

studyaid



The StudyAid Board 2024-25



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**Social Media
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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/>

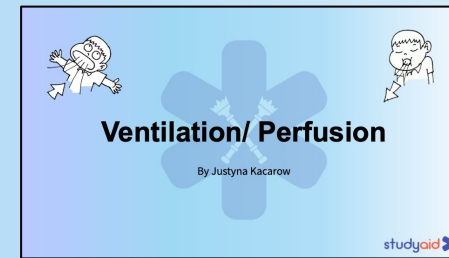


What is a “typical” StudyAid Seminar?

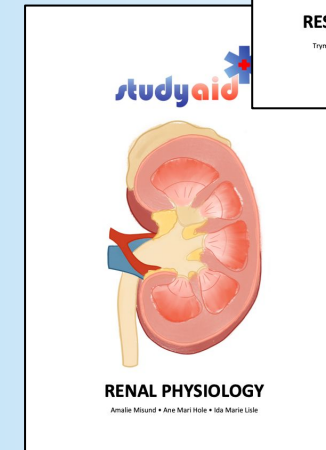
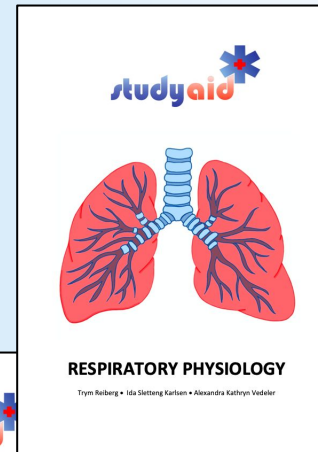
- Held over two days (i.e. Saturday & Sunday)
- Start time ~10am
- Each day = 3 * ~45 min presentations on high-yield topics for exams 
- Each presentation given by a different StudyAid tutor
- 5-10 min breaks between presentations 
- Presentations end with practice questions + Q&A session 
- We have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

StudyAid Booklets

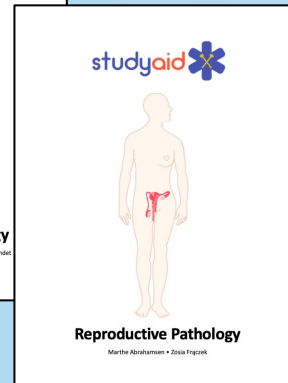
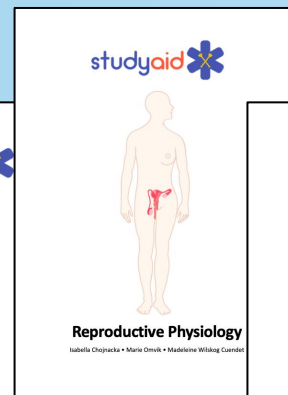
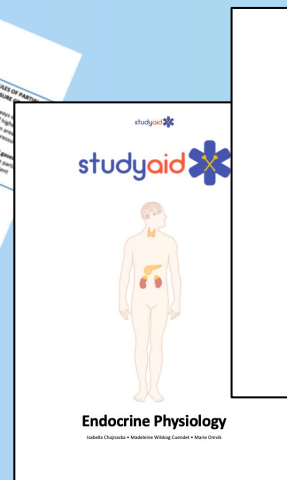
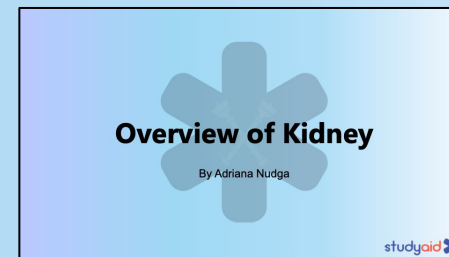
- Material produced specifically for JUMC courses
- Booklets accompany many of the StudyAid seminars
- Should be used as a guide
- Available to everyone on our website for free



+



+





MATERIALS



Anatomy



Pathophysiology



Biochemistry



Booklets



Physiology



Other

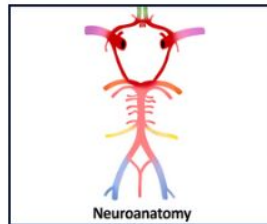


Histology

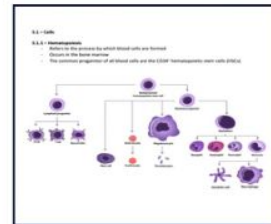




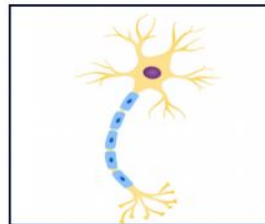
First Year Subjects



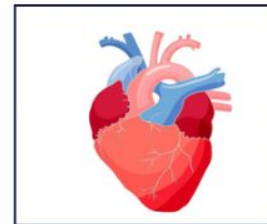
**Neuroanatomy
Booklet**



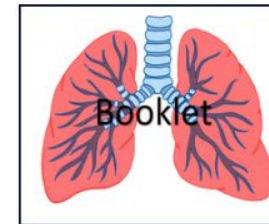
**Blood Physiology
Booklet**



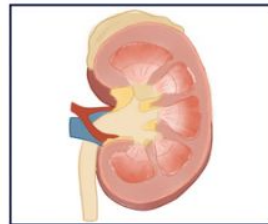
**Neurophysiology
Booklet**



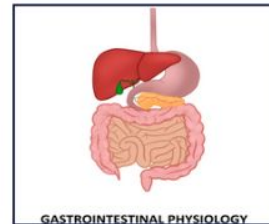
**Cardiovascular
Physiology Booklet**



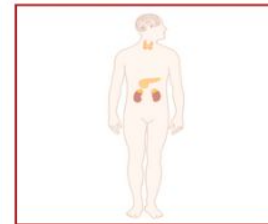
**Respiratory
Booklet**



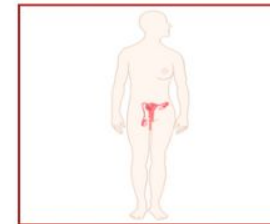
**Renal Physiology
Booklet**



**GI - Physiology
Booklet**



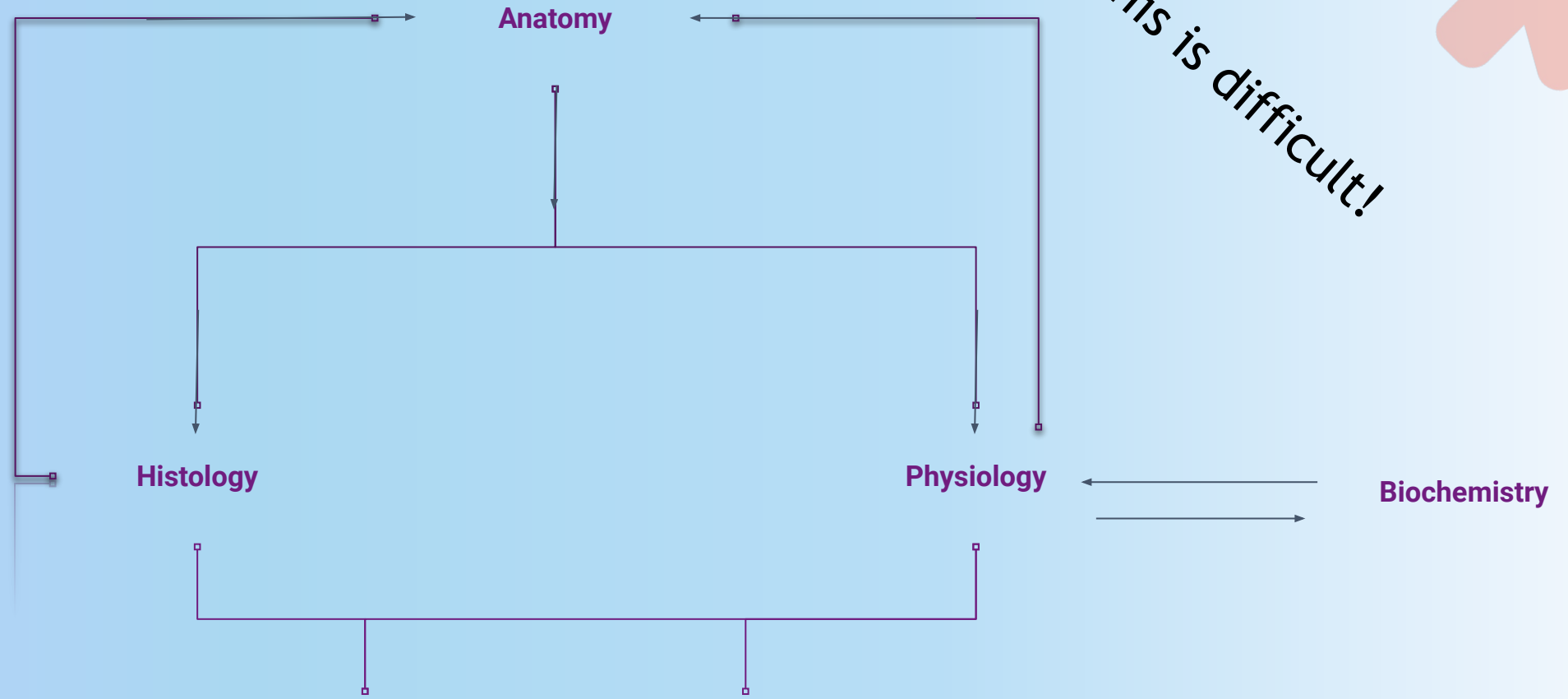
**Endocrine
Physiology
Booklet**



**Reproductive
Physiology
Booklet**

This is difficult!

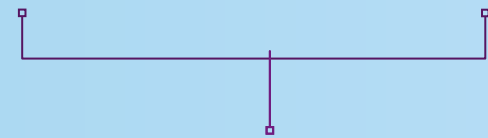
This is difficult!



2nd year

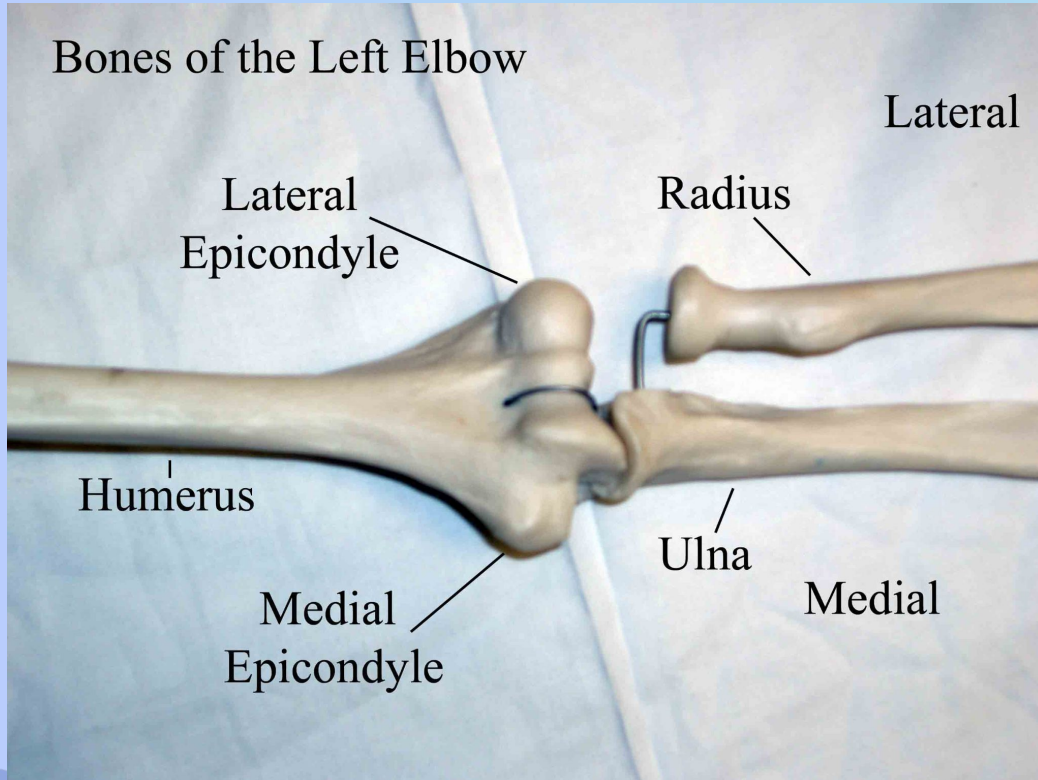
Pathomorphology Pathophysiology

Pathology

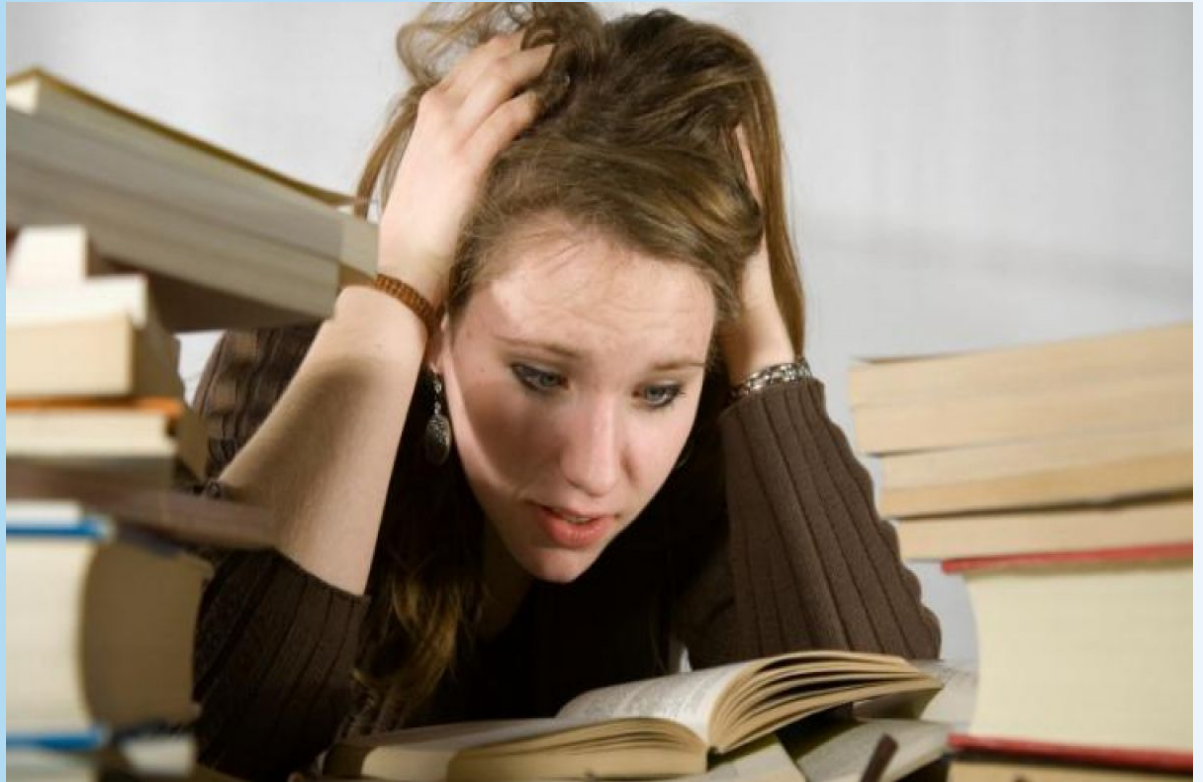


Anatomy

Practical anatomy



Theoretical anatomy



What type of student do you aim to be?

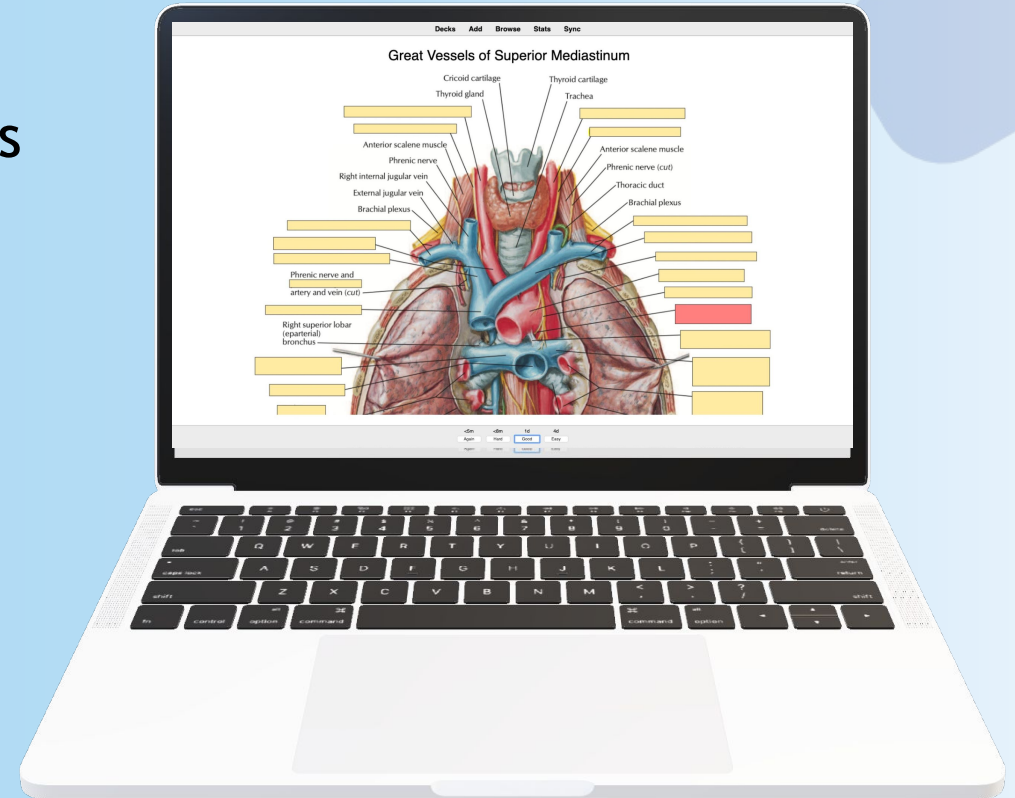
Practical exam

- 4 specimen in each room
- 2 minutes per room
- Bring gloves and TWO pens
- *You can get exempted!*
- No one really fails twice
- Same exam in 3rd year



Anatomy (Practical): Memorizing

- *Memorizations and repetitions is everything*
- Use the specimen list
- Study the illustrations then practice in the labs
- **App:**
Anatomy Learning or Complete Anatomy
- Anki and Quizlet flashcards
- Make flashcards with pictures from the lab



Anatomy books for practical anatomy

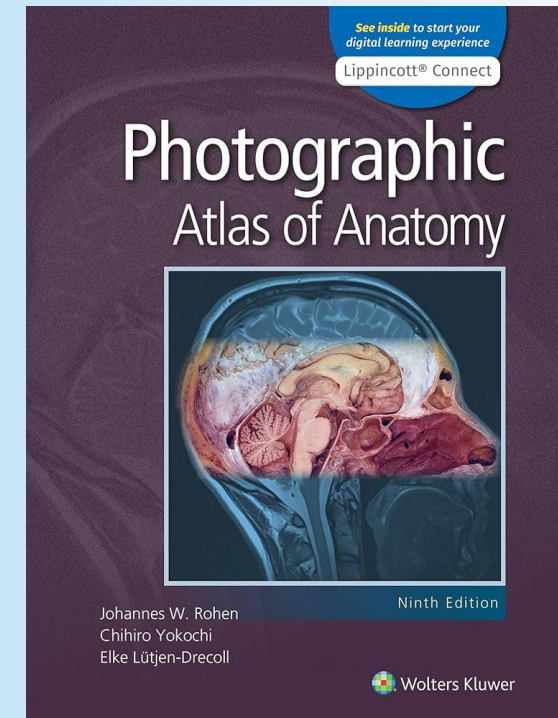
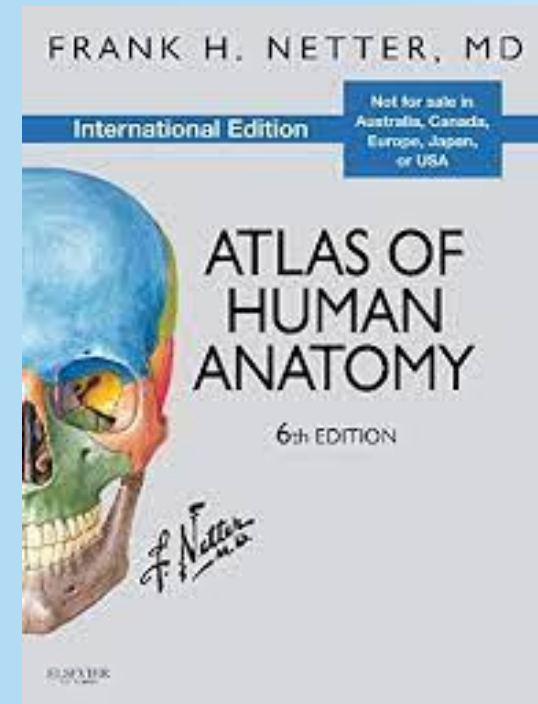
Go to lab and be active!



Atlases:

Thieme, Netter, Sobotta,
Photographic Atlas of Anatomy

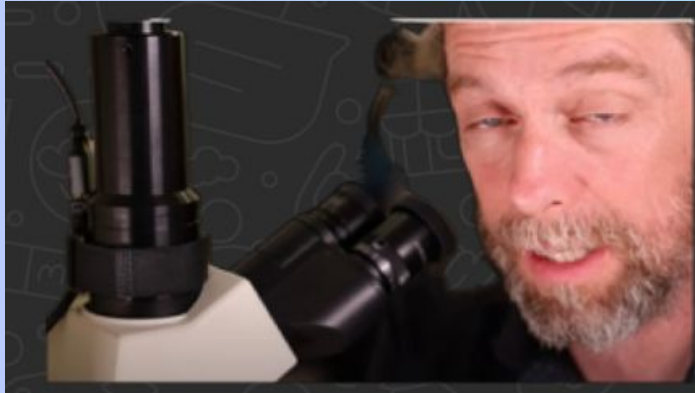
Discuss the anatomical
structures with your
classmates



Theoretical exam

- Devastating. Credit test if under threshold
- Short time to cover "everything".
- 100 questions (final).
- 40 questions (midterms, online with 60 seconds each question).
- **Remember to CLICK NEXT. Never let the time run out!**
- People fail this 2 and even 3 times.
- Students are getting sent home every year.
- **StudyAid anatomy manager`s goal:**
Build up your general knowledge in anatomy

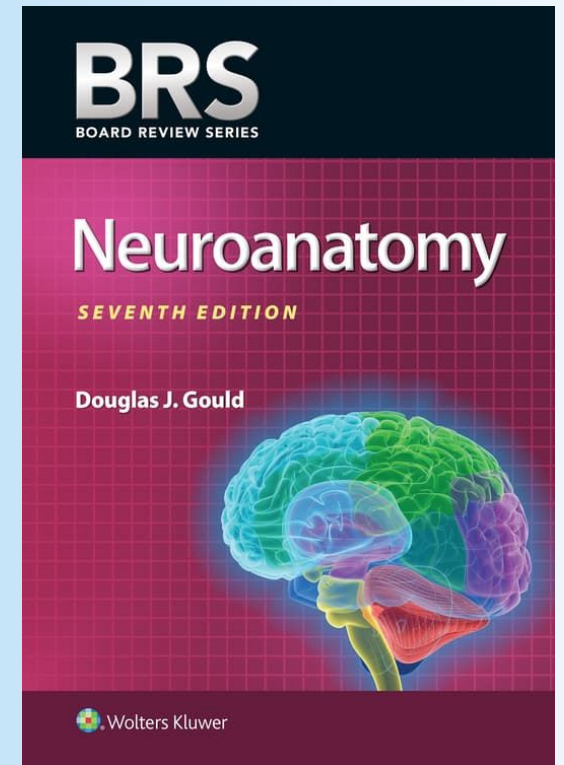
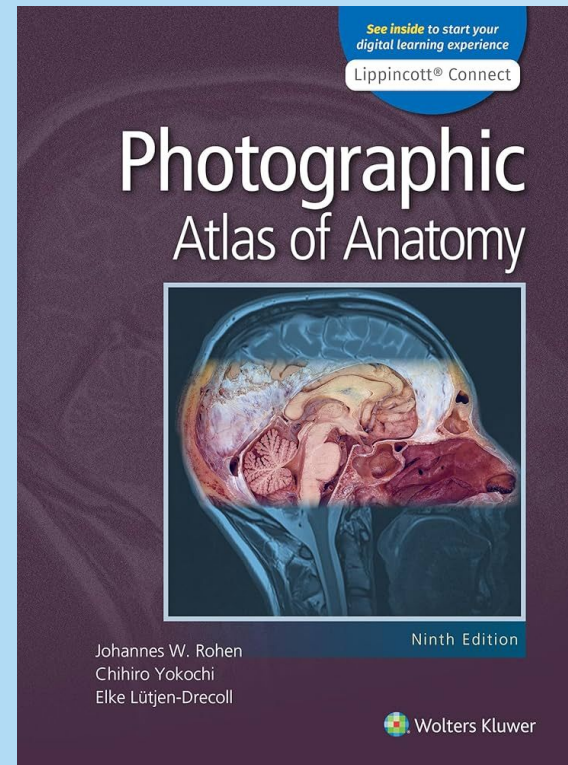
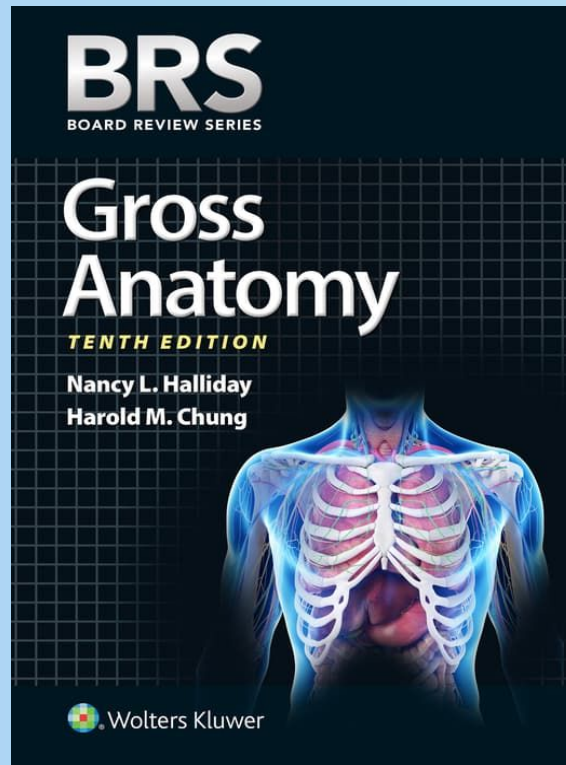
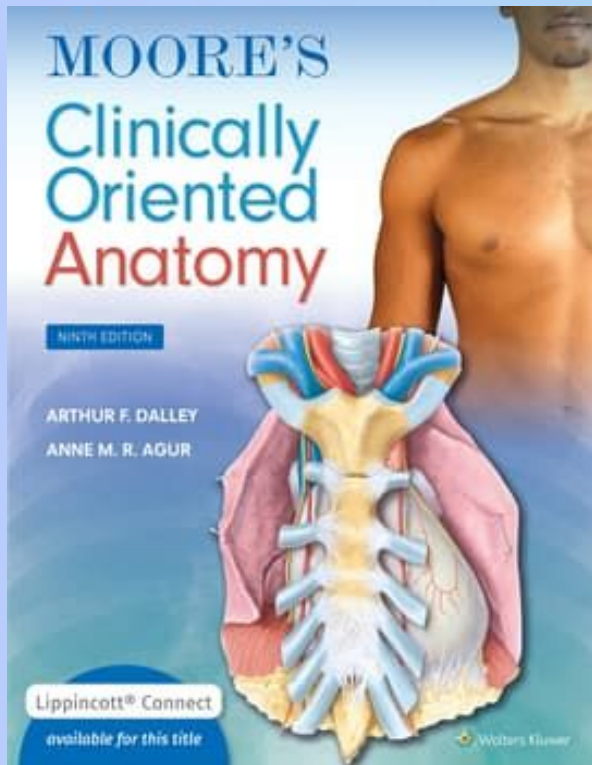
Recommended method to study for both practical and theoretical anatomy:



1. Sam Webster on YouTube!
(Use the given specimen list and atlas together with Sam Webster).
2. Use the theoretical list from the professors (read over it first. Prepare for labs).
3. Kenhub (articles) and/or Bootcamp Anatomy (videos)
4. Moore's Clinically Oriented Anatomy.
5. BRS (for quick review and questions).
6. **2-3 days before practicals (at the latest):**
Use Photographic Atlas of Anatomy for review (or flashcards).
7. Cooperation in the cadaver lab and sharing information between groups is a must.

Take care of each other! Share information!

The recommended books



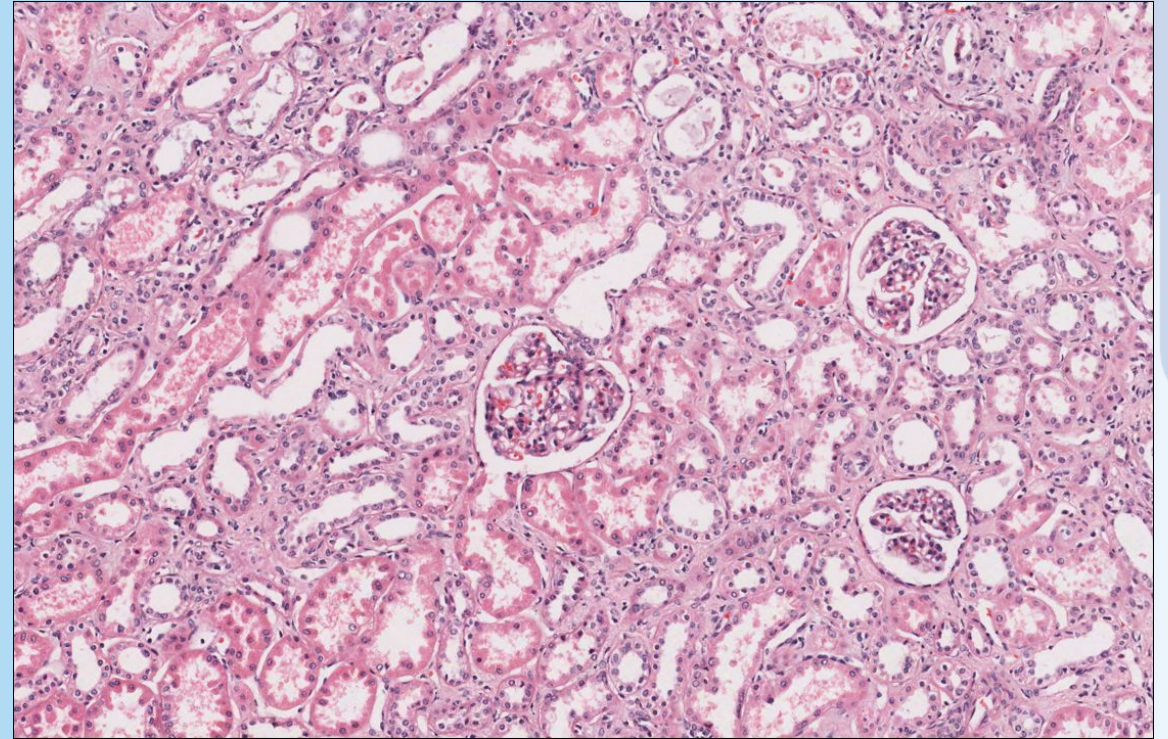
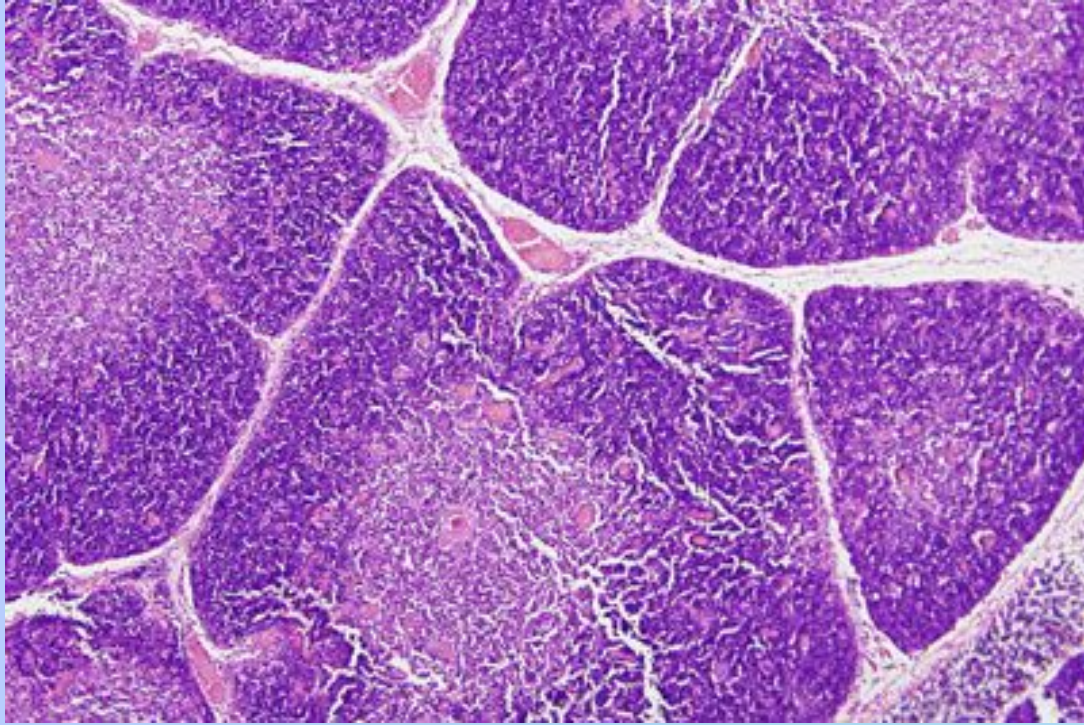
Class reps, contact me:

glenna.breivik@student.uj.edu.pl

Glenn André Breivik (Teams)

- Group chat on Teams
- Try to schedule up a way to share information between groups

Histology



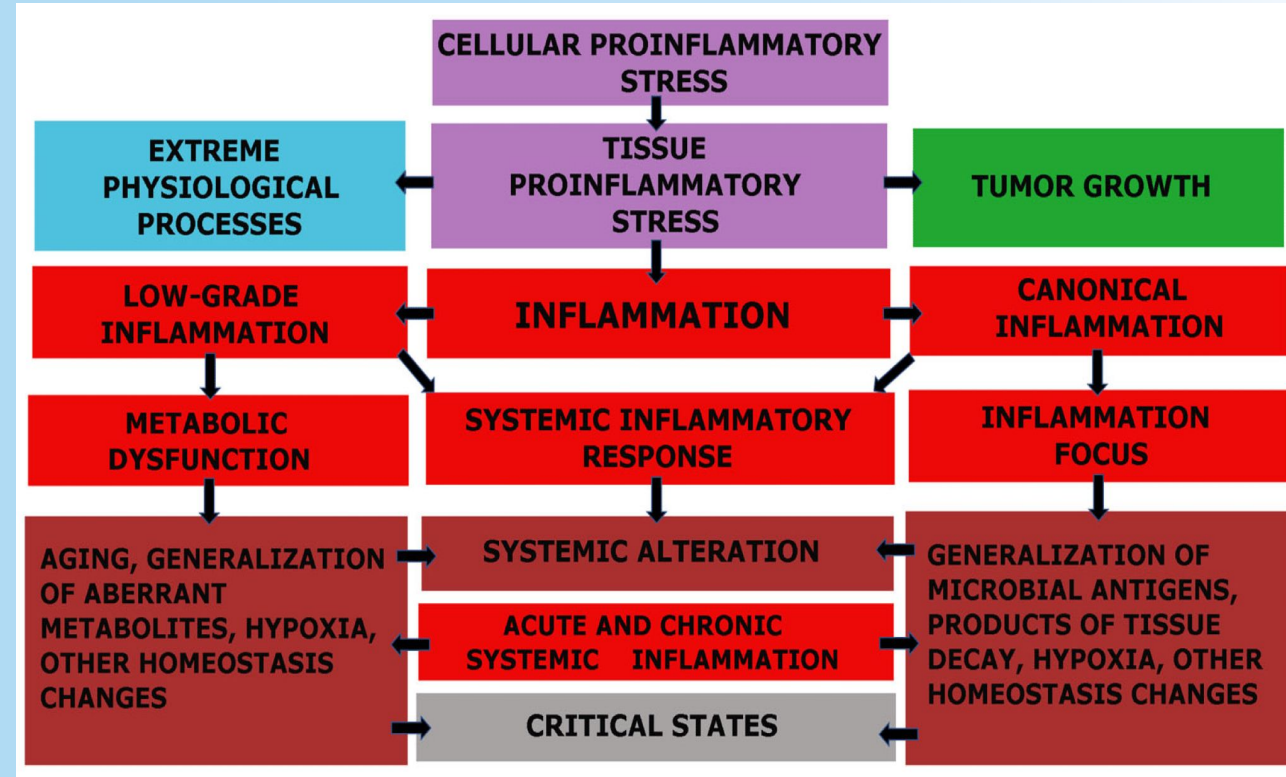
Histology

Practical histology

(Part 1 and 2)



Theoretical histology

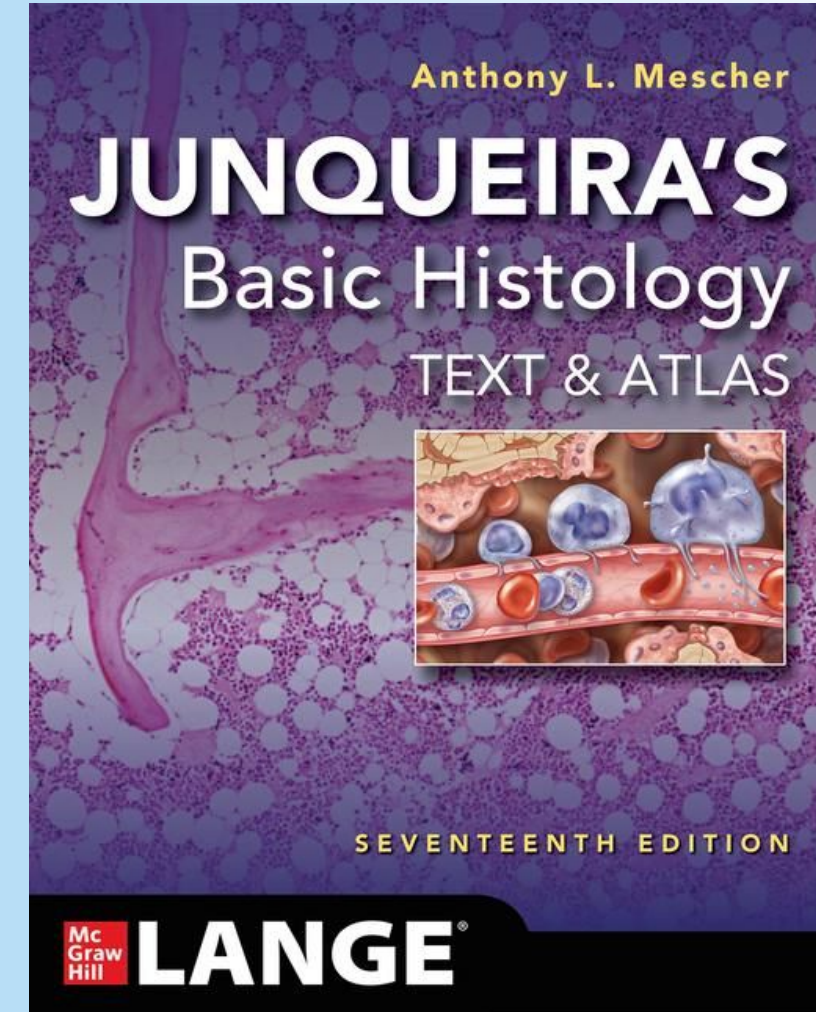
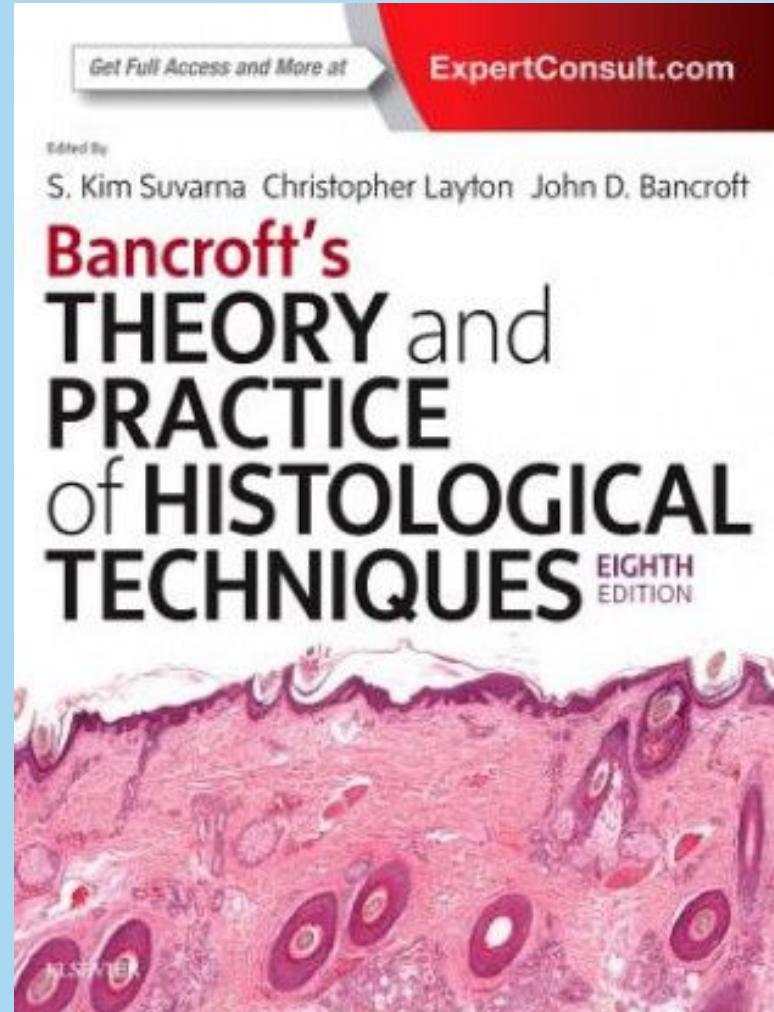
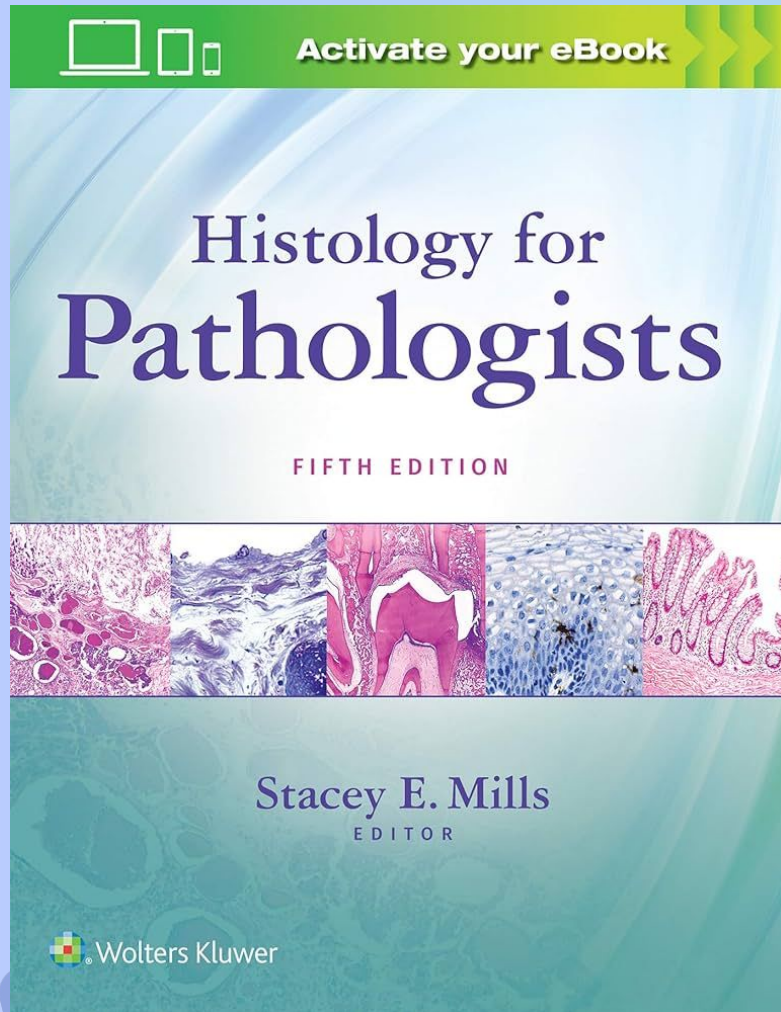


How to study for histology final

- Use the JUMC PowerPoints to incorporate important details for the exam - remember to take pictures of slides used in class as well!
- Booklets from StudyAid.
- Shotgun Histology on youtube
- Sam Webster on YouTube (histology section)
- Kenhub`s histology section
- Navicularis Histology anki deck
- Practical exam is about recognizing and memorizing cells/tissue!
Review of slides for practical exam:

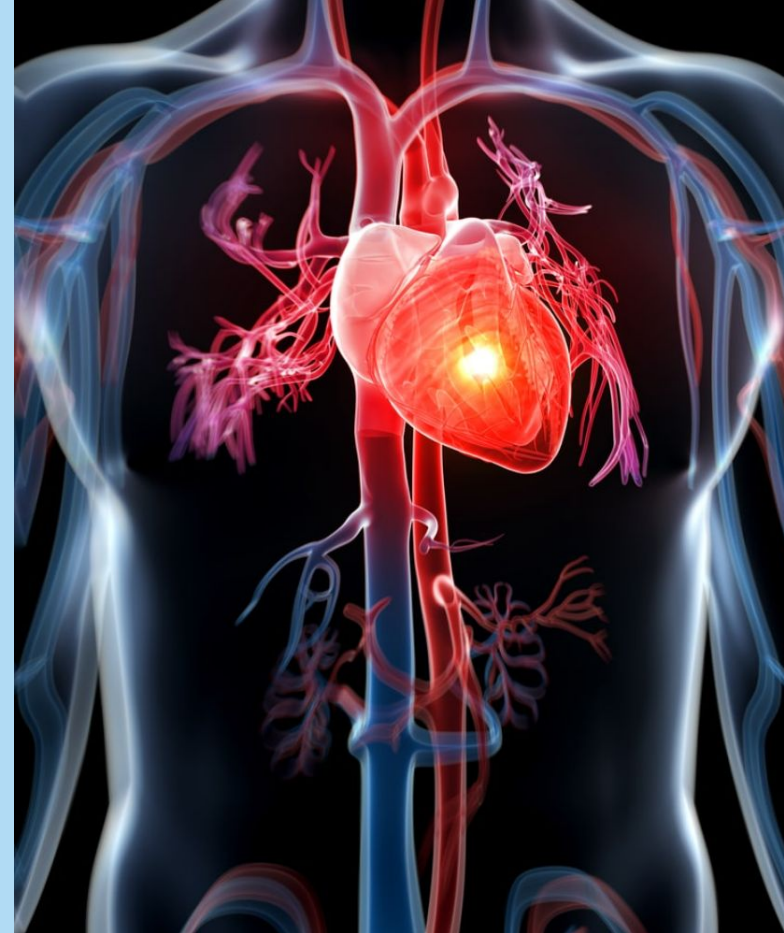
<https://histologia.cm-uj.krakow.pl/Repetytorium/repetyt.html>

Exam preparation for 1st and 2nd year



Physiology: Introduction

- Concepts from Physiology will be revisited in every single year of your medical studies, so it's better to learn it right from the start!
- MD-1 Physiology actually has a lot of clinical relevance!
- Success in the physiology course requires a balance between conceptual understanding & memorization!

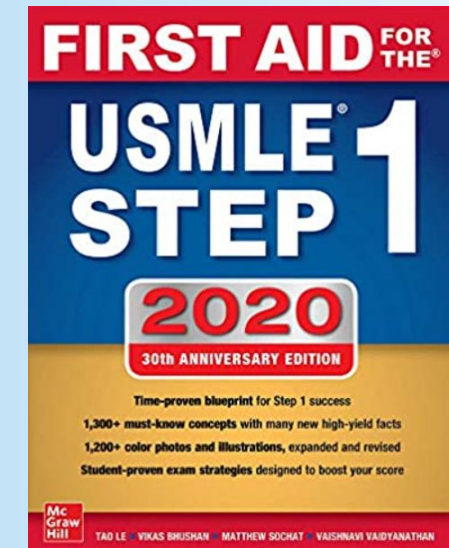
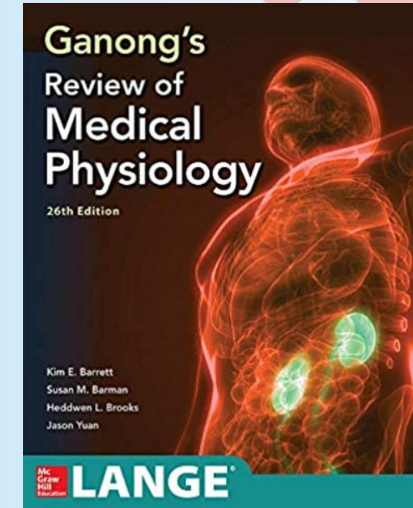
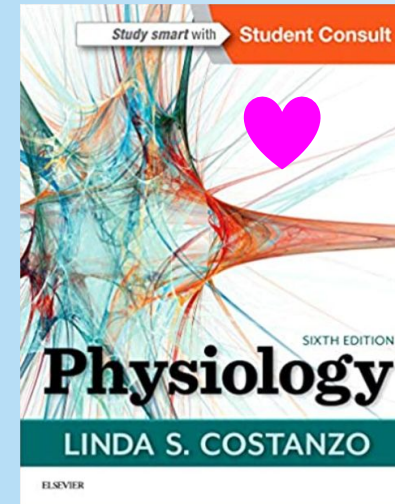


Physiology: StudyAid

- In 2024-2025 academic year, 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 MCO practice questions, which resemble the format of the exams

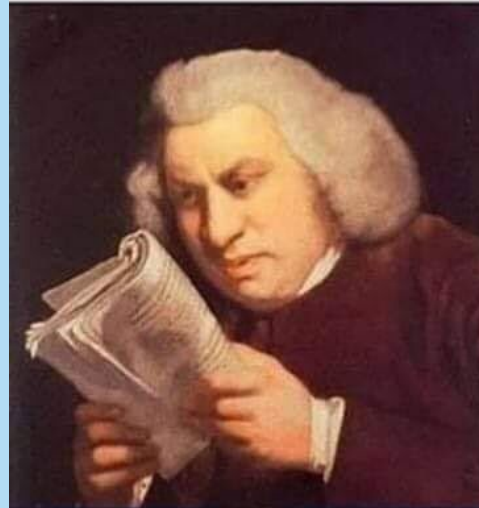
Physiology: How to study?

- Understand concepts first, then memorize details!
- 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),
 - USMLE Prep sites (i.e. Boards & Beyond, Osmosis, Amboss etc.) = good but \$\$\$

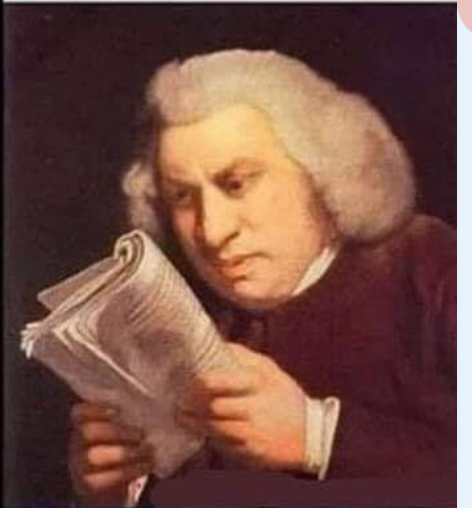


Biochemistry

The first time you
read about
the Krebs cycle

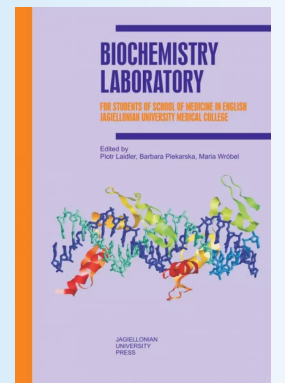


The 1000th time you
read about
the Krebs cycle



Structure of classes

Lectures	Seminars and Labs
<ul style="list-style-type: none">- Usually online (MS Teams or Pegaz), but check schedule just to make sure- Note down what you don't understand, and study that using supplemental resources	<ul style="list-style-type: none">- Seminars: Complete the seminar outline (in didactic materials) before class- Labs: read the contents of the lab description/procedure in the biochemistry lab booklet before class
<p style="text-align: center;">Midterms and final exam Passing mark: 60% of total points</p>	



Studying recommendations

Books:

- Lippincott
- Marks

Videos:

- Ninja nerd: Videos are long, however explains in an easy way that makes you understand and remember
- Dirty medicine: May need to already have a basic understanding of the topic, however is good for quick review or clarification
- Kaplan Biochemistry
- Andrey K
- Dr. Najeeb
- Bootcamp: must pay for subscription and is fast paced, however well explained & is great for those who want to take STEP 1

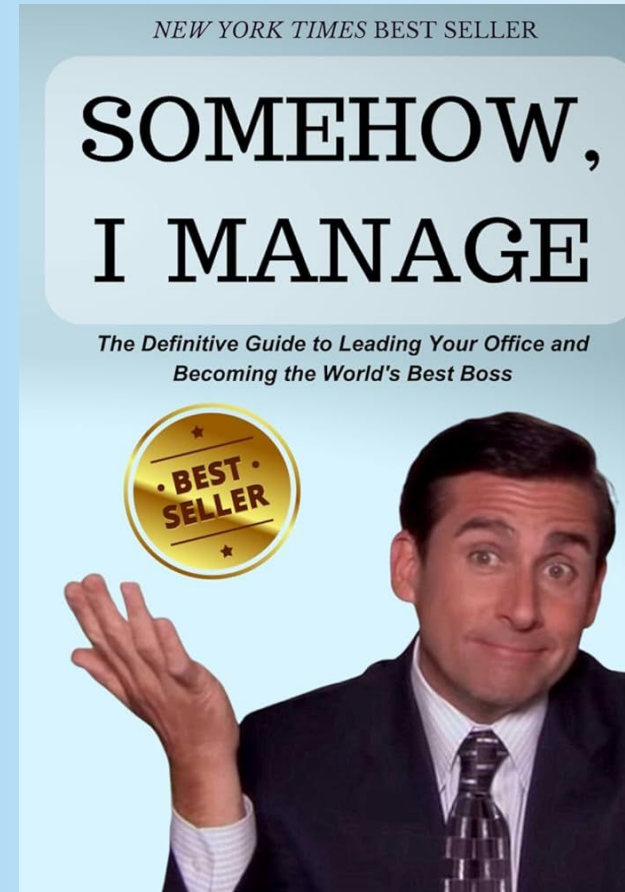
• Lecture slides

• Study Aid seminars 😊

• Draw out concepts yourself

Final advice

- ✓ Prepare for seminars and labs
- ✓ Start studying early and evenly through the semester
- ✓ Understand the big picture:
 - What is the purpose?
 - What factors influence it?
 - Correlation to diseases?
- ✓ Memorize some details:
 - Rate-limiting steps
 - Specific enzymes
- ✓ You can can do it!



5 cardinal rules of surviving 1st year

1. Study clever

- Something is better than nothing
- What works best for YOU?
- Quality > Quantity

2. Structure

- Planning is key
- Many subjects/exams simultaneously
- Sometimes you have to prioritise

3. Prepare for your classes but review after

- A lot more “value for money”
- So much time is saved when you take 30 minutes to review what was most important in the class you just had

4. Time off

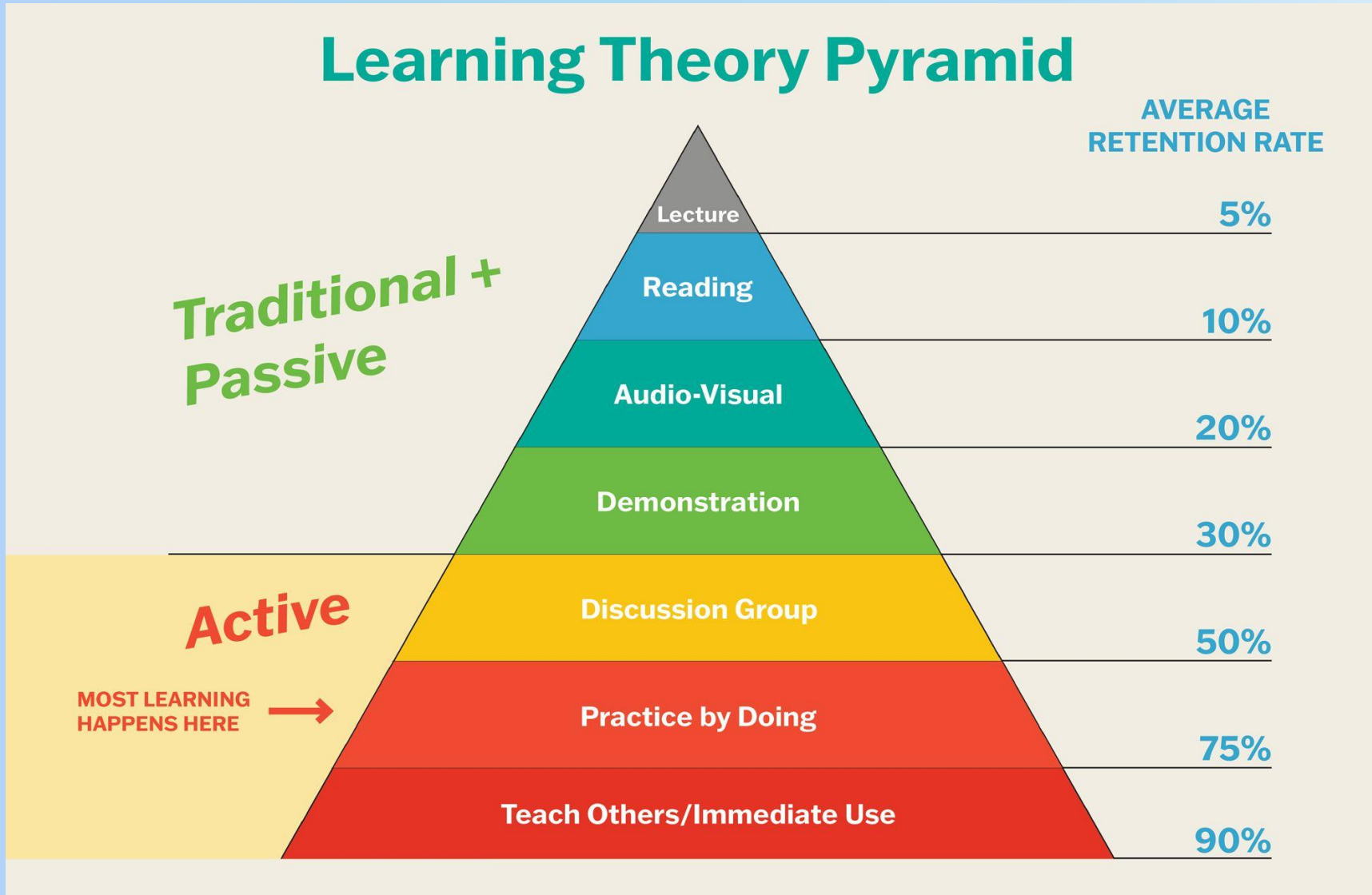
- Go for a walk, make some food, hang out with friends, join student initiative, sleep
- Gains perspective + brain needs time to process information

5. One week at a time

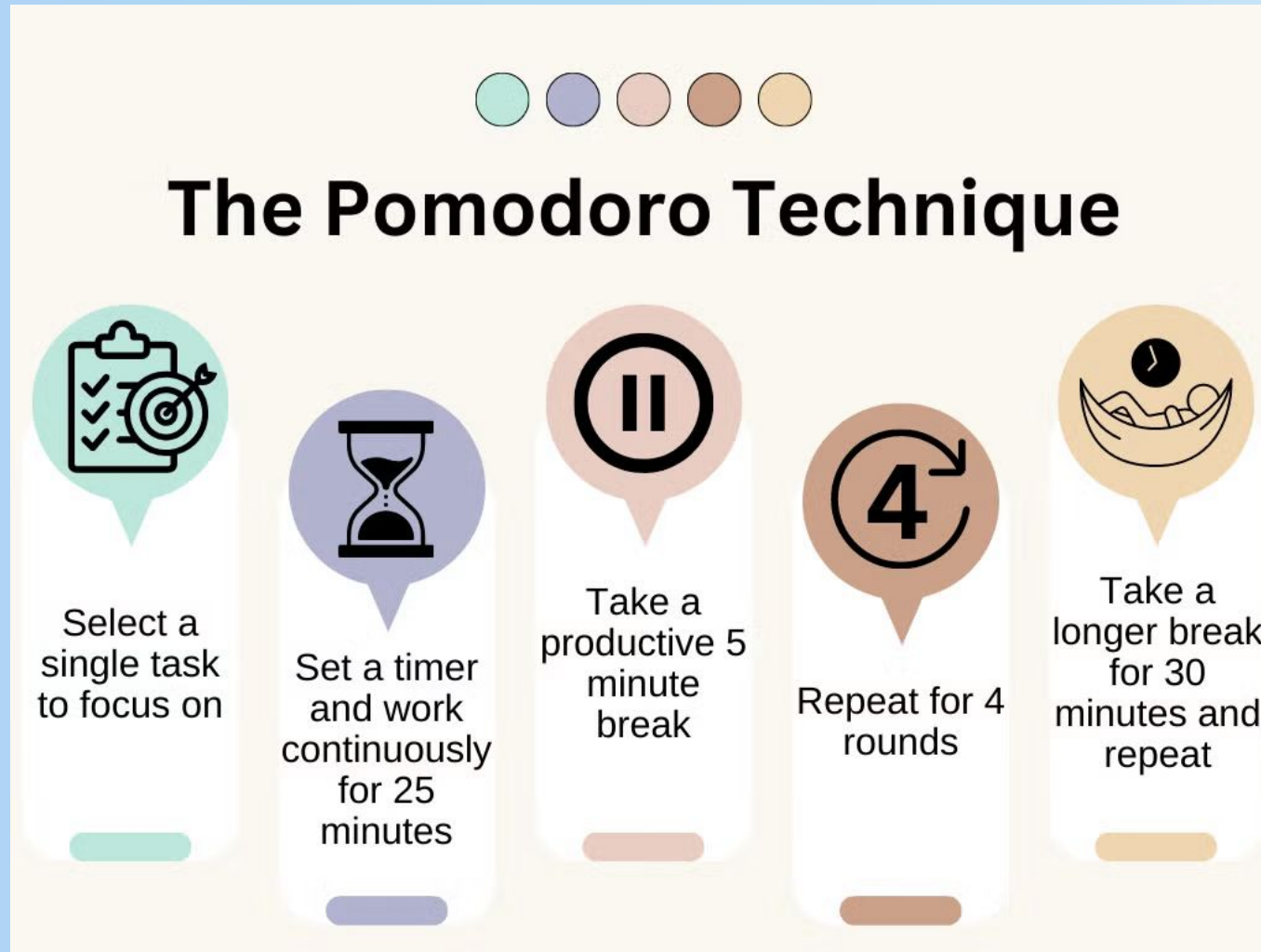
- A lot of people have done this before, you can do this as well!



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



Most effective Study Methods



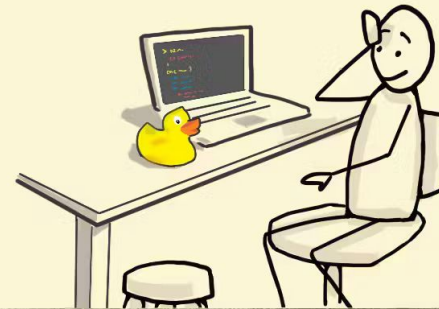
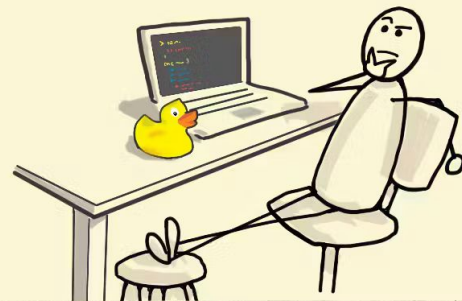
Most effective Study Methods

RUBBER DUCKING

THE TECHNIQUE OF EXPLAINING YOUR PROBLEM TO AN INANIMATE OBJECT TO HELP YOU SOLVE IT

I CAN'T FIGURE OUT WHAT'S UP.
I JUST TAKE EACH TRANSACTION
THEN APPLY THE FILTERS IN THIS
ORDER ANDHANG ON...

OF COURSE! WHAT WAS
I THINKING?? THANK
YOU RUBBER DUCK!



sketchplanations

Where to study?

- **Jagiellonian library**

- Register, bring student ID
- address: Aleja adama Mickiewicza 22



- **JUMC medical library**

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

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



- **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*



Mental health



Socialize

- Dinners, Game nights
- Talk to each other!!

Physical activity

- Walks
- Gym
- Sports, Student Initiatives,

SLEEP, EAT AND DRINK!

Counseling

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

Norwegian students: ANSA

- ANSA website
- TRIA contact
- student prest Hilde

Health care in Krakow

- Znany lekarz!!



Where to find us

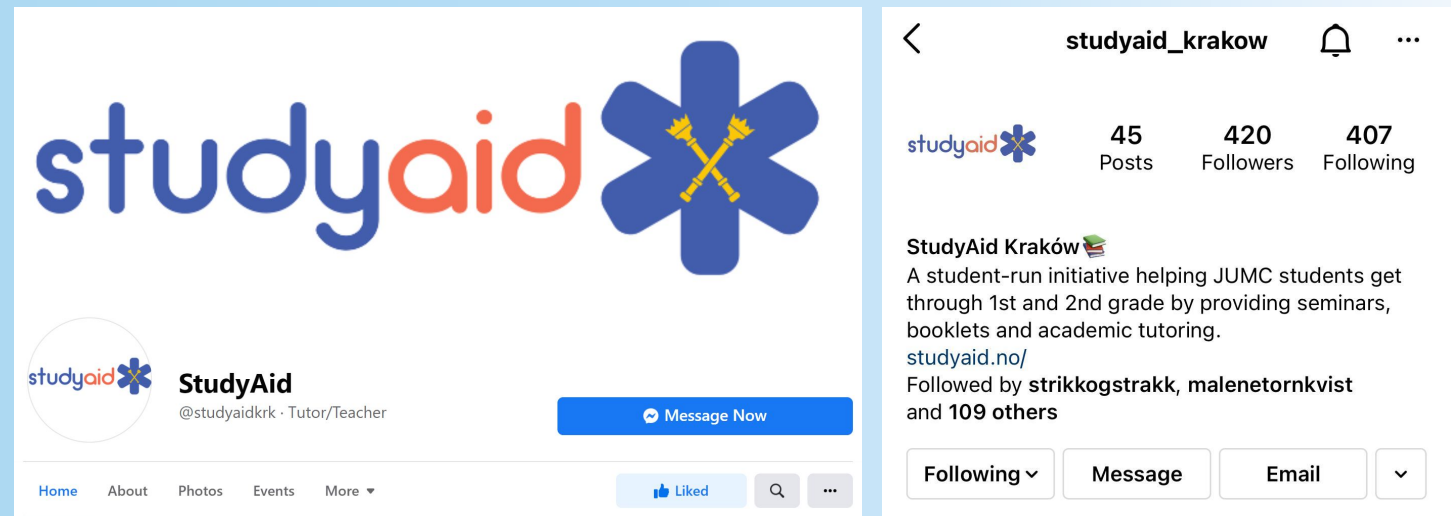
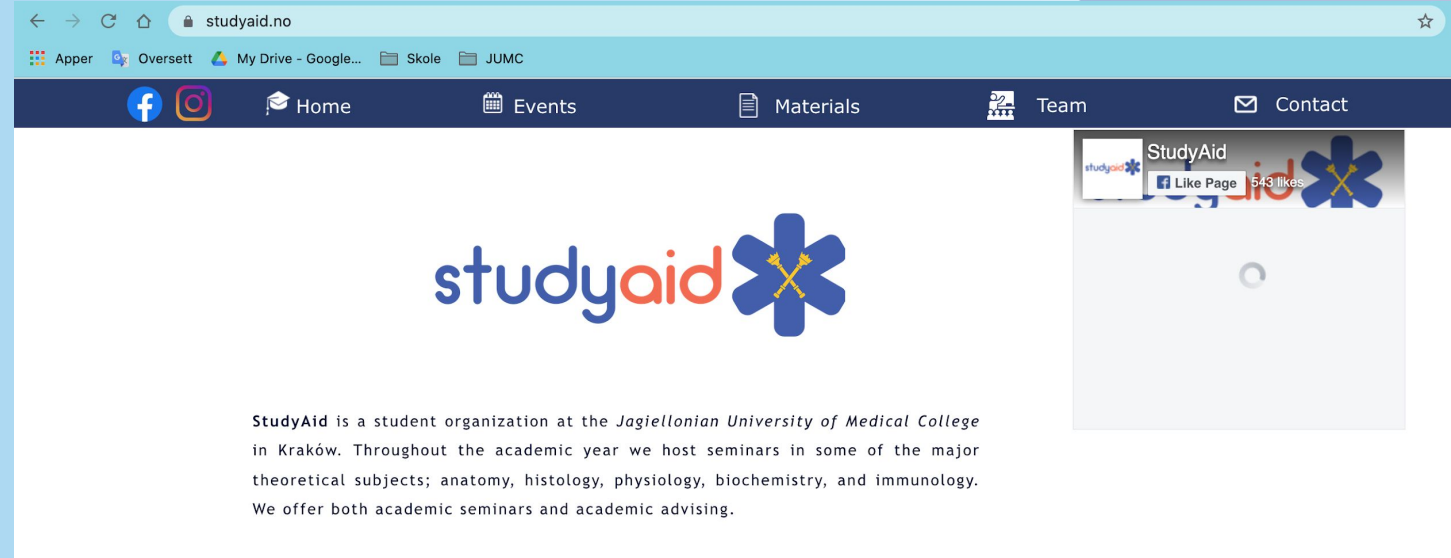
studyaid  www.studyaid.no



StudyAid



StudyAid



If you want to contact us, the best way is messaging the Study Aid page on instagram/facebook.





Questions?

