

Introduction to 1st Year at JUMC

Tuesday October 17th 2023

Outline

- A brief overview of StudyAid
- Advice for specific MD-1 courses
- Study techniques
- Welfare advice

The StudyAid Team

- 30-40 students, MD 2-6
- Non-profit organization
- Seminars + Booklets
- We are here to help you get through MD-1
- <https://studyaid.no/>



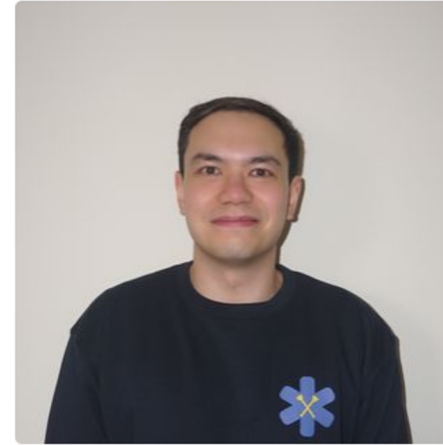
The StudyAid Board 2022-23



Matt Hryniewicki
President
(Year 5)



Melissa Blindheim
Social Media Manager
(Year 5)



Johan Tysland
Website/IT Manager
(Year 5)



Josefine Holum
Pathophysiology Manager
(Year 5)



Michaëlle Kaminski
Physiology Manager
(Year 3)

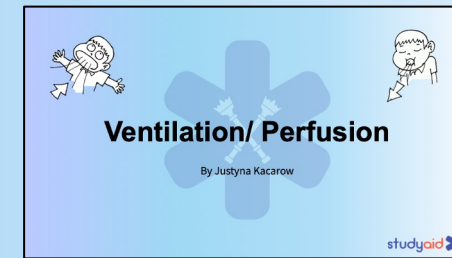
What is a “typical” StudyAid Seminar?

- Held over one to two days (i.e. Saturday and/or Sunday)
- Start time ~10am
- Each day = 3 * ~45 min presentations on high-yield topics for exams
- Each presentation given by a different StudyAid tutor
- 5-10 min breaks between presentations ☕
- Presentations end with practice questions + Q&A session ? ? 🙋
- We have succeeded in those same exams before, and can provide a different type of input & presentation format than your Professors 100

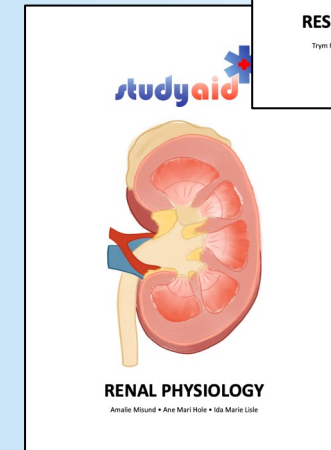
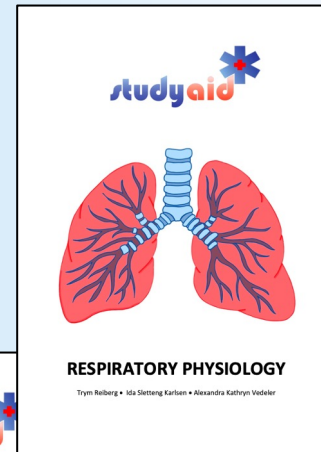


StudyAid Booklets

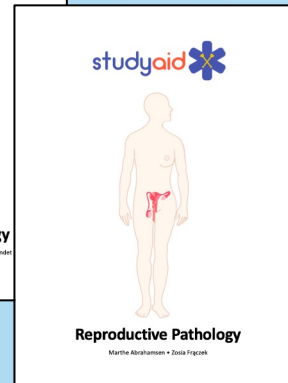
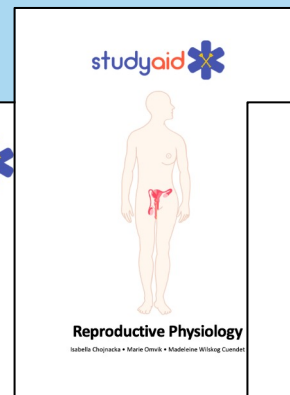
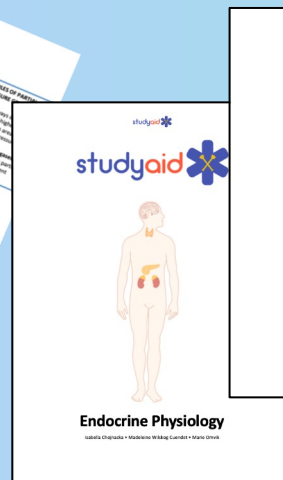
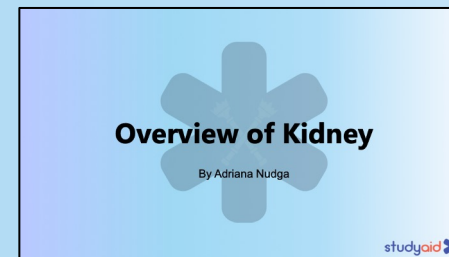
- Material produced specifically for JUMC courses
- Booklets accompany many of the StudyAid seminars
- Should be used as a guide
- Available to everyone on our website for free



+



+





MATERIALS



Anatomy



Pathophysiology



Biochemistry



Booklets



Physiology

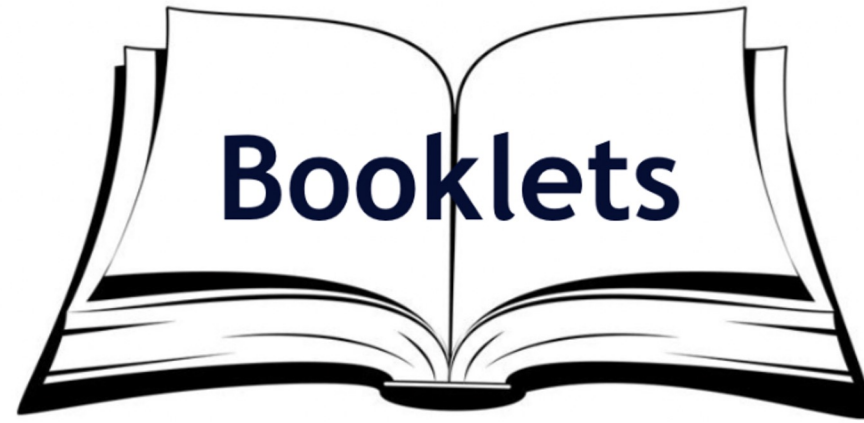


Other

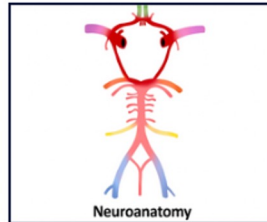


Histology

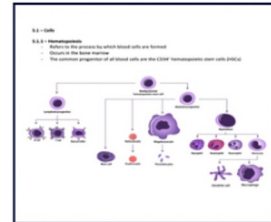




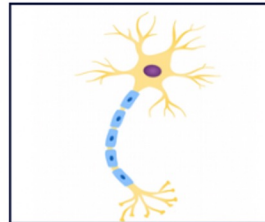
First Year Subjects



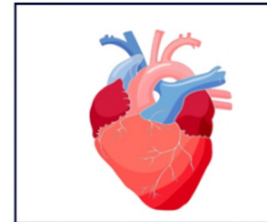
**Neuroanatomy
Booklet**



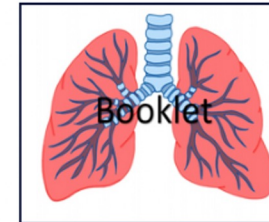
**Blood Physiology
Booklet**



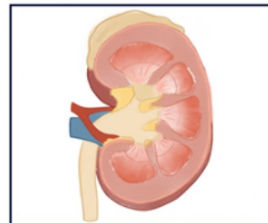
**Neurophysiology
Booklet**



**Cardiovascular
Physiology Booklet**



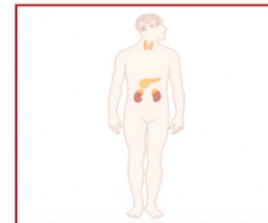
**Respiratory
Booklet**



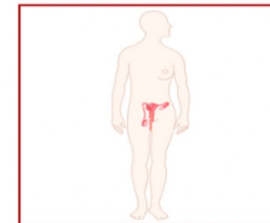
**Renal Physiology
Booklet**



**GI - Physiology
Booklet**



**Endocrine
Physiology
Booklet**



**Reproductive
Physiology
Booklet**

Anatomy (Practical): Study Resources

- Atlases

- Illustration-based:

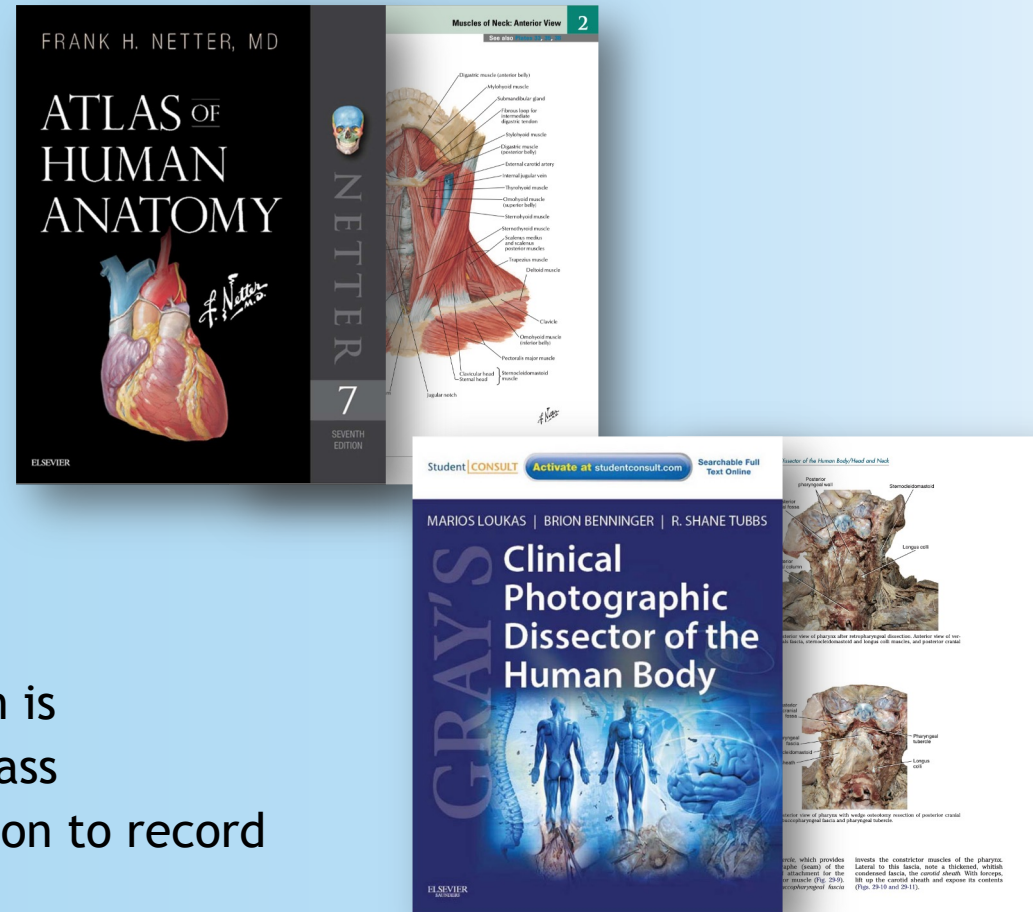
- Netter's Atlas of Human Anatomy
 - THIEME's Atlas of Anatomy

- Photographic-based:

- Gray's Anatomy
 - Rohan's Anatomy

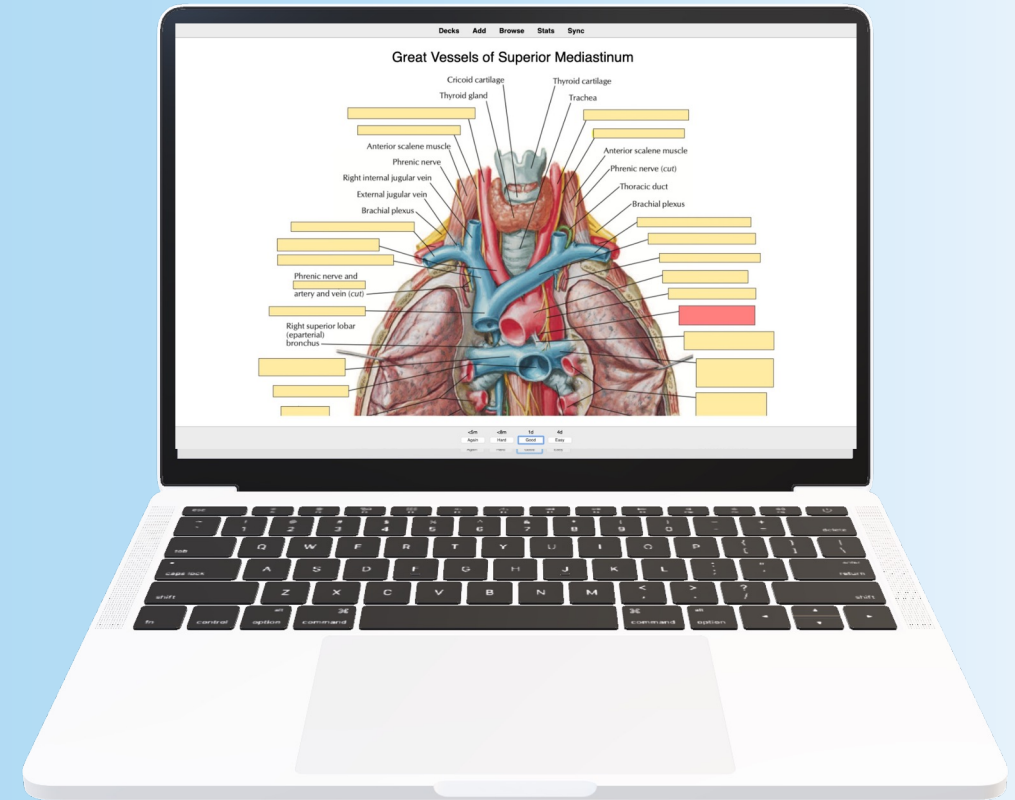
- Lab Pictures

- Make sure to not focus on close-ups!
 - Remember to note down what each pin is
 - Never share lab pictures outside the class
 - **Videos:** Ask your professor for permission to record whilst they go through structures



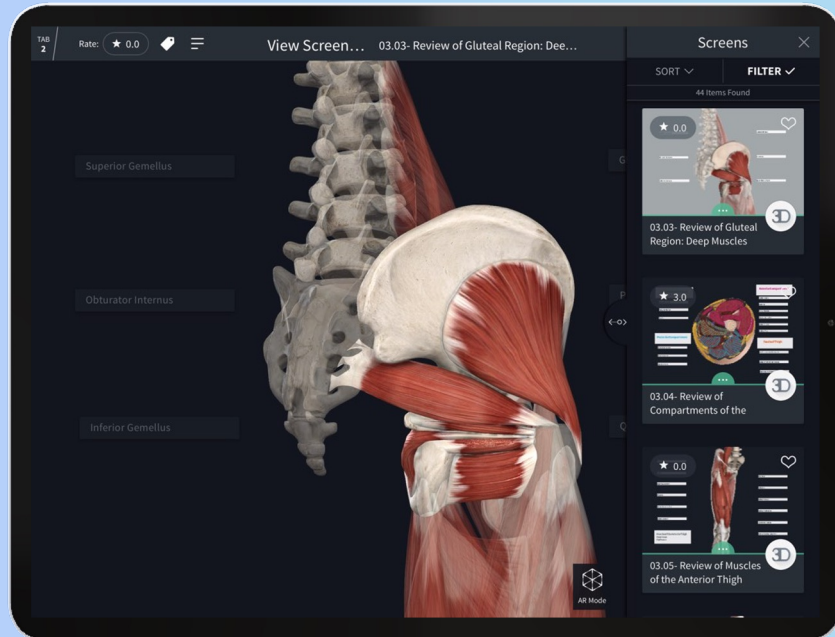
Anatomy (Practical): Memorizing

- Memorizations and repetitions are key!
- Study the illustrations then practice in the labs
- Anki
 - Flashcard based app
 - Use image-occlusion cards
 - Make your own or find some pre-made decks

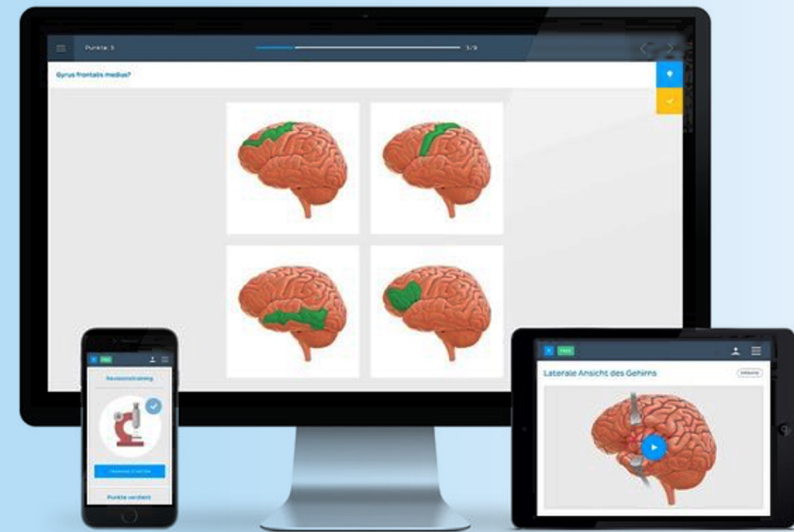


Anatomy (Practical): Supplemental Resources

- Complete Anatomy
 - 3D model app
 - Very good for overlapping structures

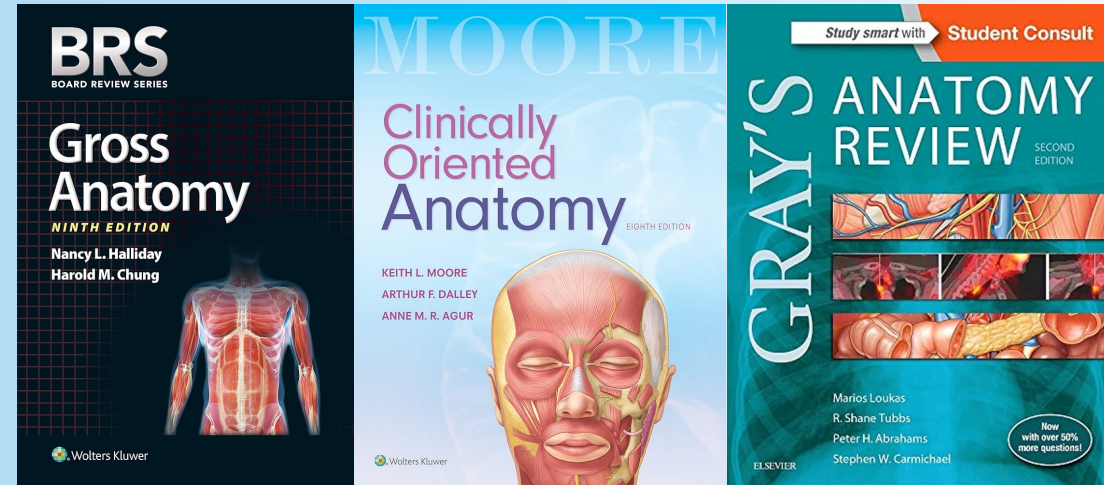


- Kenhub
 - Excellent visual-based videos
 - Also good pictures when looking for a specific landmark



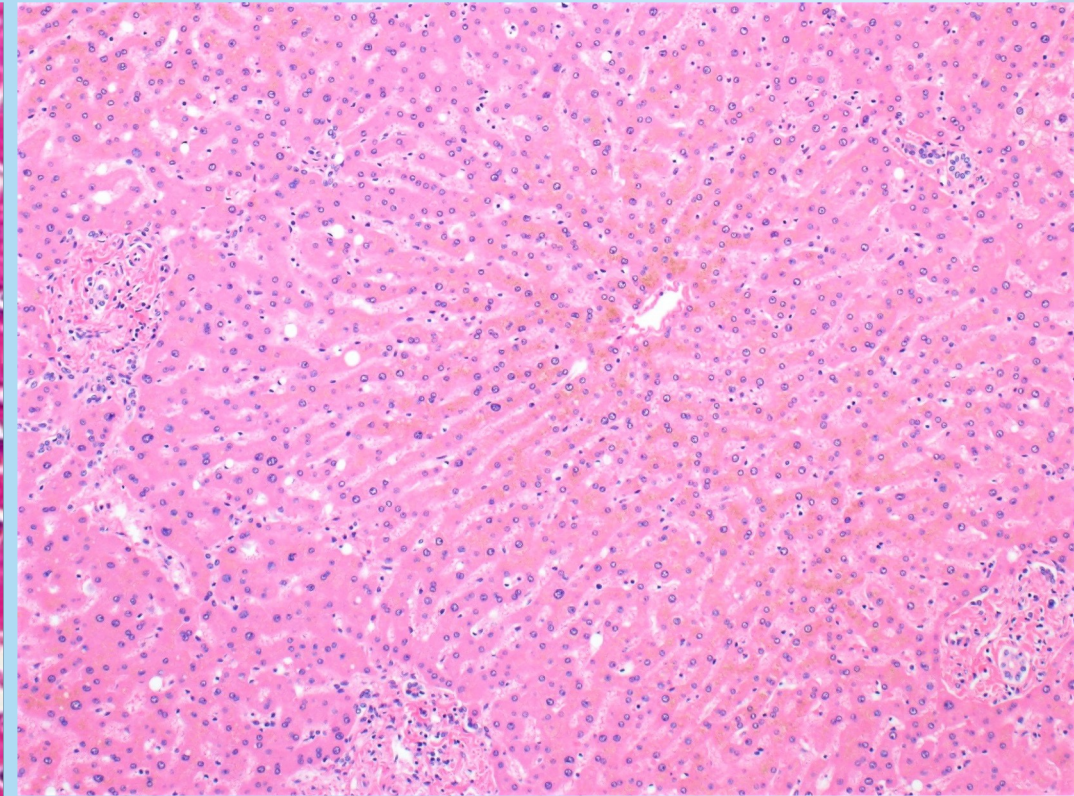
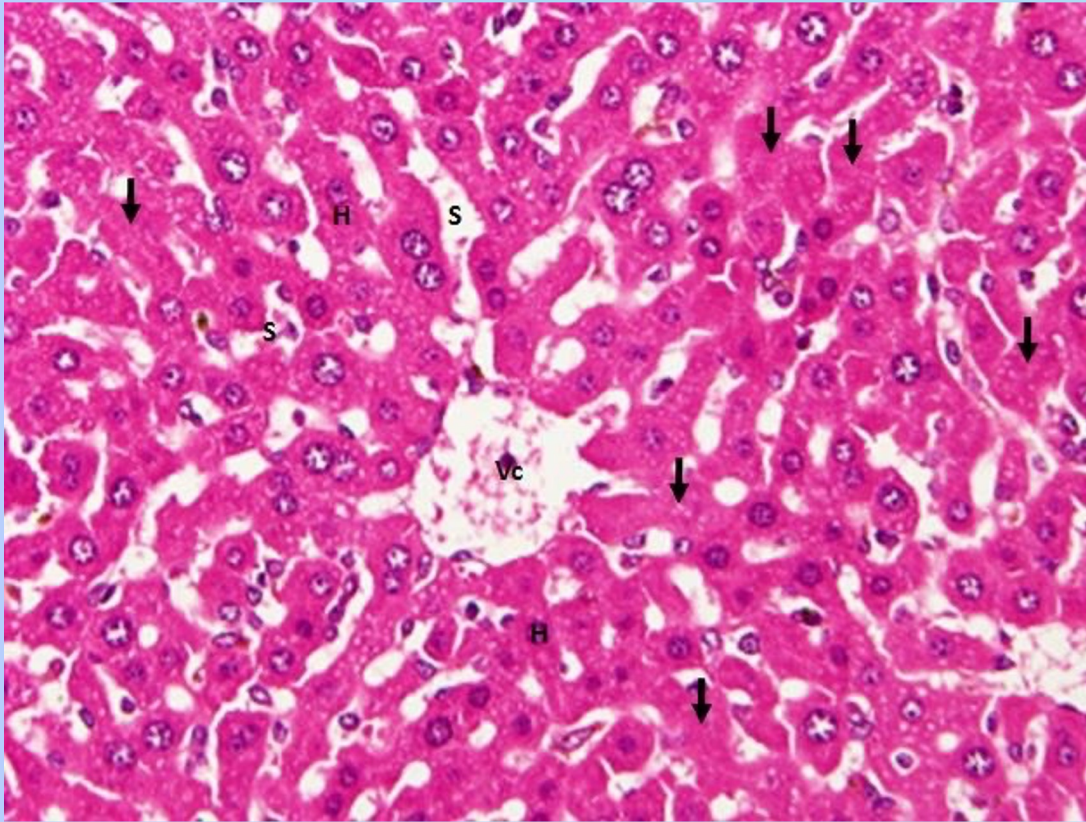
Anatomy (Theory)

- Lectures
 - Pay attention to what the professor emphasizes
- Textbooks
 - BRS Gross Anatomy
 - Moore Clinical Anatomy
 - Grey's Anatomy
- YouTube
 - Ninja Nerd, Armando Hasdugan, Kenhub
- Anki / Other flashcards
 - Pre-made decks or your own decks
- StudyAid
 - Neuroanatomy booklet (available on studyaid.no)

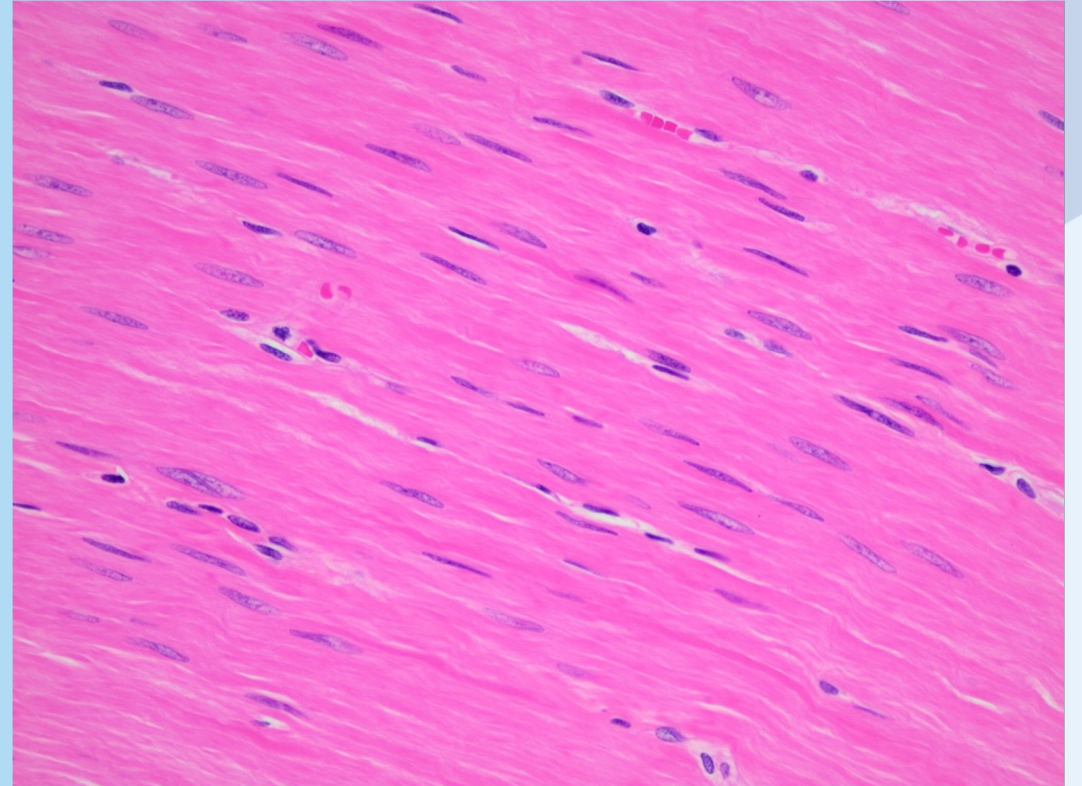
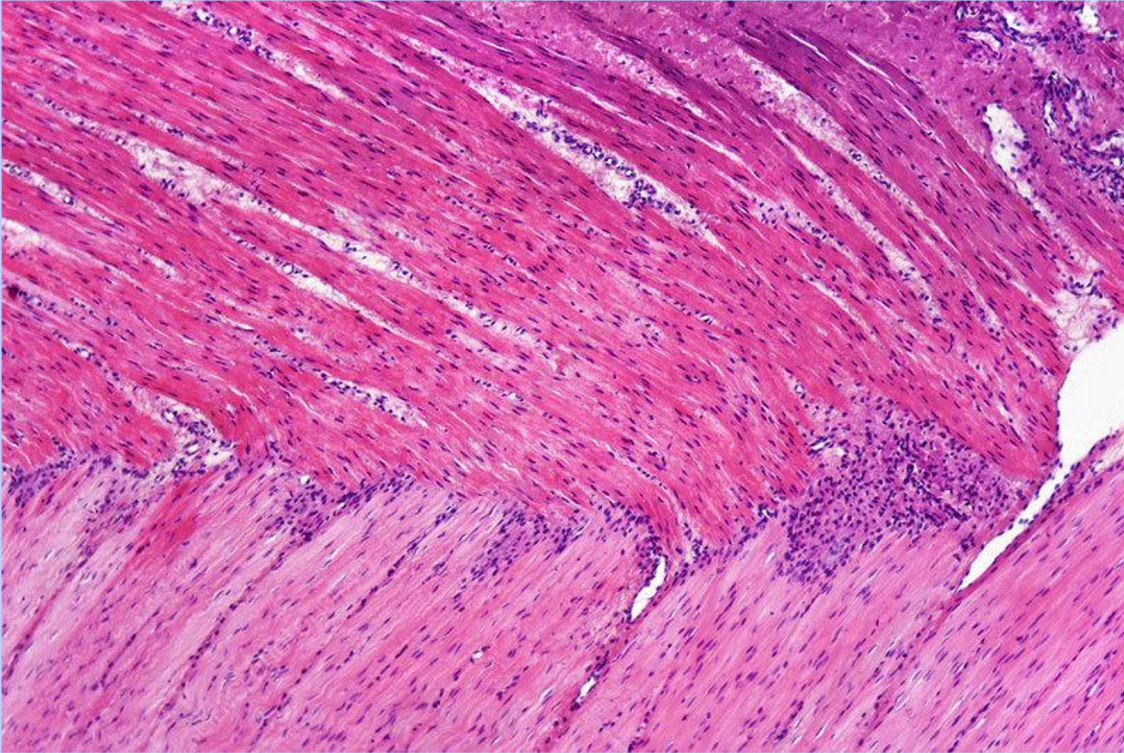


Pro tip: Ask prof Goncerz what his favorite textbook is!

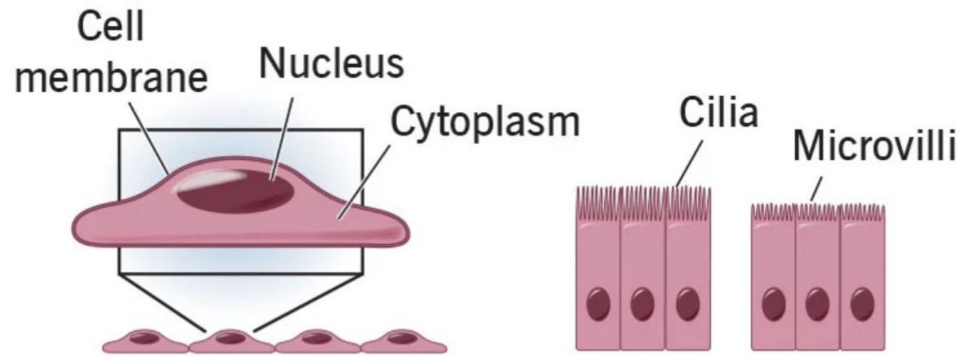
Histology



Histology

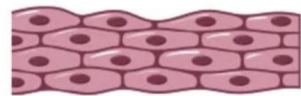


Epithelium

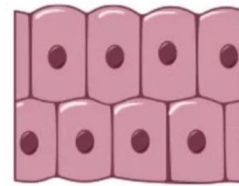


Simple squamous

Simple columnar



Stratified squamous

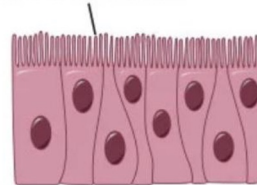


Stratified columnar

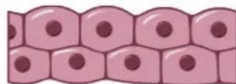


Simple cuboidal

Stereocilia



Pseudostratified columnar



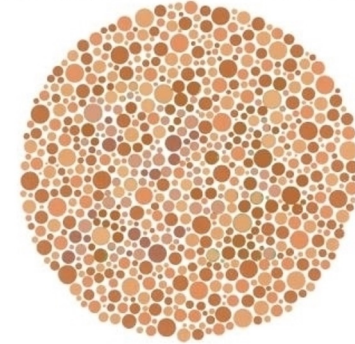
Stratified cuboidal



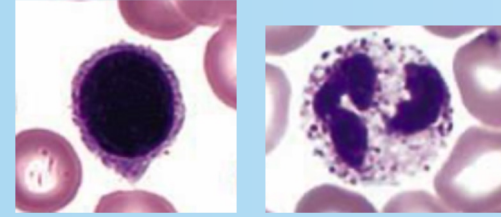
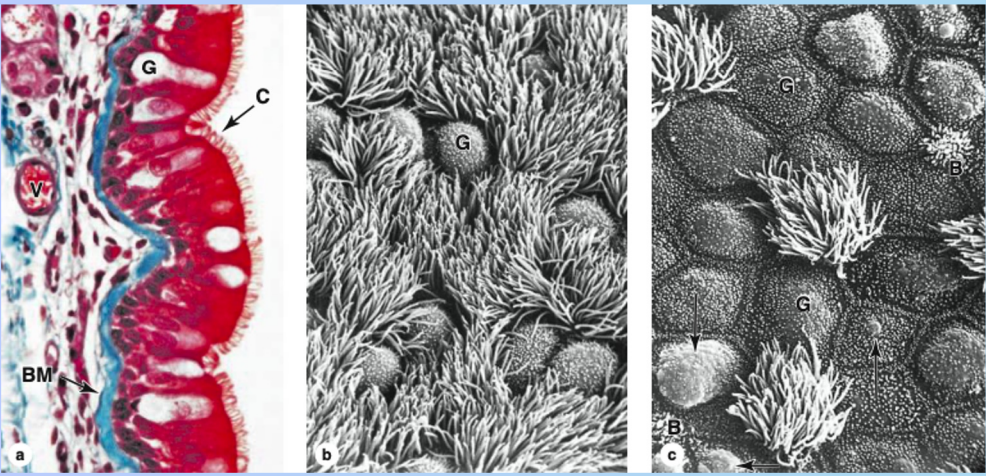
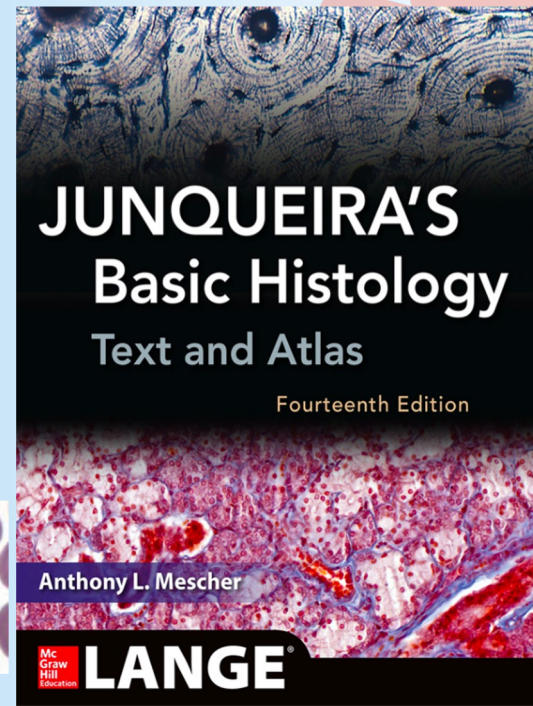
Transitional

Histology

TRYING TO INTERPRET



HISTOLOGY SLIDES LIKE...

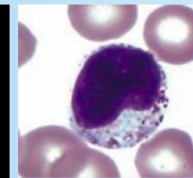
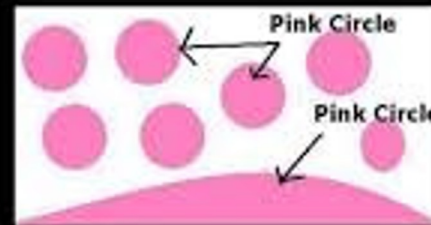


- JUNQUEIRA'S Basic Histology
- JUMC PowerPoints - incorporate important details
- AnatLab Histology
- Review of slides for practical exam:

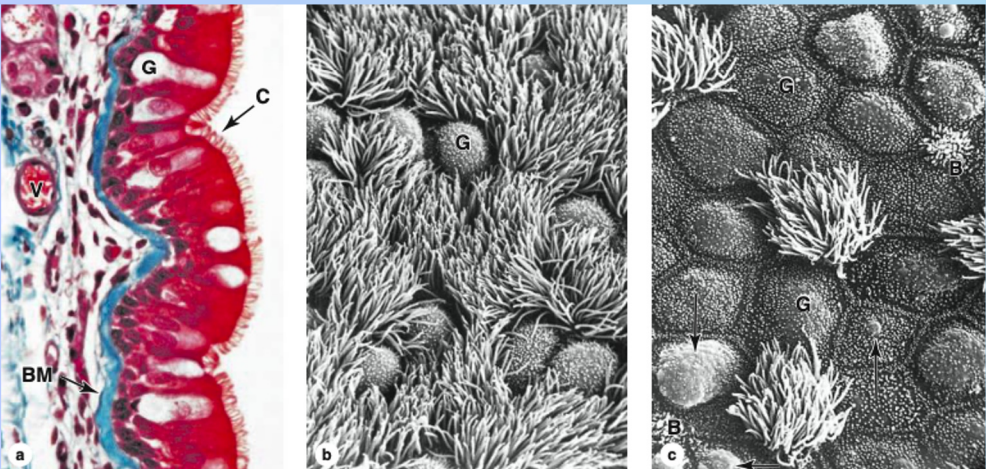
What my instructor see



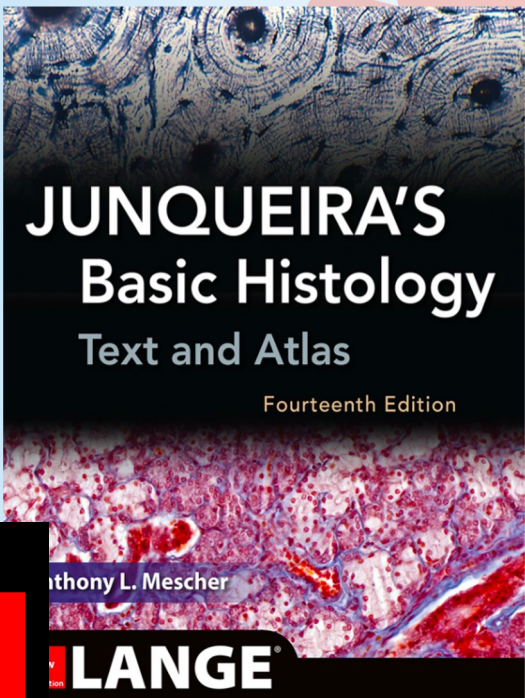
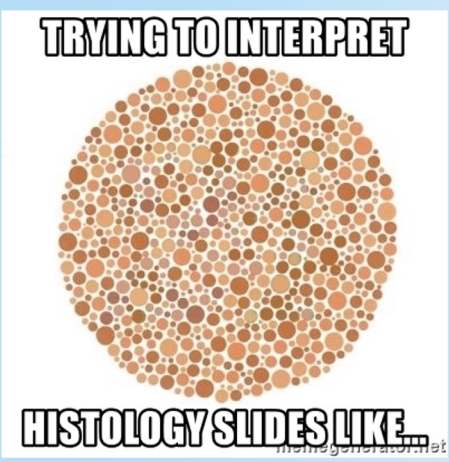
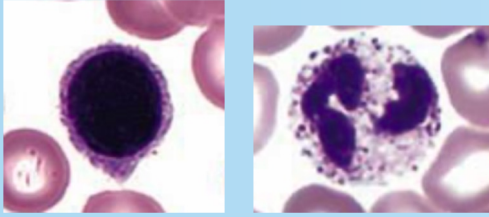
What I see



<https://histologia.cm-uj.krakow.pl/Repetitorium/repetyt.html>



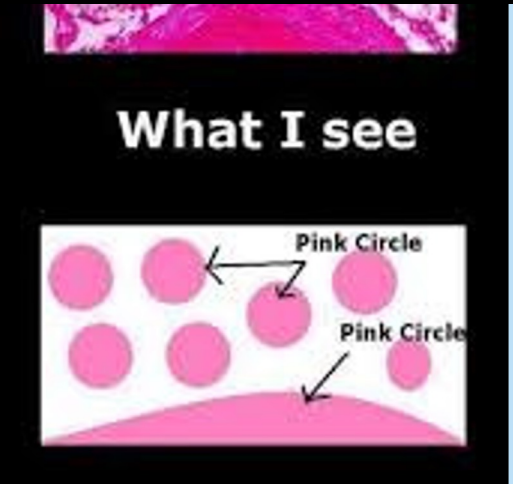
Histology



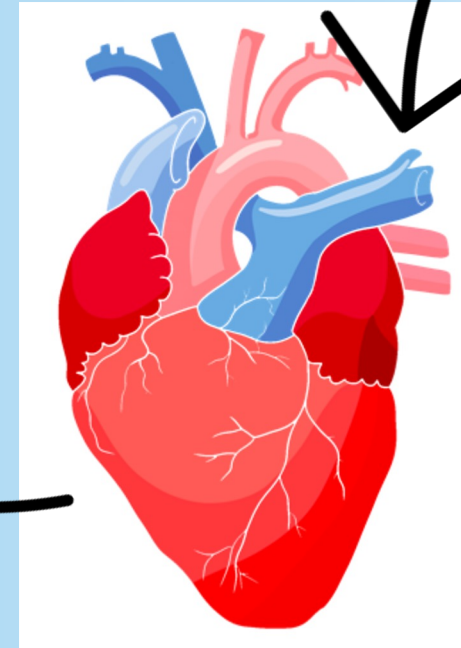
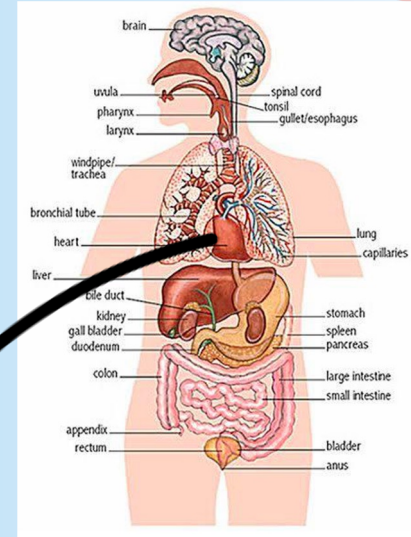
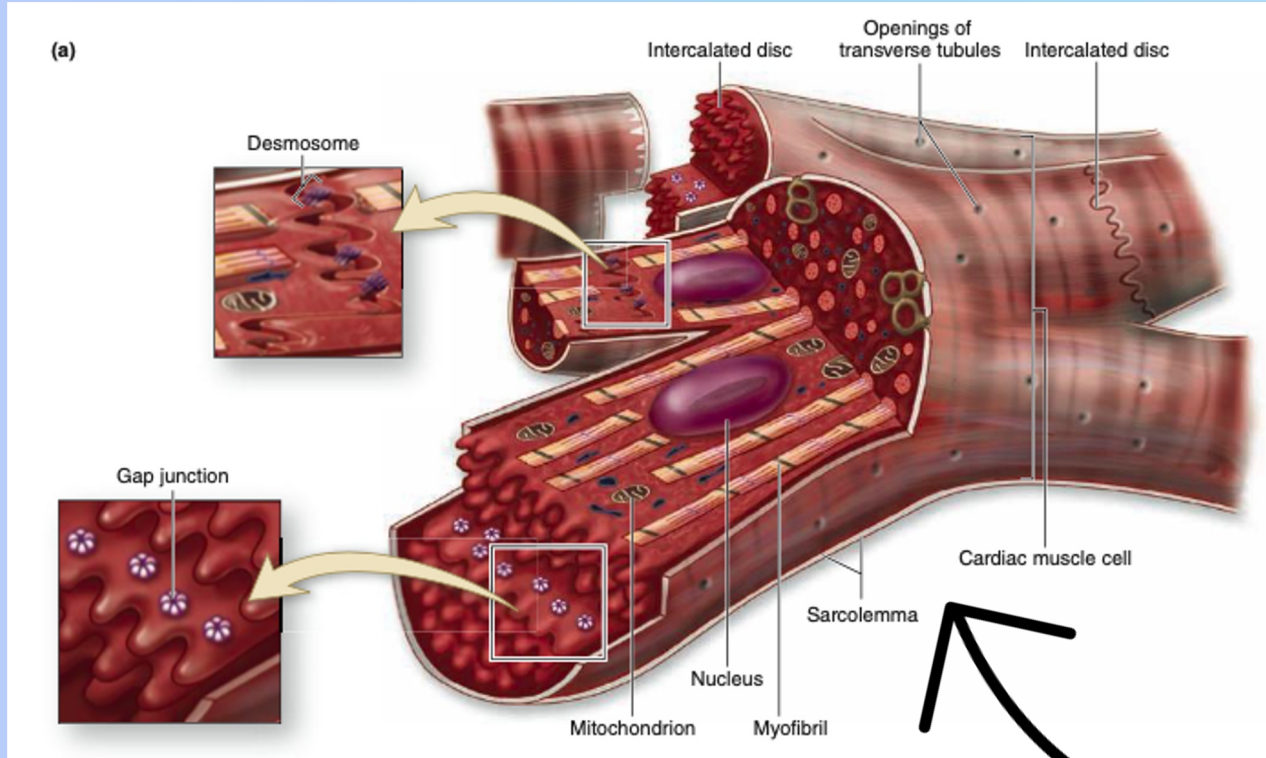
- JUNQUEIRA
- JUMC Powe details
- AnatLab His
- Review of s

REPETITION

<https://histologia.cm-uj.krakow.pl/Repetytorium/repetyt.html>



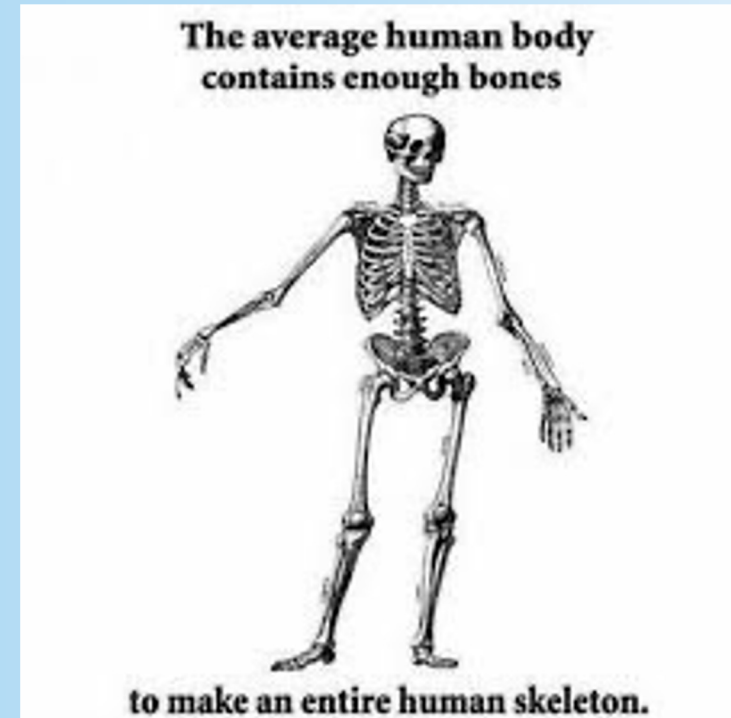
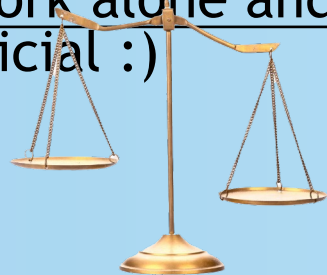
Histology



Where am I?

Physiology: Introduction

- MD-1 Physiology actually has a lot of clinical relevance!
- Physiology basics are used in every single year and are super useful in understanding concepts for majority of our classes :)
- **Success** in physiology course requires a balance between conceptual understanding & memorization!
- Creating a story to follow and connecting the dots on how your systems work alone and work together will be most beneficial :)



Physiology: Course Logistics

- **2 lectures / week (CDK)**
- **1 lab / 2 weeks (Chair of Physiology)**
- Person responsible for labs: Prof. / Dean Agata Ptak-Belowska
- Person responsible for lectures*: Prof. Tomasz Brzozowski

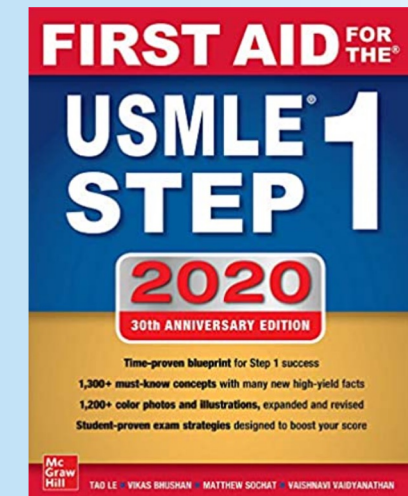
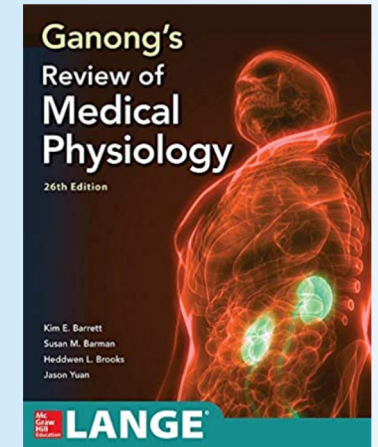
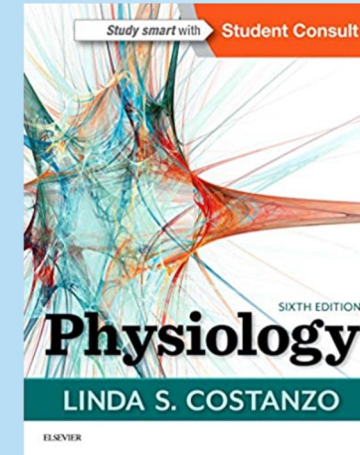
**but you will have different lecturers in different areas of Physiology!*

- **Midterm 1: Blood & General Physiology**
- **Midterm 2: Neurophysiology**
- **Midterm 3: Cardiovascular Physiology**
- **Midterm 4: Respiratory & Renal Physiology**
- **Final Exam: Endocrine + G.I. Physiology (+ questions from other modules)**



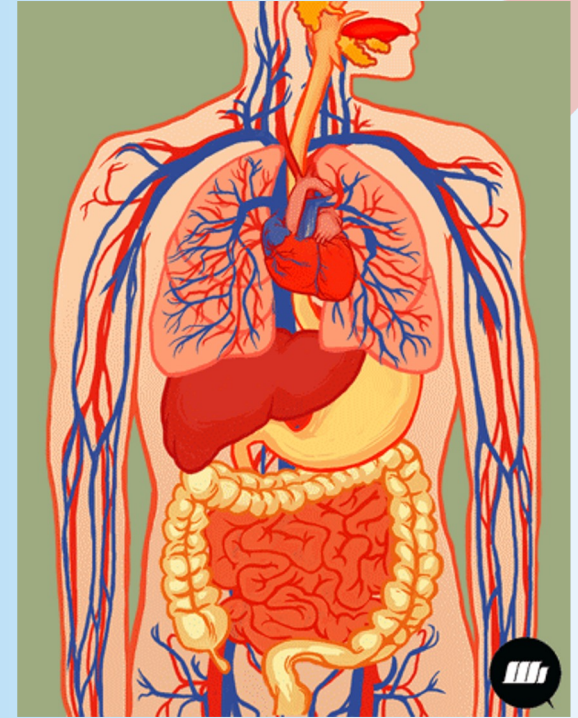
Physiology: How to study?

- Understand concepts first (broader picture), then memorize details to add onto your basic knowledge!
- Exams are ~50% lectures & ~ 50% labs
- Lectures slides can be hard to follow / poorly designed, esp if you skip the lecture.
- Recommended books: Costanzo, BRS Physiology, StudyAid Booklets, First Aid for USMLE, Ganong's Review
- Recommended videos: Ninja Nerd (youtube), Armando Hasudungan (youtube), Osmosis (youtube)



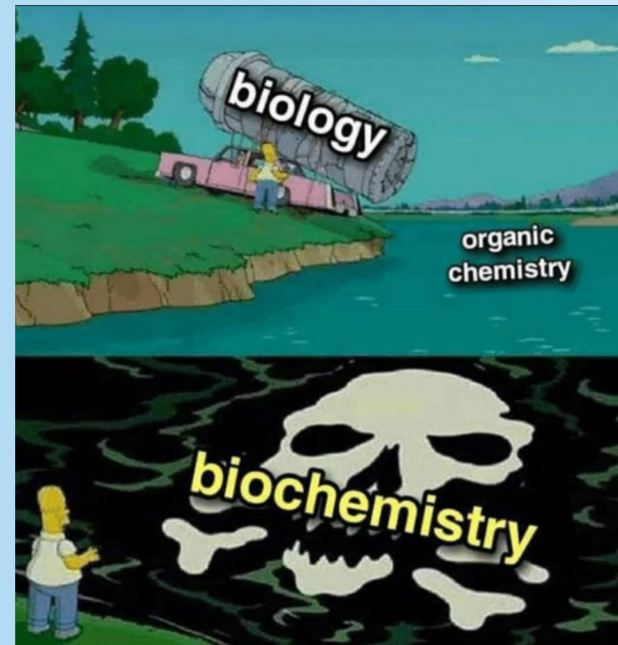
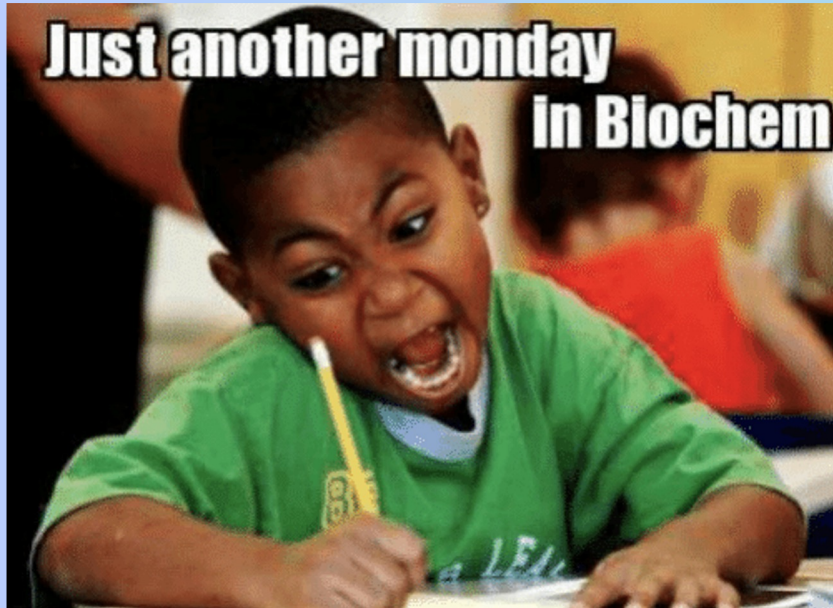
Physiology: StudyAid

- In 2023-2024, StudyAid will be hosting seminars in:
 1. Blood & General Physiology
 2. Neurophysiology
 3. Cardiovascular Physiology
 4. Respiratory & Renal physiology
- We also have published booklets covering every Physiology module, including the ones we will not hold seminars for:
 - <https://studyaid.no/materials-1/booklets.html>
- We will try to provide MCQ practice questions, which resemble the format of the exams



Biochemistry: What am I learning here?

Part I: Organic chemistry
Part II: DNA and proteins
Part III: Metabolism



Biochemistry: Structure



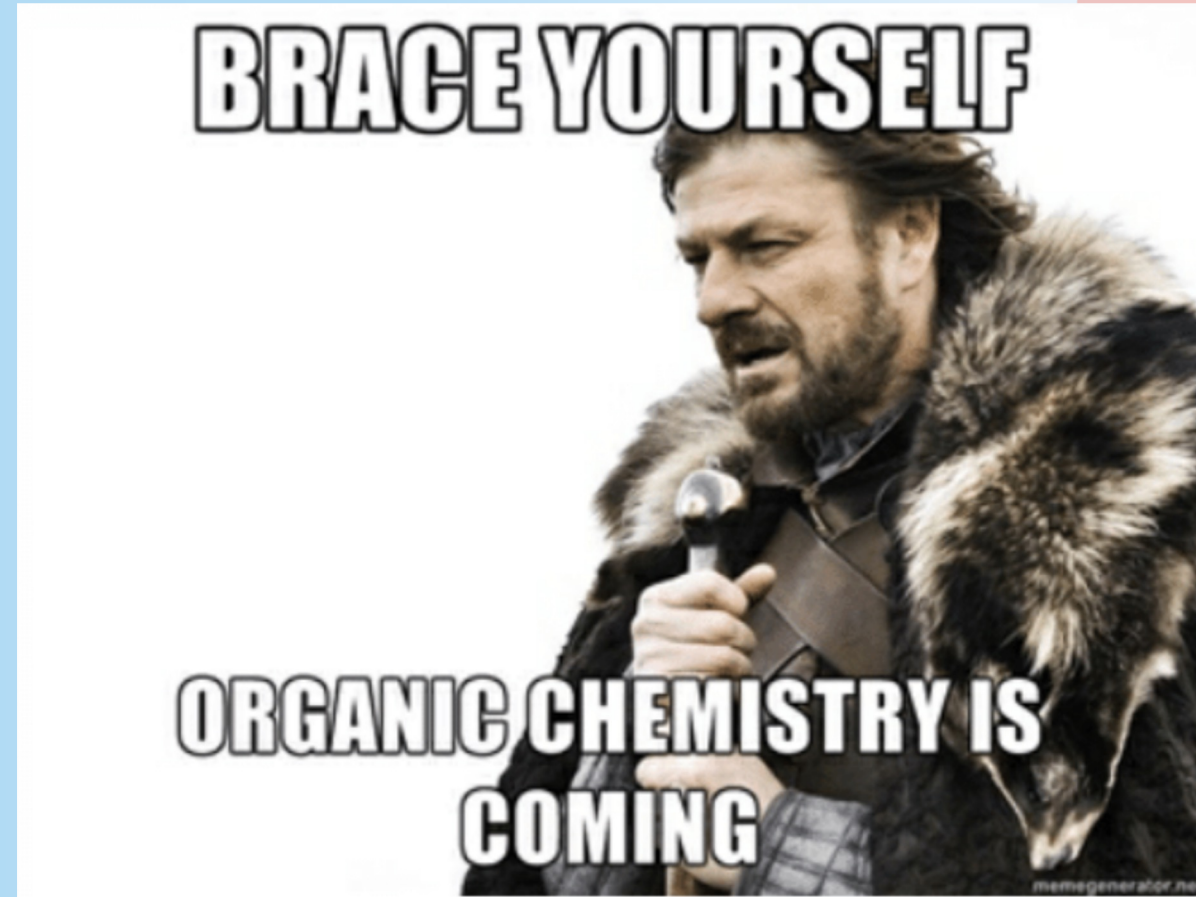
Lectures	Seminars and Labs
Lecture slides are high yield	Prepare for these! Good results of the non-obligatory tests ($\geq 60\%$ correct answers obtained during the whole course) are rewarded with 4-10 bonus points added to the result of the final exam.
! Topics for lectures, seminars and labs do not always correlate !	
Midterms and final exam Passing mark: <u>60% of total points from 3 MCQ midterms</u> Fourth exam for those who fail to achieve 60% mark	

Biochemistry: How to study?

Part I: Organic chemistry

- Recitations/Pre-seminars
- Khan academy
- The Organic Chemistry Tutor

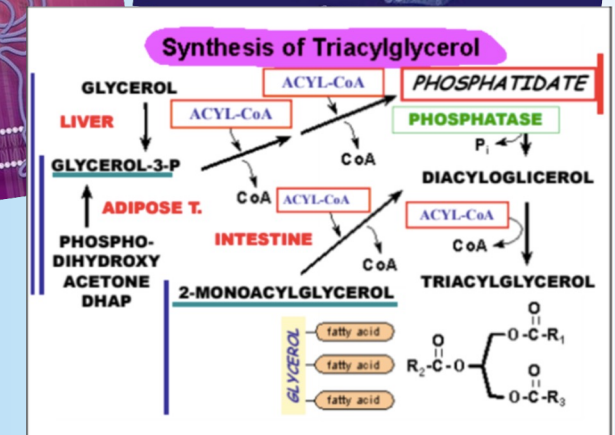
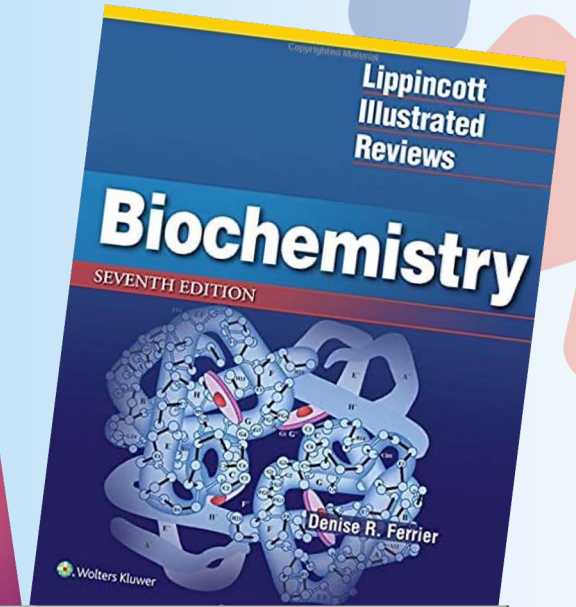
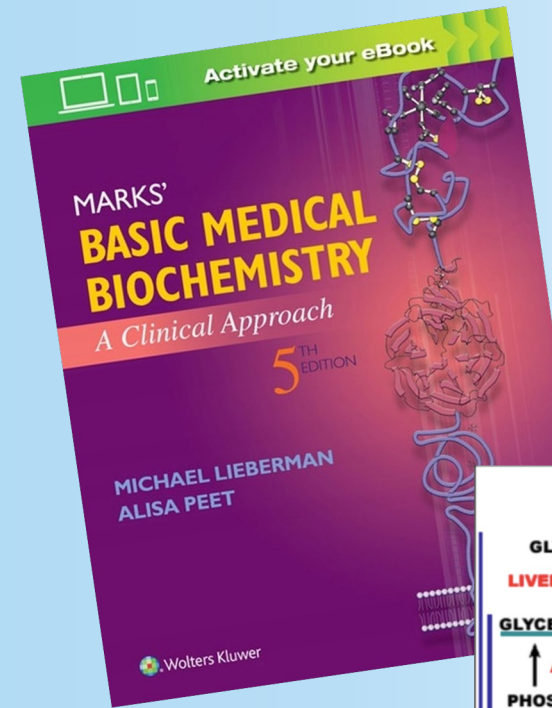
JG



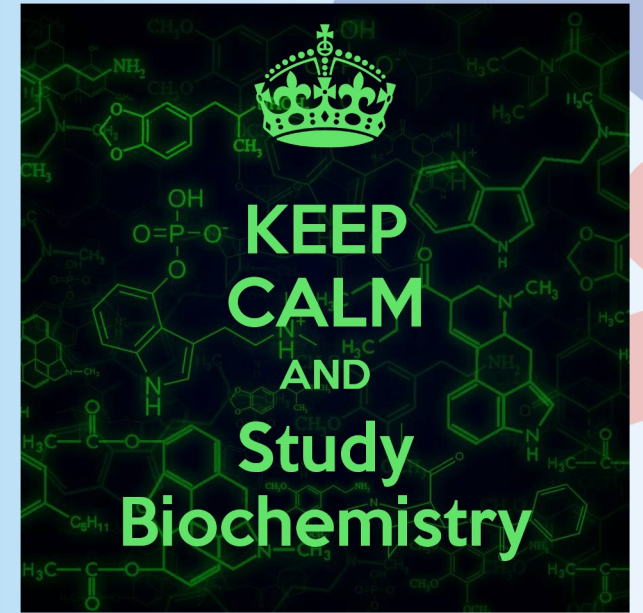
Biochemistry: How to study?

Part II and III: Actual Biochemistry

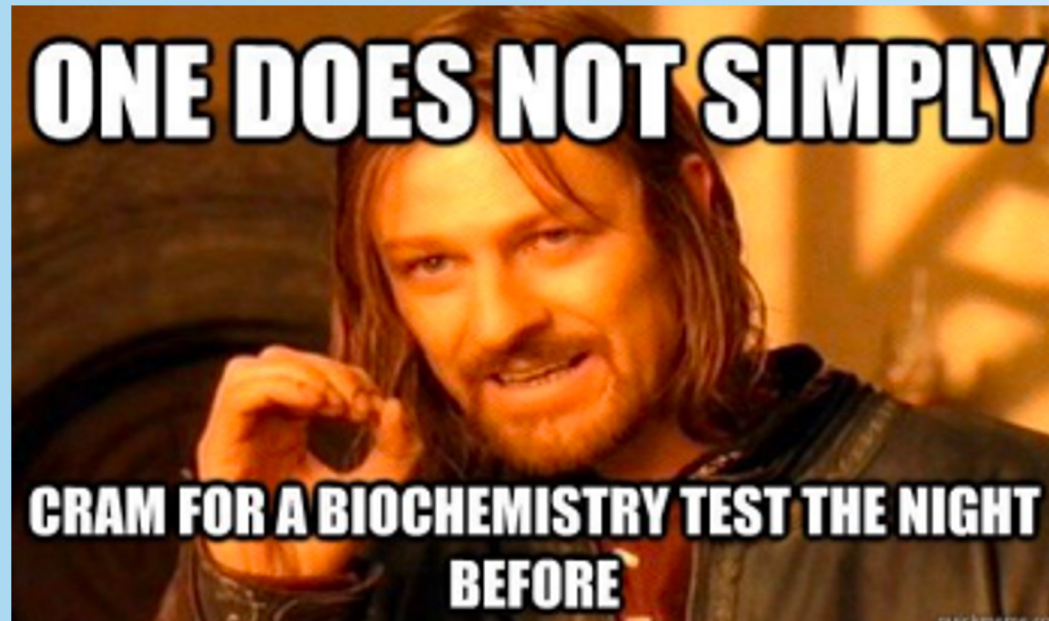
- Books
 - Lippincott
 - Marks
- Videos
 - Ninja nerd
 - Kaplan Biochemistry
 - Andrey K
 - Dr. Najeeb
- Lecture slides
- StudyAid seminars
- Draw and talk through complex processes



Biochemistry: Final advice



- ✓ Prepare for seminars and labs
- ✓ Start studying early and evenly through the semester
- ✓ Understand big picture
- ✓ Memorize the details



MED SCHOOL



who i think ill be



who i think my gf will be



what i think im gonna do



how i think im gonna study



what i think ill do in the evening



what it is all about.

5 cardinal rules of surviving 1st year

1. Study clever

- Something is better than nothing
- Pomodoro, 45x15
- What works best for YOU?
- Quality > Quantity → Remember purpose of studying

2. Structure

- Planning is key
- Many subjects/exams simultaneously

3. Prepare for your classes

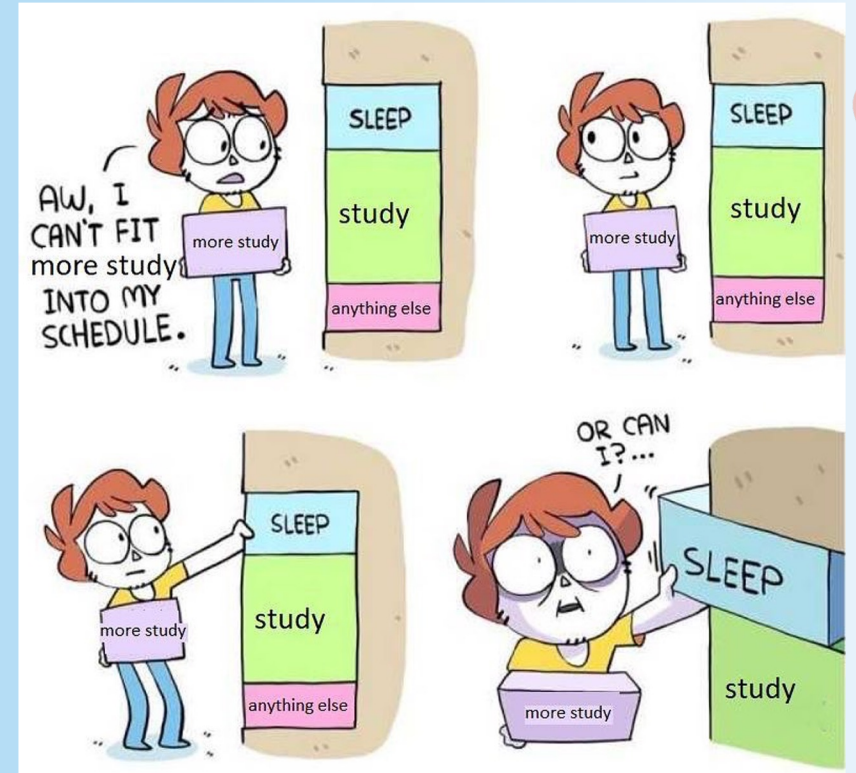
- A lot more “value for money”

4. Time off

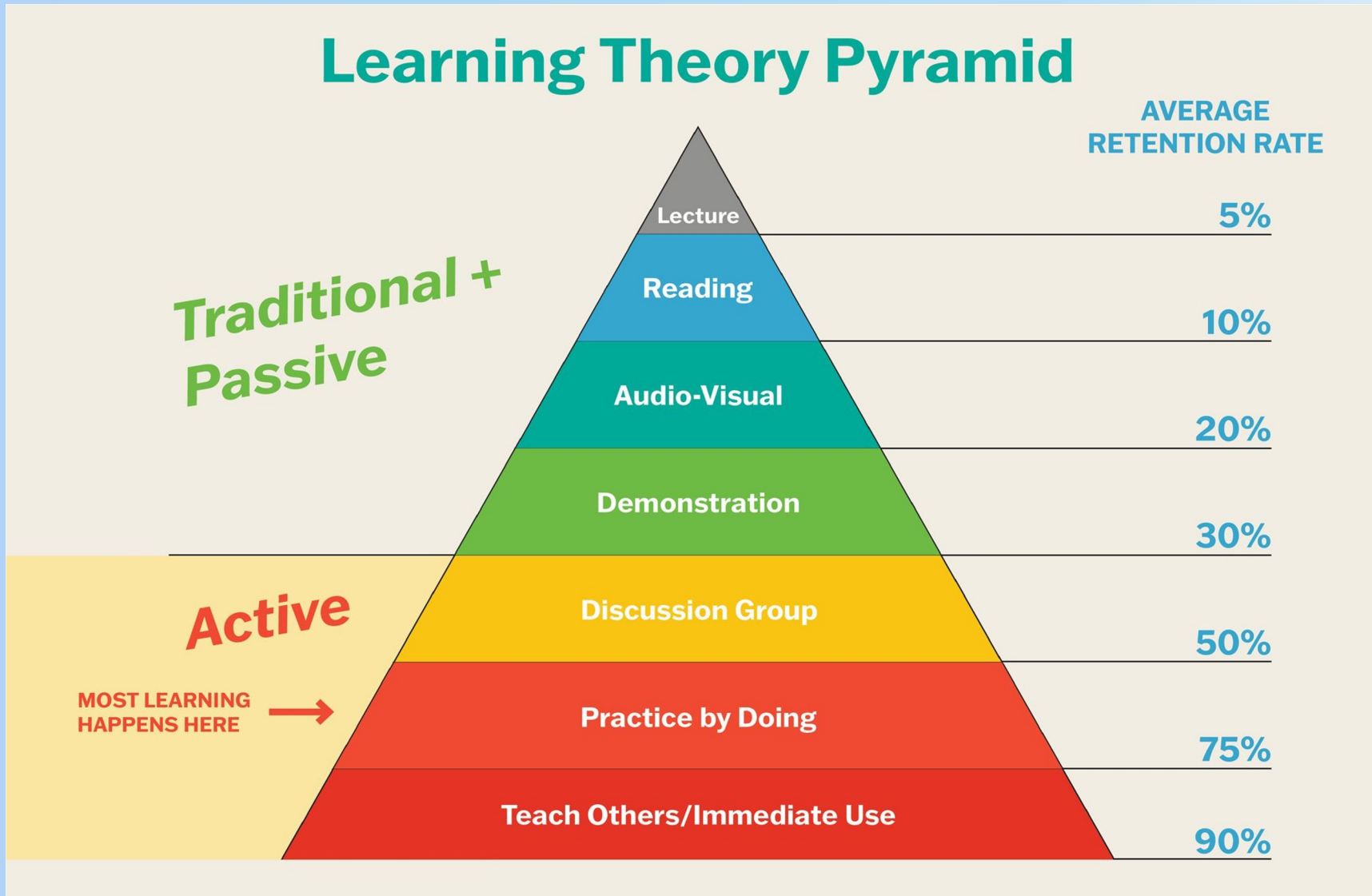
- Go for a walk, make some food, hang out with friends, join student initiative
- Gains perspective + brain needs time to process information

1. One week at a time

- A lot of people have done this before, you can do this as well!



It's all about getting as much out of your time as possible



Where to study?

- **Jagiellonian library**

- Register 1st time every semester
- Aleja adama Mickiewicza 22

- **JUMC medical library**

- Address: Medyczna 7 (Prokocim)
- Register 1st time
- Bring your student ID

- **CDK Reading Room**

- Opening hours 07:00-23:00
- Can be very warm or very cold
- Often full
- Might be a computer room now 😞

- **Coffee shops around the city - Explore!**

- Just ask if its ok that you sit there for a few hours, not ok in all coffee shops



- **Public library in Rajska**

- Called “Lillebib”, translates to “Mini library”
- Address: Rajska 1
- Opening hours 08:00 (Thurs 10:00) - 19:00 (Sun 14:00)
- Rarely full
- Coffee shop in the building
- Wifi may be unstable

- *Economics department of UJ*

Taking care of yourself



Counseling

- 3 sessions free of charge
- Dr William Shaw
 - Contact: william.s.shaw@gmail.com

Primary care physician

- Dr Katarzyna Nessler
 - Contact: katarzynanessler@gmail.com

Norwegian students: ANSA

- ANSA website
- TRIA contact

Activities

- Physical activity
- Stay in touch with people at home
- have some fun!!

HOME > STUDENTS > COUNSELING SERVICE

QUICK LINKS


- Jagiellonian University
- Medical College
- Document Request Form
- Staff Directory
- Public Transportation Search Engine
- Announcements
- Student Email Login

Counseling Service

Settling into a new country and new circumstances of medical studies is a demanding task, especially if you have to do both at once.


If you experience difficulties adapting to the new reality of your life, feel overwhelmed, or just need to get something off your chest, our two Counselors are here to help you.

- [Student Support and Adaptation Center SOWA](#)
- [Dr William Shaw](#)
- [Dr Ewelina Kamińska-Duclos](#)



Contact either of them for help in gaining insight into whatever difficulties you are experiencing, so that nothing impedes your academic and personal development.

First **three sessions** with either of the Counselors are **free of charge** for all JU MC SME students.



ASK DEAN ANYTHING

<https://medschool.uj.edu.pl/students/counseling-service/>

Where to find us

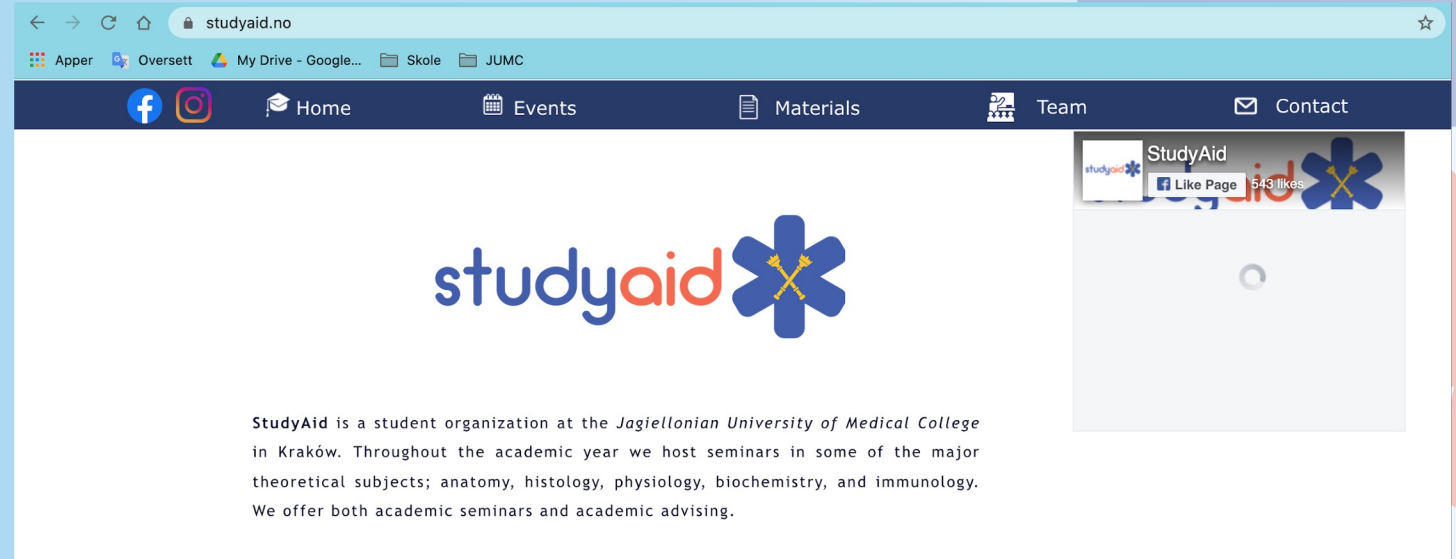
studyaid  www.studyaid.no



StudyAid



StudyAid



If you want to contact us, the best way is messaging us on facebook or insta





Questions?

