



# **JUMC Survival Guide MD 1/6**

2021 – 2022



## Introduction

1<sup>st</sup> year of medical school is an academically challenging year. It requires you to challenge and push yourself, most likely more than you have ever done before. It requires a lot of studying, hard work and discipline, but hopefully you are prepared for this and excited to start learning!

With this in mind, here are some of our tips for you:

## Section 1 – General Study Tips

### I. Study clever

- The clue is not how long you study, rather how efficient you are while you study
- Study in short intervals (approx. 45 minutes) and then take a 10–15-minute break

### II. Take breaks and take care of your mental health

- Use these short breaks wisely: your brain relaxes a lot more if you take a breath of fresh air, do a
- You will have long days in the lecture halls and reading room, and you will get exhausted. Therefore, it is very important that you take some time off - find something you enjoy and prioritize time to do it: doing sports, being social with friends, playing music, cooking, etc. If you don't find a balance between studying and taking breaks, you risk burning yourself out.
- Keep in mind the university offers 3 free counselling sessions with a counselor/psychologist. Use them if you need and maybe use them even if you don't feel you need it. Use this link for more information: <https://medschool.uj.edu.pl/students/counseling-service/>
- You can always contact us at Studyaid through Facebook where only the management team has access to the messages (not all the tutors) or if you want to contact us through our e-mail at: [Studyaid.krakow@gmail.com](mailto:Studyaid.krakow@gmail.com) where only one specific contact person at Studyaid has access to the e-mails.

### III. Remember to focus on your own achievements

- You might feel that everyone else is studying more than you, getting better grades than you and in general are much smarter than you. This is very normal! Usually this is only in your head and everyone else thinks the same way about you, but you are also now in an environment where everyone is at a very high academic level, and this is something you have to learn to cope with.
- Focus on yourself and compete against yourself rather than others.

**IV. Get a good overview**

- Read through each syllabus for each subject thoroughly to have an idea of what to expect for each course.
- All classes are compulsory, but note down how many absences you can have if there are any, as having too many absences can result in failing the subject.
- Check how many points you need on each mid-term, what the percentage is for passing and how many retakes they offer. The points and passing percentages we mention in this survival guide are just based on previous experience and may vary. You are responsible for finding out the exact points and passing percentages for your year.

**V. Help each other**

- Share notes, previous tests and anything that might help your fellow students. We suggest starting a Google Drive for your grade where you upload documents to help keep everyone organized and informed. Make sure someone is in charge of the Drive, so it does not get messy.

**VI. Have patience with the university and the school office:**

- The flow of information is not always optimal but getting annoyed or mad will not help much. Remember to always speak to them in a formal and respectful manner. Be considerate of the polish culture and their way of communication that may vary to your own culture.

In addition to the books we have suggested for each subject below, Study Aid provides you with booklets for certain topics throughout the year that will hopefully be helpful. They are always available on our website: [www.studyaid.no](http://www.studyaid.no)

## Section 2 – Major Subjects

- 2.1 – Anatomy
- 2.2 – Histology
- 2.3 – Biochemistry
- 2.4 – Physiology

### 2.1 – Anatomy

= the study of the structure of organisms and their parts

#### 2.1.1 – Sources

##### I. Books

In anatomy you have two types of books: An atlas (a map of the human body) and a theoretical book.

Atlases: There are different atlases to choose from, some very detailed, some less. A lot of the atlases will also be available on PDF and computer programs, but we suggest buying a hard copy from one publisher so you can bring it to labs if you want to. Some atlas publishers to choose from is:

- **Thieme**: There are 3 different atlases for various parts of the human body
- **Netter**: Also available as a computer program. (*Try to find your class IT-person to find out how to download this for free if you manage. There is also a version where you can pay.*)
- **Sobotta**: Like Thieme, it has various books divided into different sections of the human body
- **Wolters-Kluwer, A Photographic Atlas of Anatomy**: Differs from the others because it has real pictures of cadavers, which can be very useful

##### Theoretical books

- **BRS Gross Anatomy**: Essential. Most of the midterms will be based on this book. Questions on the midterms will also be similar to the questions in the BRS. There is also a specific BRS neuroanatomy.
- **Moore Clinical Anatomy**: A more thorough book; not necessarily much of use but can have useful questions to practice.
- **Grey's anatomy**: The professors like this book, so try to do questions from this book as well before each exam.

Videos: There are good YouTube video sources, and for many people this is the best way to study anatomy as it is a visual subject where you have to see/imagine structures in relation to each other.

- **Ninja nerd**: Often very detailed videos, with very good explanations.



- **Armando Hasudungan:** Shorter videos, that often covers a lot.
- **Kenhub:** A website with videos, quizzes, atlases and more. It's 29 euro a month, and worth the price.

## 2.1.2 – Structure of the Course

### I. Labs

- 2 times a week.
- Form the basis for your practical exam.
- Very useful to prepare for each lab, otherwise the information can be quite overwhelming. If you manage to prepare for the labs and stay concentrated during them, you will save yourself a lot of work before the midterms.
- The professors also go through a lot of theoretical information during the labs.
- It is worth asking if one student is allowed to film your teacher as (s)he shows you the anatomical structures on the cadavers. Then share the videos amongst your fellow classmates (as some teachers will not allow it). Do NOT share the videos publicly – this is strictly forbidden.

### II. Lectures

- The lectures are once a week, often held by Prof. Walocha and Dr. Goncerz.

### III. Exams

- Midterms
  1. In total: 5 midterms consisting of a practical and theoretical test. The midterms include embryology.
- Points system
  1. Every practical exam counts 20 points and every theoretical exam 40p, making every midterm a total of 60p.
  2. You need to collect at least 50% out of 300p in total from each test at the end of the year to be allowed to take the final.
  3. Every 10p you collect over a 200 will be added to your final test score (210 p equals 1 extra point on final, 238p equals 3 extra points on the final etc.).
  4. If you score over 80-90% on every practical midterm, you are excluded from taking the final practical and automatically receive maximum points possible from the practical final.
- Final exam
  1. Consists of a practical and theoretical exam with both counting towards your final grade. You need 50% to pass. This subject has retakes if you fail.

### IV. In general

- Professor Grzegorz is making the exams, so make sure you get notes/take notes from his classes.
- Also remember that the majority of your points come from your theoretical exams, not the practical.

## 2.2 – Histology

= the study of the microscopic structure of tissues

### 2.2.1 – Sources

- You do not necessarily need to buy any books for this subject. The faculty provides you with good lectures which they post on the school website. Everything you need to pass the midterm and final exam is on those slides.
- If you want to be extra prepared for lectures or labs, there are two possible books you can buy: **Color Atlas by Junquierias** or **Color Textbook of Histology by Gartner, Hiatt**. These books will also give you a better overview of the subjects, so you can understand better what is on your PowerPoint slides.

### 2.2.2 – Structure of the Course

- There is 1 lecture and lab every week. The content of the lecture is what is covered in each lab.

#### I. Labs

- During each lab every week you will have a small quiz regarding the subject of that week. If you want to do well on these quizzes you should revise the material of the lecture before each lab. If you get a high enough score on these quizzes in total, you get a bonus score on your final grade.
- Even if you are not getting high enough scores, it is smart to revise for these quizzes anyway.
- Spending a little time on histology each week will save you a lot of time when studying for the midterm and final.

#### II. Exams

- Midterms
  1. There is only one midterm in this subject. You need approx. 60% to pass. If you do not pass, they give a retake. You must pass the midterm to be allowed to take the final.
- Final exam
  1. The final consists of a theoretical exam (100p) and a practical exam (15p). You need to pass both these separately to pass the subject. Passing grade is approx. 60%. There is a retake possible for both these, if you fail the retake, you get one last chance with an oral exam.



### III. In general

- Histology is a subject many students struggle to pass as there are a lot of details to memorize. It is also because a lot of students “put off” studying for histology until right before the exam. Spend a little time each week to make the exam studying a more refreshing process.
- There are several anki decks which you can get from older years, both for the theoretical and practical exam. We recommend using anki to study histology.
- The histology department is one of the better faculties when it comes to distributing information and keeping deadlines.

## 2.3 – Biochemistry

= the study of chemical processes within and relating to living organisms. Biochemical processes give rise to the complexity of life

- The subject is a combination of general chemistry and biochemistry. You will have this subject over the course of 3 semesters (1 and a half years). The first part of the course is purely a general and organic chemistry part, however the main part of the course is biochemistry.

### 2.3.1 – Sources

#### I. General chemistry

- If you have studied chemistry before, it should suffice to use the same textbook.
- Otherwise, there are normally two books on the recommended list that you can use: **Zumdahl** or **Brady**, you will only need one of them as they cover the same topics. You will only use these books in the beginning of the course, and most likely never again, so we do not recommend spending too much money on these.

#### II. Biochemistry

- There are two main books: **Mark** or **Lippincott**. We suggest you buy either Mark or Lippincott and combine it with the lectures.
  1. **Mark** is more detailed and includes more topics, but it is harder to read and takes more time. However, Power Points presented during lectures and seminars are often based on this book.
  2. **Lippincott** is less detailed, but easier to read. Most students prefer this book.
  3. **BRS**: There is also a BRS for biochemistry that you might find presents topics in a simpler way and gives short summaries.
  4. **Lectures**: The lecture slides are made available and contain most of the info you will need for the tests.
  5. **USMLE Step 1 First Aid**: Very useful introductory source, explains the most important connections. Use with Anki: Zanki Step 1 Biochemistry (check out StudyAids booklet about how to use Anki on the StudyAid website)

- Videos
  1. Ninja Nerd on YouTube: very detailed and long videos but extremely useful to explain relevant topics.
  2. Kaplan Biochemistry videos.

### 2.3.2 – Structure of the Course

- You will have labs, seminars, and lectures throughout the week. The lectures are usually 2 times a week.
- Point system: In labs and seminars you will collect points from writing a lab report and from a small quiz you will have at the end of every seminar. All the points you collect throughout the course will count towards your final exam. So, if you consistently collect points throughout the course, you will not need to get as many points on the final exam. The better you are at working on this subject continuously, the better.
- The labs, seminars and lectures are not always well correlated in terms of the topic unfortunately. Therefore, you might find yourself studying various topics the same week.

## I. Exams

- Midterms
  1. There are four midterms in this subject, and they all count towards your final grade. Every test has a max. of 40p.
  2. At the end of the second semester, you will need 60% of total points from all previous midterms to continue the course in the second year. If you did not receive enough points you will be able to take another test where you need 60% to pass.
- Final exam
  1. The final spans over the entire course curriculum and is out of 100p.
  2. You pass this subject by getting at least 60% of the *total* points during the year (Labs + seminars, midterms, and the final exam). It is possible to already have 60% of total points before even taking the final, but even if you do not, the more points you have the better.
  3. There is a retake held in September if you do not get 60% after the first part of the course.

## I. In general

- The chemistry part of the course will be quite tough and purely theoretical. Hopefully you will still remember chemistry from your entrance exam, which will help you. StudyAid private tutoring!
- Make sure that you prepare well for the seminars because the quizzes are an easier way to collect points than midterms.
- The professors in this subject differ quite a bit.

- You might notice that you will have different topics presented in the lectures each week and the topics you have in your seminars. Unfortunately, this is how the course is created.
- The department usually corrects the tests quickly.
- Working continuously is a good idea for both the seminars and labs.

## 2.4 – Physiology

= the study of the functions and mechanisms which work within a living system

### 2.4.1 – Sources

There are generally four books in physiology:

#### I. Costanzo

- Most students prefer this book as it has good explanations of concepts.
- The head of Physiology, Prof. Ptak-Belowska, usually *bases the exams off this book*. According to her, other more complicated books are no longer needed.

#### II. Guyton's

- Very detailed and 'heavy' book (also literally) – around 1100 pages. It includes everything you need to know but is in general much too long to read in the small amount of time you have.
- It is available on PDF, so you can print sections if you want more detailed reading.

#### III. Ganong

- very detailed and 'heavy' book (also literally) – around 1100 pages. It includes everything you need to know but is in general much too long to read in the small amount of time you have.
- It is available on PDF, so you can print sections if you want more detailed reading.

#### IV. BRS

- Quite similar to Costanzo. Good summaries of concepts. Also on PDF.

#### V. Videos

- Ninja Nerd Science, Youtube
- Osmosis, Youtube.

## 2.4.2 – Structure of the Course

- There are lectures 2 times a week as well as 1 lab every other week.

### I. Lectures and Labs

- The lectures are unfortunately not made available for students. Lectures are compulsory.
- Labs are clinically related and very high yield for the exams.

### II. Exams

- Midterms
  1. There are 4 midterms: General physiology, Neurophysiology, Cardiophysiology, Renal and Respiratory physiology. To pass the subject you need to pass three out of four midterms. It is 60% to pass.
- Final exam
  1. The final exam consists mainly only on the last part of the curriculum (endocrinology and GI) and only a few questions from the entire year. You have to have above 60 % to pass.
  2. There is a retake in September.

### III. In general

- Professor, and also dean of JUMC, Agata Ptak-Belowska became the coordinator of the Physiology department a couple years ago. She is very kind and understanding. The exams are fair, understandable and are mostly based on practical information from Agatas labs. Make sure you take/get detailed notes from these labs.
- The exams are based on the Costanzo book as well as the physiology labs.
- Physiology is an important subject that you will use consistently during your medical career, so work continuously with this subject. Using video material on YouTube can be very helpful to understand some of the physiological concepts.

**If you have any questions, send us a message on Facebook, we are here to help you. The Studyaid Team wishes you the best of luck in your first year of medical school!**