

# Intro to First Year



# Who are we?

- LEADERS: Anna Thomassen (5/6) and Alexandra Vedeler (3/6)
- Gustav Diedrichson
- Marte Rydland
- Nora Sønstebø
  
- And many more!!

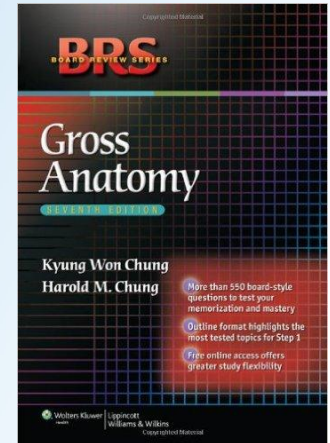
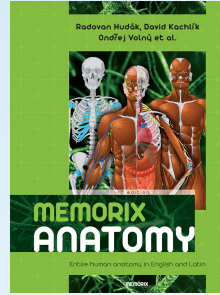


# ANATOMY



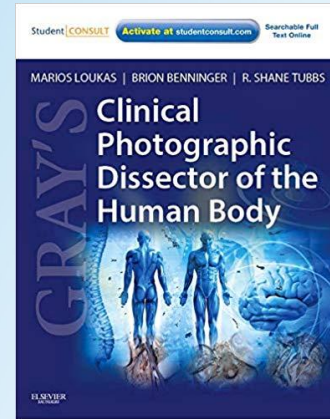
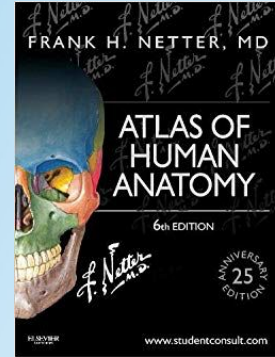
# Anatomy - Theory

- GO TO THE LECTURES
- BRS is your friend
  - Doesn't mean you can't use other resources
- Try YouTube
  - A lot of universities/organizations have anatomy videos
  - Dr. Najeeb Lectures
- Learn Prof. Walocha's material Inside and Out!
- Prof. Walocha's group



# Anatomy - Practical

- Ask your Lab Professor to record videos
  - Sharing is caring
- Color Atlas of Anatomy
  - Netter, Sobotta, Thieme
  - Gray's clinical dissector
- Netter's Anatomy Interactive is GOLD
- Complete anatomy
- JUMC Quizlet flashcards





**YO DAWG I HEARD YOU HAVE TROUBLE  
WITH ANATOMY**

**SO WE HIRED PROFESSORS WITH ACCENTS SO YOU  
CAN'T UNDERSTAND WHILE YOU DON'T UNDERSTAND**

quickmeme.com

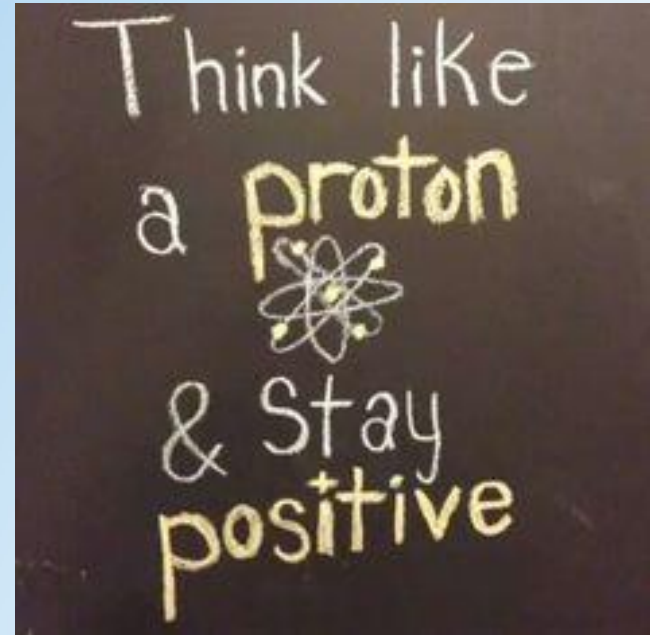
# Biochemistry

# Main topics

Part I: Organic chemistry

Part II: DNA, proteins, & enzymes

Part III: Metabolism





# Tips and tricks

## LECTURES

- Optional
- Depends on the professor
- LECTURE SLIDES
  
- Go to the reviews prior to your exam!

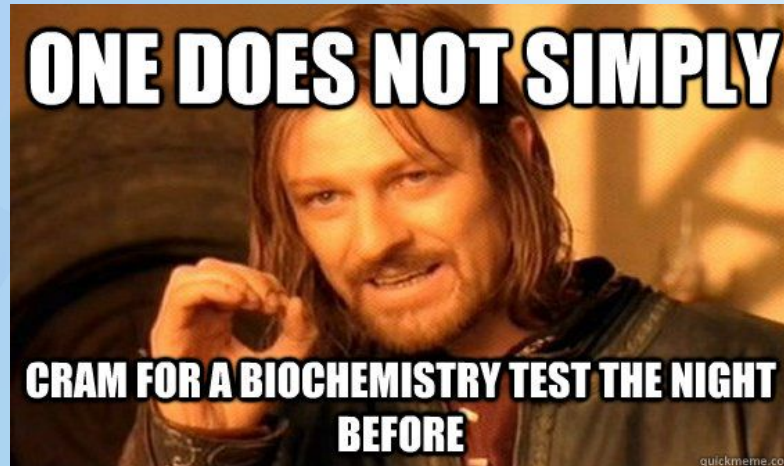
## LABS & SEMINARS

- Mandatory
- Maximum 5 points per seminar
- Maximum 4 points per lab

“One point here, one point there, and suddenly you passed the course”



# So how to study?

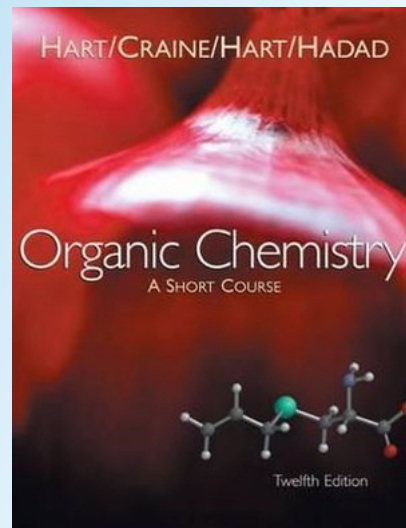


# Exam 1: General Chemistry

8	1	6	88	15
<b>O</b>	<b>H</b>	<b>C</b>	<b>Ra</b>	<b>P</b>
Oxygen	Hydrogen	Carbon	Radium	Phosphorus
15.997	1.0079	12.011	226.03	30.973762

You can say anything with chemistry.  
**ANYTHING**

F<sub>2</sub>covers.com



# Following exams: Biochemistry

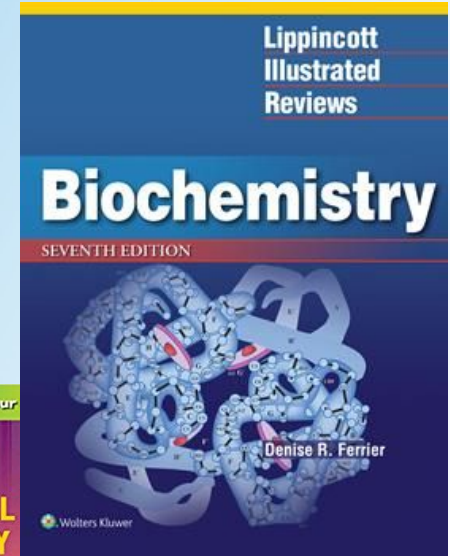
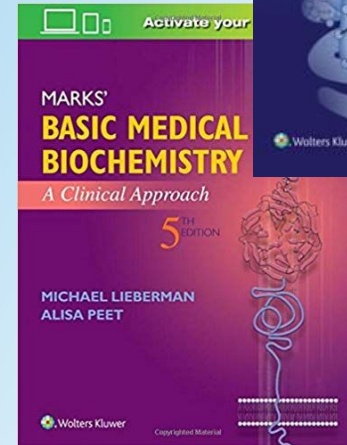
## Books

- **Lippincott**
- Marks'
- Lecture slides

## Videos

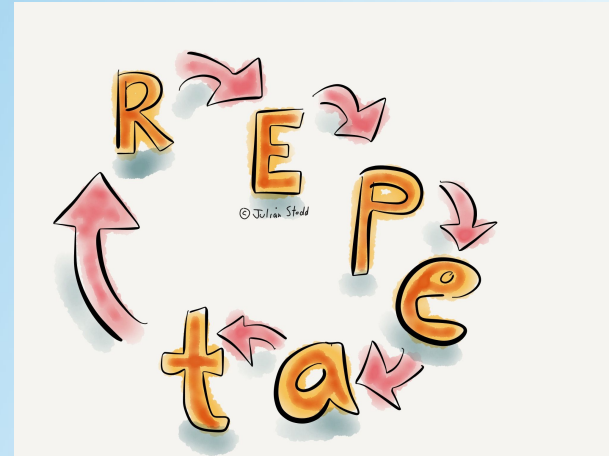
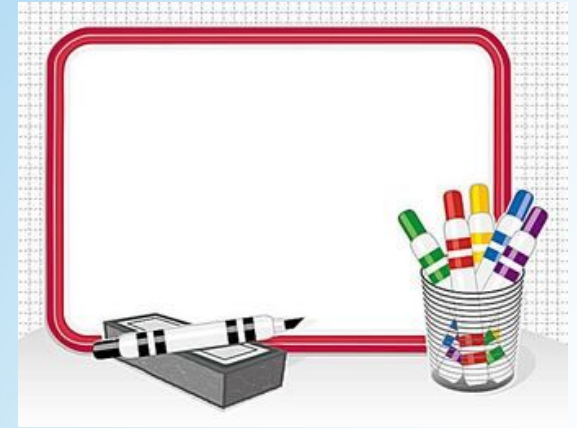
- Ninja nerds
- Kaplan

It is important that you understand the concepts, but it's the DETAILS they ask about



# Some last advise

- Draw
- Repeat
- Explain to a friend
- Do lots of questions



**BRACE YOURSELVES**



**BIOCHEMISTRY IS COMING**

imgflip.com

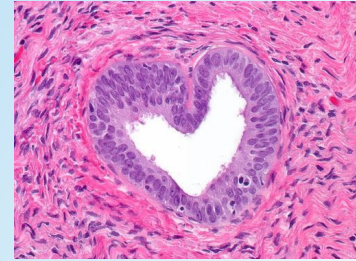




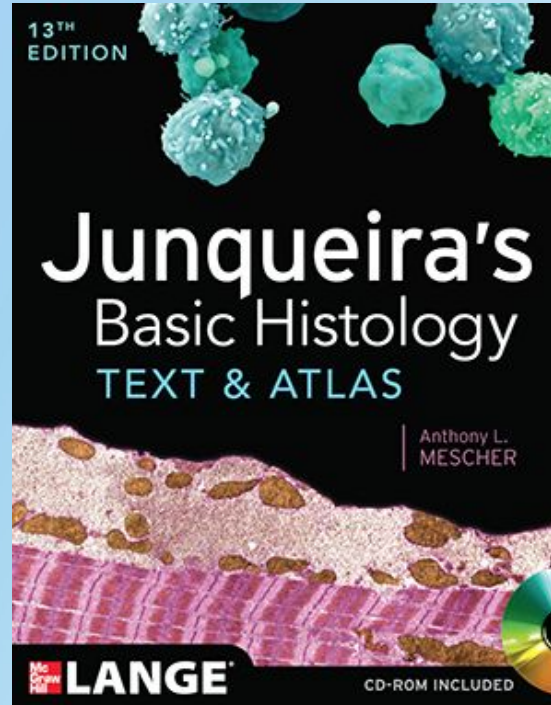
# Histology

# Surviving Histology

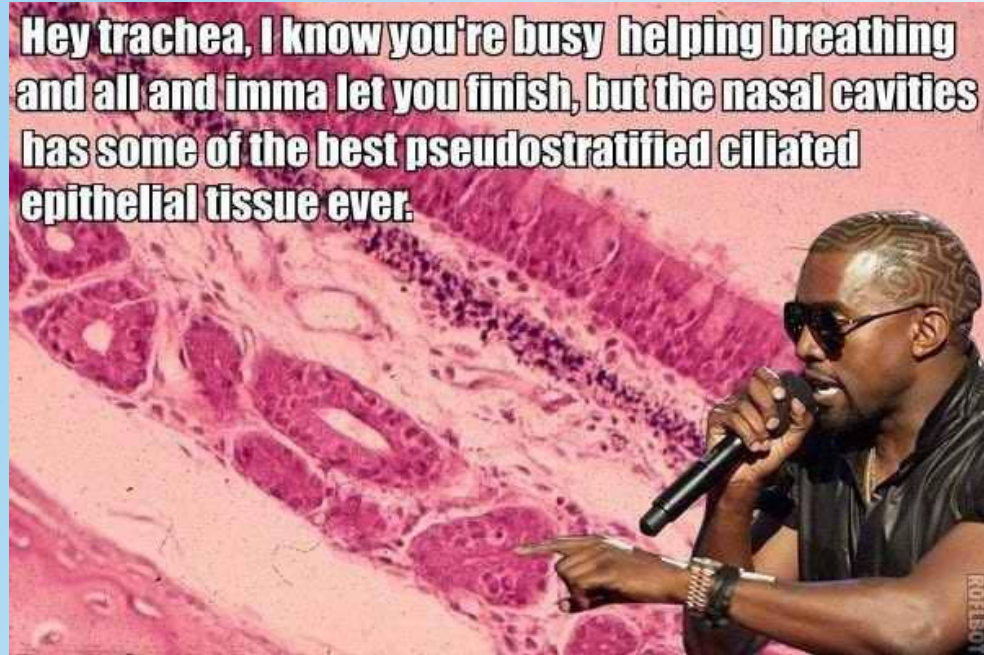
- **DETAILS**
- Memorization
- **Lecture slides (Very important!)**
- Theory: Details, details and details...oh, did i mention details?



# Junqueira's basic histology

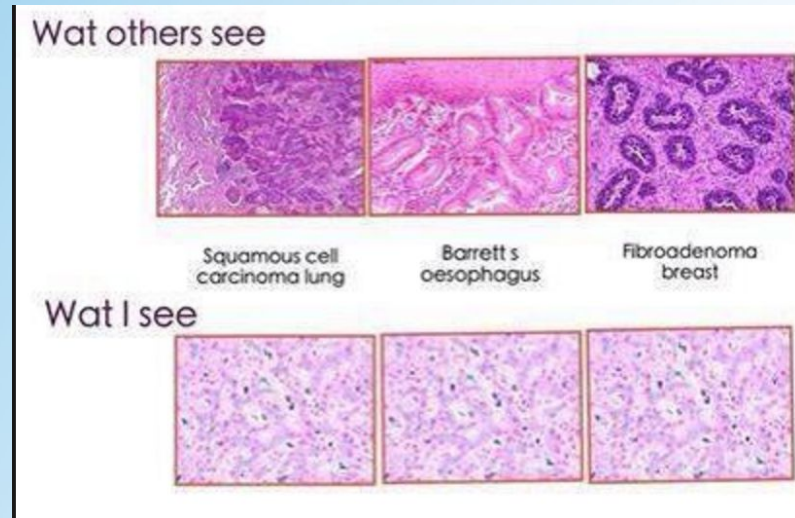


- Start early!!
- Small quiz
- Lectures
- **Make connections**
- Flashcards

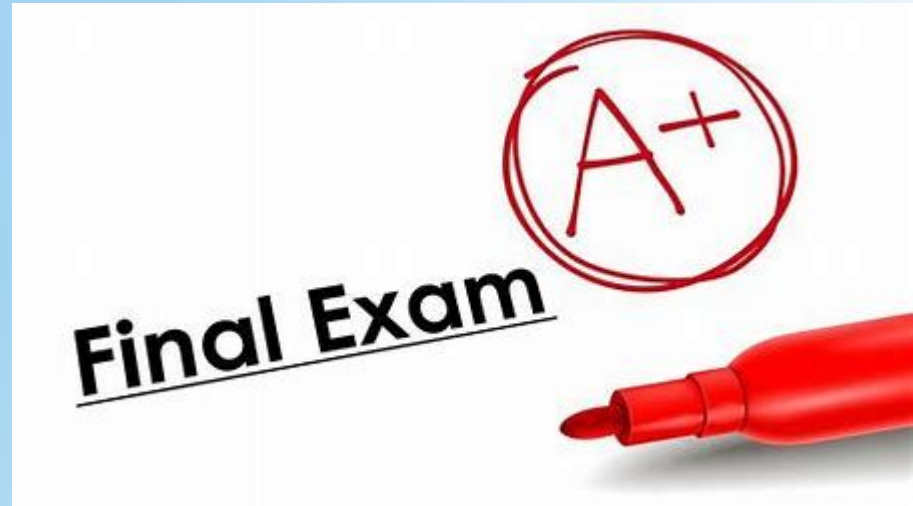


# Midterm/Final

- Theory: Details, details and details...oh, did i mention details?
- Practical: No worries (but still, details)
  - Booklet
  - Quizlet: JUMC histology
  - Know your epithelium ;)



START EARLY  
LECTURE SLIDES  
DETAILS!!  
MAKE CONNECTIONS  
BOOKLET & QUIZLET





# Physiology

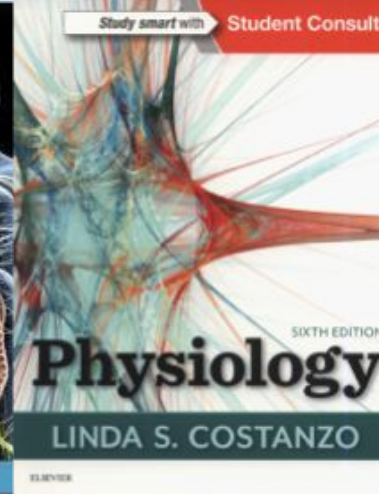
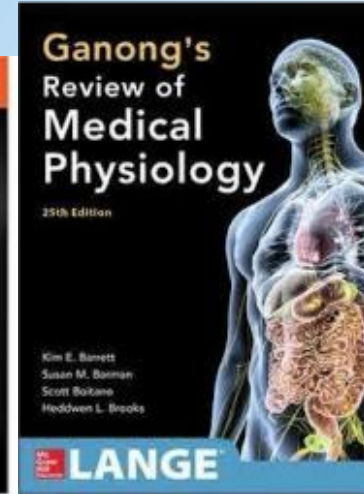
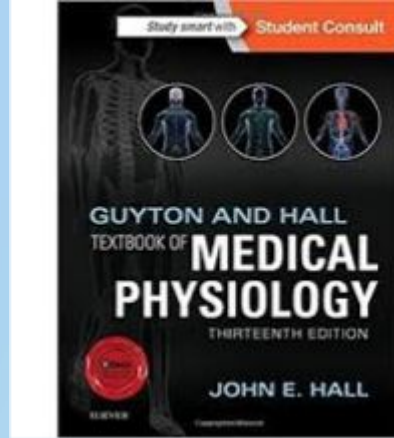
# Basics

- Prof. Tomasz Brzozowski
  - Lectures - CDK, ul Łazarza 16, LH C- Lecture Hall C
- Prof. Agata Ptak-Belowska
  - Laboratories - CP-Chair of Physiology, ul. Grzegórzecka 16, labs, 2nd floor
  - No tests
- Lectures are twice a week
- Labs are once a week
- 3 absences allowed per year



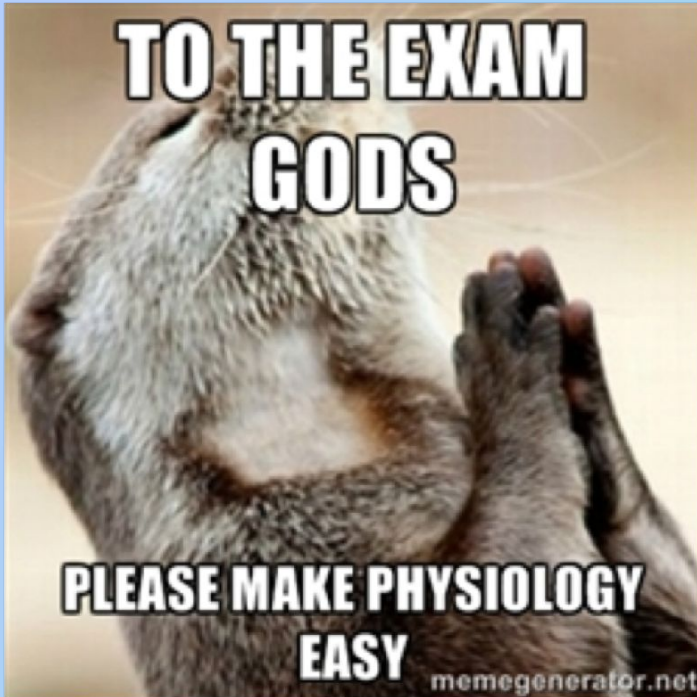
# Reading material

- Conzano
  - Short and sweet
- Ganong<3
- Guyton & Hall
  - Super detailed. Better to use as an encyclopedia
- Kaplan videos
- Youtube
  - Ninja Nerd Science
  - Osmosis
- Student-made tests
- Previous exams



# 60% to pass each test

- General physiology (Exam, 14.11)
- Neurophysiology
- Cardiophysiology
- Renal physiology and respiratory physiology
- Final exam
  - (Mainly endocrine and gastrophysiology + previous subjects)
- Need to pass 3 out of 4 midterms to be able to take the final



## Tips

- Start preparing early
- Understand - don't memorize!!
- Details details details
- Use multiple sources to study
- Don't be afraid to ask questions during the exam!

# Genetics

- Lectures : Show up to keep Sanak happy
- 1 Lab
- Wildcard Course
  - University of Michigan Medical School  
Medical genetics quiz!
  - Book: Emery's Elements of Medical Genetics
- Essay





# HOW TO SURVIVE MED SCHOOL?

- There's no survival guide ... except for StudyAid's ;)
- Study Techniques
- Healthy Habits
  
- Help each other
- Ask us questions, we're here to help
- Use your sources wisely (Lectures, Notes, Youtube)
- Class Representatives

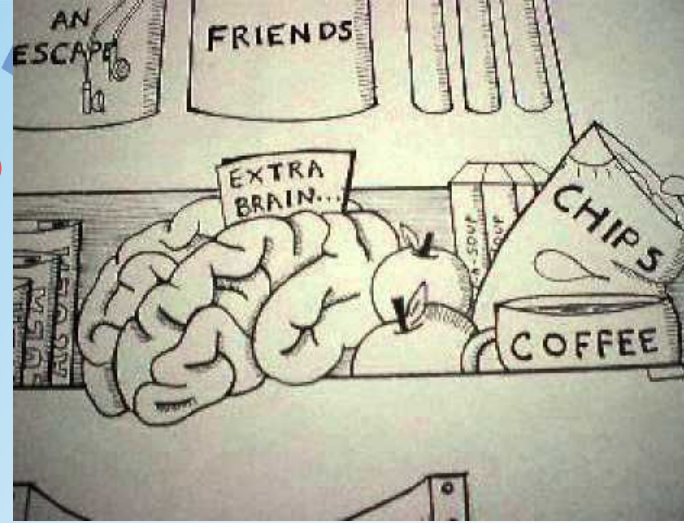


# HOW TO SURVIVE MED SCHOOL?

## Study Techniques & Time Management

### Find your own way!

- Memorizing
- Flash cards - Quizlet.com, Anki
- Whiteboard - teach your “students”
- Draw drawings
- Use YouTube and internet  
Osmosis, NinjaNerd etc.
- Discuss with friends - group work
- Do many exercises / questions
- Ask
- Prepare ahead of time for classes
- You’ll never be able to prepare perfectly..



# Where to study

- **CDK Reading Room**
  - Opens 07:00
  - Closes 23:00
- JUMC Reading Room
  - Address: Gregorzecka 20
- **Lillebib**
  - Address: Rajska 1
  - Opens 08:00 (Thursday 10:00)
  - Closes 19:00 (Sunday 14:00)
- *Economics department of UJ*
- *UJ main library*
- At home
- **CDK**
  - Can be either very warm or very cold
  - Often full
  - Very good hot chocolate!!
- **Lillebib**
  - Public library
  - Many places, rarely full
  - Very good pumpkin-spiced-latte ;)

# EMBRACE FAILURE

Life is like Flappy bird. You must fail many times before you get far.

# STRIVE FOR SUCCESS

THE ONLY PLACE WHERE  
**SUCCESS** COMES BEFORE  
**WORK** IS IN THE DICTIONARY

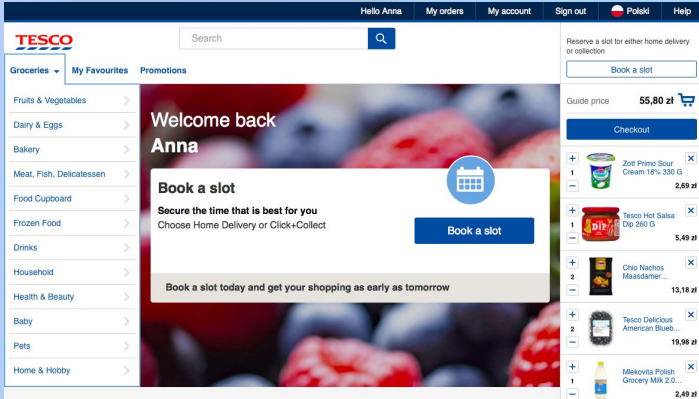


# THE IMPORTANCE OF TAKING TIME OFF



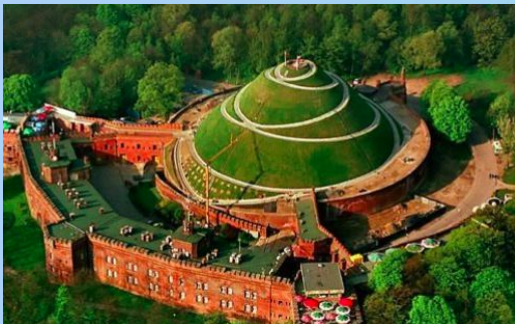


# TAKE CARE OF YOUR HEALTH



# FOOD

- Ordering food online
  - Uber Eats
  - Pyszne.pl
  - Tesco: <https://ezakupy.tesco.pl>
- Grocery shopping
  - Carrefour (Galeria Krakowska)
  - Carrefour Market (Galeria Kazimierz)
  - Zabka (EVERYWHERE!)



# ACTIVITIES


- **Gyms**
  - **Calypso**: Galeria Kazimierz
  - **My Fitness Place**: Angel City, Szlak
  - **Atlantic Squash Fitness**
- Walk/Run around Planty
- Forests: “Sukkertops”
  - 6 around Krakow: Kopiec Kosciuszki, Kopiec Krakusa
- Copernica Initiatives
- Youtube: Gym/Yoga at home
- Apps: Headspace, Calm

# JUST DO IT

“

The most  
effective way to  
handle what must  
be done is to  
do it.

”



Take care of yourselves  
and be kind to each  
other!

we're here if you need  
anything.