

Survival Guide Booklet



TEAM: TOGETHER EVERYONE ACHIEVES MORE

THE 1ST YEAR MEDICAL SURVIVAL GUIDE 2022-2023

BY MED STUDENTS FOR MED
STUDENTS

Welcome to Med School!

Congratulations, you made it into Medical School! Being here took a lot of hard work to reach this place, so never take this for granted! You have what it takes to be on this journey and it all starts here!

This survival guide was put by senior medical students from the AUMC Club, where they share some tips from their humble experiences that can help first-year medical students build some foundation for their future as doctors.

"Where the art of medicine is loved, there is also love for humanity" Hippocrates



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Some Student-to-Student Tips

1. Adopt an open mindset when approaching new things

From making new friends to trying out different resources or studying habits. Take your time building a foundation with yourself and your surroundings. This place has a different mindset than high school or if you came from a different undergraduate program.

2. Get to know your environments and socials

In your first year, you will have the opportunity to make new friends and meet people from different nationalities and age groups. Keep an open mind when choosing them. Have a friendly approach and set your personal boundaries and principles that are important to you. Don't feel guilty when you differ with a colleague or you feel this friend is not the one you are looking for. Creating a healthy respectful community between one another is crucial for engagement in academics as in group work as well as having a study partner for you to be a team to help one another in your difficult years and times.

3. Keep up to date with lectures and resources

Always try to get your lectures on the same day and be familiar with them to stay up to date with the lectures for your exam and to avoid cramming. In medical school, you will realize that everyone has their own ways of studying, whether in making a schedule or having different resources for their studies. Books, videos, articles, whatever that is, it is beneficial to keep up to date with the options and to find out your own learning style in order to build your foundation in specific subjects in medicine.

4. Make your Plan!

No matter what you are doing right now, STOP AND PLAN. Planning your week or study schedule, where you want to continue your residency after you graduate, is extremely important, and we realized the importance of it the hard way! I know the word plan seems to some that it is like a commitment that you are afraid to break to yourself. Having this part of your habit by learning to plan and sticking to the plan will build the discipline you need for your academic and clinical life. Setting realistic plans with flexible days to meet with family or friends, enjoy your hobbies or leisure time, or catch up with your material is crucial to maintain your health physically and mentally, and don't be harsh on yourself, we all have been there!

5. Talk to medical students from the upper years

Don't be intimidated or shy to ask anything about your academics from the upper years. They were there a year ago! They are closer to your experience in the same environment and university life than anyone else! You can get help regarding your lectures, the lecturer's nature (Don't depend on other's feedback 100% until you experience it yourself), exam preparation, and some tips and tricks here and there that will help you in your progress. Who knows, you can find a friend or a study partner when meeting them!

6. Past Papers, Past Papers, Past Papers

I learned this the hard way after 2 years into medical school...yes 2 years. We did not have access to them in our earlier years but now the university shares them with the students. Always ask for them! They will help you a lot in understanding the exam's nature and allows you to examine yourself for what you know so far regarding your subject. You can always get them from the upper years as they are closer to your time, and this will boost your exam familiarity like a cherry on top. BUT DONT DEPEND ON IT WHEN BUILDING YOUR FOUNDATION...that's a trap.

7. Medicine is a process that is connected and repeated between one another!

Some say, "you won't be tested on this in the future" or "just study and pass the test!" don't be trapped by this mindset, you can easily fall into it in your low-motivated days. Its satisfaction will never last long. Always try to understand your information, yes, some of them won't be tested, but it will help you sharpen your brain when you approach diagnosis or critical thinking. This information was given to you at this specific time, make use of it now. You never know when you revise some information in the future you will get to know it faster since you were familiar with it earlier!

8. Don't be a "GUNNER"

Don't be a gunner in your community. Whoever got into medical school is already smart and capable enough to make it here. Trying to over-smart or take the light from your colleagues is a move that doctors have already seen since they were medical students like you. Yes, being on top and leaving a mark on your surrounding is important, but there's a fine line that you should balance and that is when to do it and how to leave that mark. Always help and share information when your friend needs help or doesn't understand a subject. This place is for everyone to learn and grow as individuals and future doctors!

9. Study to Save Lives

You will hear this corny cliché everywhere you go on your social media, but it's not going to hurt you when you keep it in mind while studying your lectures. Always have a moment to sit back and reflect on what you are doing with your time. Yes, it's a long lecture and needs some time and focus level to get it done, but always keep in mind that whatever you are studying isn't just for you to pass the test or get high grades. It's solely and mainly to sharpen your judgment when you get a case to diagnose and save the life of your patient!

10. Don't make your grades the only priority!

This is a dilemma that is hard to balance with the lectures given in university and building a foundation for your understanding. The only way to do that is by connecting your lectures to the resources that will help you make a solid picture of your information. Don't focus on just getting high marks and memorizing your lectures back to back. The core aim should be focused on obtaining the knowledge and the grades will follow. You may not need the books right now, but, being at least familiar with them will help you big time when choosing your resource of interest during your clinical years and for your board exams.

11. Learn the Turkish Language

Learn, learn, learn the Turkish language. This is a mistake that most international students fall into after they get into their clinical years. Even if you are going abroad or back home and you may not need the language, it's going to help you a lot when dealing with patients or talking to doctors in the hospital. Anyone who tells you, "Well, it's an English program you don't need Turkish". Don't take that advice and don't fall into that trap before its too late.

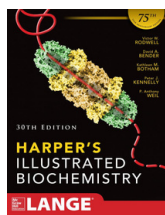
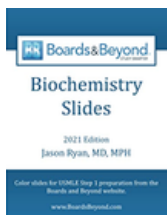
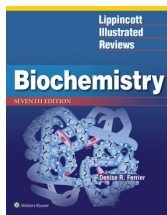
12. Academic Failure

Don't be harsh on yourself if you performed your best in your test and didn't get the grade you aimed for. We all have been there. You might have the best exam preparation and still not get the grade you aimed for. Always remember medicine is a process, you have good days and some bad days. Don't compare yourself with others when it comes to your grades or your performance. This will not decide who is the better doctor or take any other place in the future. This is a process and a mentality you have to build with yourself and always reflect on. Academic failure or setback doesn't define you as a person or your capabilities. Keep up the hard work, and stay optimistic that this shall pass. Learn from your mistakes in your study schedule or process, and have an open mind for this adventure.

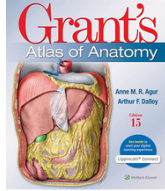
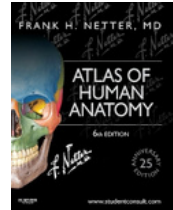
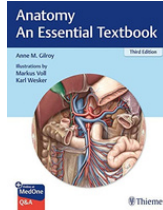
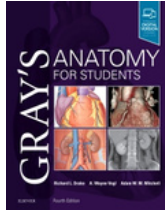
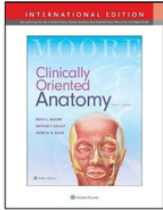
13. Recommended Books and Resources

You should pick and choose the books and resources that are most efficient and comfortable as preferred. We shared some valuable books and resources that can help you build a solid foundation. REMEMBER NOT TO OVERWHELM YOURSELF WITH TOO MANY RESOURCES.

Biochemistry



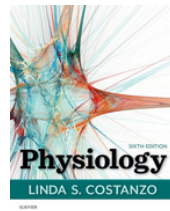
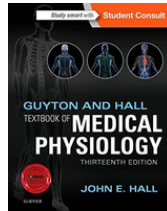
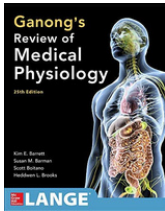
Anatomy



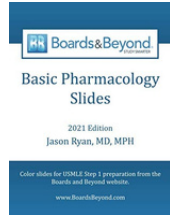
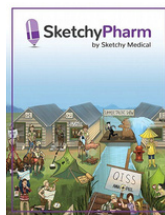
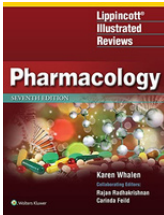
TeachMe
Anatomy



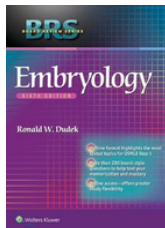
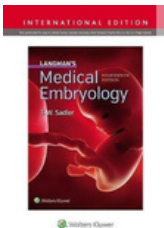
Physiology



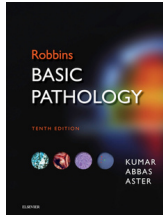
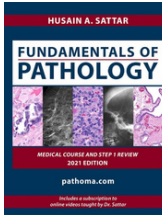
Pharmacology



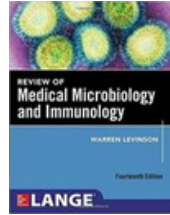
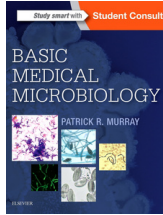
Embryology



Pathology



Microbiology



Online Resources

This advertisement block contains four distinct promotional elements. At the top left is the 'OSMOSIS from ELSEVIER' logo. To its right is the 'Lecturio' logo. Below these is a grey box with the text 'DIRTY MEDICINE' and a cartoon character labeled 'MINJANERD' who is a ninja. At the bottom is a banner for 'DR. NAJEEB LECTURES' featuring a photo of Dr. Najeeb and text describing his popular medical lectures and website.