch with the queer medical community, as well as bigger events like the Welcome Back Picnic and the Red Party drag night fundraiser with TIME!
- Academic: they organise educational events to fill the gaps in medical curricula and make sure we're all providing the safest care possible for our LGBTQIA+ patients.
- Advocacy: they liaise with the Faculty of Medicine to ensure course content is as up-to-date and safe as possible, and resolve any issues that students identify with content or staff. If you experience or identify any problems while at UQ and you'd like Rainbow Med to help you out or talk things through, contact

rainbowmed.advocacy@uqms.org!

- To get in touch, come find Rainbow Med during Orientation Week or look them up on Facebook!

There's also a secret Facebook group for LGBTQIA2S+ identifying medical students you can join by emailing rainbowmed.chair@uqms.org

16. ACCESS COUNSELLING AND SUPPORT HERE

Big thanks to UQMind for this section!

Seeking help is just a way of expanding on your strengths, to help you to reach your true potential!

24/7 HELPLINE - QLD DOCTORS' HEALTH PROGRAM (QDHP)

24/7 free and confidential helpline for doctors' and medical students facing difficulties. The advice is often in relation to stress and mental health difficulties, alcohol and substance problems, personal or financial crises. This phone line is staffed by experienced volunteer GPs. More information is available at: <http://dhasq.org.au/seekinghelp.php>

PHONE: +61 7 3833 4352

GET A GP - DHASQ 'DOCS-4-STUDENTS'

The QDHP have recruited GPs with a special interest and additional training in the realm of medical student mental health who have kindly offered their time to support YOU. To make use of this fantastic initiative, visit <http://dhasq.org.au> and under the 'Docs-4-Students' tab, use the username "uqms" and password "2018uqms".

BULK-BILLING PSYCHIATRISTS

UQ Mind has prepared a comprehensive list of psychiatrists who are willing to bulk-bill medical students! Make sure to ask whether they require a referral or will accept a private booking, and make sure to double check they are fine to bulk-bill! Follow this link and scroll down to the bottom: <http://uqmind.org/help-for-you/>

UQ STUDENT SERVICES

Medical Student Support Team (MSS)

You can book a confidential appointment with the Medical Student Support team by emailing med.mss@uq.edu.au. The Medical Student Support team run workshops, provide pastoral support, can help organise disability support and disability plans, learning support, and can facilitate a referral into UQ Central Support Services. Face-to-face, telephone and Skype appointments available!

Counselling

Student Services have a range of programs and counselling services to help improve your overall wellbeing and help with the issues that are important to you - like studies, relationships, stress management and any mental health issues. Students can access SIX FREE COUNSELLING SESSIONS per year. Face-to-face, telephone and Skype appointments available!

Disability Services

There is a Disability Advisor available for appointments to support students with a disability, illness, injury or mental health condition. The Disability Advisor can help you to develop a Student Access Plan to consider your specific needs and organize appropriate arrangements.

Learning Advisors

Learning Advisors can help you get the most out of your studies, tackle assignments and prepare well for exams. If you're struggling with study, exams, assignments or even your HDR thesis, they can help.

You can book a 1-hour learning consultation at any time throughout the year. Available for appointments at St Lucia, and at Herston on Tuesdays between 8:00-16:00. (Please note they do not offer a proof-reading service.)

BOOK AN APPOINTMENT ONLINE

[quickest and easiest - requires you to fill out some short surveys]
<http://www.uq.edu.au/student-services/counselling-services>

EMAIL med.mss@uq.edu.au OR ssherston@uq.edu.au OR ss@uq.edu.au

CALL Student Services at St Lucia (07) 3365 1704 and say you are a med student and want an appointment at Herston or St Lucia.

Student Services at Herston are on level 5, UQ Oral Health Centre - Student Lounge, check in at reception. For more information on services and workshops /events please check out the website at <http://www.uq.edu.au/student-services/>.

OTHER SUPPORT

You can find out about further support services, like the UQ Psychology Clinic, in the “help for me” section of our website: <http://uqmind.org/help-for-you/>

FEELING OVERWHELMED OR SUICIDAL?

If you are feeling like you're unable to cope or you're having thoughts about suicide, please consider accessing some of these 24/7 resources:

Lifeline ph: 13 11 14 or chat online at

<https://bit.ly/2wiJS6b> BeyondNow safety planning

resource: <https://bit.ly/2D3d0O1> Salvocare Line ph: 1300

363 622

KidsHelpline (available for people aged 5-25) ph: 1800 551 800 or chat online at <https://bit.ly/2HWXlwp>

MensLine ph: 1300 78 99 78

If you feel as though you are in immediate danger, please contact emergency services on 000



17. TAKE HOME MESSAGES

1. Stay on top of anatomy
2. Be social – Med Camp and Sports Day are great fun
3. Get involved! Play a sport, organise some events and get freaky in med revue
4. Seek help when you need it
5. You've earned your spot in the course! It might be hard but you will make it through, have fun,
be kind to your peers and get excited 😊

18. STILL HAVE QUESTIONS?

You can contact us at engagement@uqms.org

REVIEWERS

- Nim Chi, Gigi, Yau