



B147 OSOC

FRESHERS GUIDE

2021



Freshers Guide - 147th Session

Welcome

Hello! On behalf of the DU Biological Association, I would like to congratulate you on making it this far and welcome you to the next crazy, intense, terrifying chapter of your life! I bet you thought the Leaving Cert was the hardest thing you would ever have (the choice) to do, but let me be one of the first to tell you that soon enough you're gonna wish you could go back to that mundane biology lab and learn about the lymphatic system as if it had no other purpose than to drain all that mystery fluid that leaks out of your blood vessels. Now, before you panic and start to ring up Mr CAO, let me tell you about the exclusive membership you get in return for all your hard work - Biosoc!

What's a Biosoc?

I thought you'd never ask! 'The Dublin University Biological Association' is a student-run society founded in 1874 for students with an interest in Healthcare and Biology. It is now composed of a committee, representatives, and its members. The committee consists of 4th year students and there are 2 reps per year in years 1-3 that act as points of contact between the society and students in their year. The current committee was elected at our AGM last year and have been busy over the summer planning some exciting events for this year, but our 1st year reps have yet to be elected, so if you're social, proactive and eager to get involved with college life, put your name forward when we come and organise the election to pick your Biosoc class reps, it's a great way to get to know people both in your year and the years above!

Biosoc's 147th Session

Chairperson: Aisling Cadden

Secretary: Laura Ryan

Treasurer: Saint-David Olubiyi

Public Relations Officer: Katy White

Ents Officers: Peter Flanagan & Kevin McDonnell

Ordinary Committee Members: Camille Christle-Power, William Farmer, Ciara Leavy & Sue-Ann O'Beirne

3rd Year Reps: Aoife Gatling-Colleran & Eimear Kyle

2nd Year Reps: Aoibhín Collins & Emma Jackson



COMMITTEE 21/22



Aisling Cadden
Chair



Laura Ryan
Secretary



Saint-David Olubiyi
Treasurer



Katy White
PRO



Peter Flanagan
Ents Officer



Kevin McDonnell
Ents Officer



Camille Christle-Power
OCM



William Farmer
OCM



Ciara Leavy
OCM



Sue-Ann O'Beirne
OCM



Aoife Gatling-Colleran
3rd Year Rep



Eimear Kyle
3rd Year Rep



Aoibhín Collins
2nd Year Rep



Emma Jackson
2nd Year Rep

What do we do?

Our job is basically to remind you (and ourselves) that there is more to life than the library. So to help you make friends and mistakes a plenty, we organise numerous events throughout the year, such as nights out, book sales, guest speakers and balls.

Where can you find us?

If you've gotten your hands on one of these hot-off-the-press guides, then you may have already met some of us, but make sure to tell your friends to join the most happenin' society in town! Make sure to follow us on Facebook (TCD Biosoc) and Instagram (@tcdbiosoc) to stay up to date on all our news and events, check out our website (tcdbiosoc.com) to find out more about the society (sign up online!!) and if you have any questions or need to contact us about anything, you can always message the Facebook page or email us at biosoc@csc.tcd.ie.

Med's Declassified School Survival Guide

So, you're sitting in your first biochem lecture, the lecturer is explaining the composition of about 20 different proteins and is recommending that you draw them out and learn them by heart, and then you're about to go into your first anatomy lecture where the lecturer berates you for not already knowing the four rotator cuff muscles off by heart. And what do you mean you can't tell your squamous epithelium from your stratified columnar epithelium? What are you even doing here?!

OK, relax, deep breaths, let's get that heart rate back down. I would like to say that that was just a scare tactic, but that is the reality of what you're going to face during your first week in college. No one is going to hold your hand or ease you into this course, things are going to come hard and fast from day one, but believe me, you wouldn't be here if you weren't able for this. At first, it may seem like you have an impossible amount of information to memorise, but soon enough you'll start to sift through the key information and filter out the excess content and you'll figure out what you need to learn in order to pass your exams and do the best you can. Don't wait for things to be handed to you, if there are things you don't understand and you're waiting for a lecturer to explain them, if they haven't explained it by the end of the lecture, it's up to you to go and google it, ask a classmate, or (for fear of being too old school) look it up in a book, which brings me onto my next topic...

Books

If you're still waiting for your college booklist to arrive in the post along with your acceptance letter to Hogwarts, you're going to be waiting a while. The way college books work is your lecturers give a loose 'book list' at the end of their lectures, which shows the books where they gathered the information in their lectures from, and where you can find more information on the content discussed during the lecture. However, are you going to fork out €100+ on a book referenced in one lecture from a whole module? No, put the card back in your wallet, the answer was no. There are hundreds of different books for each subject in medicine, and most of them have very similar content, just explained or laid out in different ways or levels of detail, so there's no need to buy most of them. Plus, a lot of them are available to loan from the library. That said, it is

handy having your own copy of a book to annotate and take with you throughout the years, so if you are interested in investing in some of medicine's finest folios, there are some tips included in this guide to help you decide the right books for you (or whether you need them at all!)

But before you dare go into Hodgis Figgis to drop two crisp €50 notes on anything, try and hold off for a week or two until the Biosoc Book Sale where you can grab yourself some key textbooks for prices that will make your sphincters shiver with excitement!

Human Form and Function (HFF)

Anatomy

- **Teaching:** Lectures and practicals in the dissection theatre (DT). These lecturers tend to drop some hints and highlight the key things to know during their lectures so make sure not to miss them. The DT is the best place to really hammer down the info you learn during lectures so make sure to really make the most of the time and teaching during your practicals and see if you can get some friends to go in with you outside practical times to test each other on your anatomy (trust me, you will be glad you did this when spotters/vivas come around!)
- **Exams:** Written exams and *viva voce* exams at both Christmas and Summer. The format of the anatomy exam changed slightly in 2020/21 to facilitate an online sitting in the pandemic, so keep an eye out for what the layout will be like for you guys. Vivas are in-person practical exams held in the DT that consist of 3 written 'spotter' stations with questions related to specific parts of one of the donor bodies in the DT (so familiarise yourself with them!) and 2 other oral stations with the examiners. This can be daunting, but the examiners are usually very nice and are trying to help you, if they see you are struggling with questions, they will prompt you and try to make sure you pass the station and give you as many marks as possible! In 2020/21 the viva was changed to two online spotter exams per semester consisting of five images of the donor bodies, with four questions to answer on each.
- **Books:** There are a lot of conflicting opinions on where to source your anatomy info from, especially since different textbooks often have small discrepancies in certain details, so the short answer is there is no go-to book! However, most people like Gray's Anatomy as it is the easiest to read and has good diagrams, whereas others prefer Last's Anatomy as it

gives more detail. Netter's is a great atlas and is where most of the pictures from lectures and exams are taken. Bear in mind, all of these textbooks are available in the library and even in the DT, so there is no need to buy them if you'd rather spend the money elsewhere!

- How do I pass this: This subject requires a lot of learning stuff off by heart, and by the end of the year you're going to have so many attachments and innervations to learn that you'll be willing to sacrifice two limbs and a few organs just to curb the workload, but the key thing to remember about this subject is the order of importance. Learn your basics first i.e. be able to identify structures, and then build on that. As long as you structure your learning from the basics up, and spend plenty of time in the DT visualising everything in the body, everything will eventually come together.

Physiology

- Teaching: Lectures and labs. In 2021, a website called LT platform was used for background information on labs/revision questions, which was useful.
- Exams: Written exams at Christmas and Summer, plus short MCQ quizzes (50 MCQs in 60 minutes) at the end of each semester.
- Books: Sherwood's Human Physiology - A lot of the lecture slides are taken directly from the book, and the book explains any concepts from the lectures in more detail for whenever you get lost. It may seem like a mammoth book at a glance, but by the end of the year, nearly all the book will be covered, so it is worth the investment. It's also available in the library if you don't want to buy it!
- How do I pass this: Despite there being a lot of content, most of this subject is quite straightforward and students generally do well in their exams. Look up past exams questions on Academic Registry to get a feel for what is asked. If you learn your physiology well in 1st year, it will stand to you in later years when you're standing in the operating theatre trying to remember why blood doesn't flow backwards, or why we never stop breathing, so give time to this subject now and you'll thank me later!

Evolution and Life

Biochemistry

- Teaching: Lectures and labs (2nd semester)

- Exams: Written exams at Christmas and Summer
- Books: BIOS Instant Notes in Biochemistry is kind of like a Revise Wise for Biochem, giving a brief overview of most topics in the course (but doesn't include all topics covered), but can be a bit scarce in detail so don't rely purely on this book. Lippincott's Biochemistry may suit you better if you like a bit more detail. Stryer's is a whole other ball game and may be recommended by some lecturers, but unless you consider the Krebs cycle a thrill and wouldn't prefer Netflix and chill, this is not the text for you.
- How do I pass this: Oh, wouldn't you love to know! If physiology is the good and anatomy is the bad, then biochem is most definitely the ugly. For most of you coming straight out of school, this subject is going to seem like a foreign language, and if you've even got a small grasp of the subject by the end of first semester, you're doing very well. The majority of the marks in your exam are going for the essays you have to write, so have a look on the Academic Registry website for past papers, and also check out the drive* (I'll explain the drive in more detail later on in the guide) for previous years' notes on the topics. Don't sweat it if you don't *fully* understand oxidative phosphorylation or enzyme kinetics, all you need to do is be able to write a few pages to show that you have a decent grasp of the material, and throw in a few interpretive diagrams. Passing is a lot more achievable once you don't fall into the trap of trying to research and understand all the terms discussed in every lecture, while understanding certain concepts will help you recall them in the exam, it is not essential to understand the minutiae of every thing you're writing about in this subject!

Human Development, Behavioural Science and Ethics (HDBSE)

- Teaching: Lectures, tutorials and baby visits
- Exams: The HDBSE assessment changed in 2020/21 to account for the pandemic, so keep an eye out for information on what the layout will be like this year. In previous years there was a written exam in Behavioural Science and Ethics in **summer only**, plus some continuous assessment (baby visit logbooks, population health report, behavioural science reflective diaries and ethics tutorials participation). In 2020/21 the written exam was changed to two assignments in semester 2, one in Behavioural Science and one in Ethics.

- Books: No books required
- How do I pass this? Make sure you attend and participate in all tutorials and baby visits, and hand in all your reflective diaries on time as this makes up a good part of the grade. As for the written exam/assignments... remember English Paper 2?? Channel that reflective energy with a few fun facts and harrowing quotes and you'll be basically set. You'll have a number of lectures on Behavioural Science throughout the year (including in first semester even though it is not examined until semester 2!!!!) so try to go to them so that you have some reference point when you're coming round to studying the topic in April for the exam. McCarthy-Jones's lectures are genuinely very interesting, and he also sets the paper and tends to examine his own material. He is very clear about what he gives marks for and he follows through on it - if you throw in a study or two that you looked up, or if you comment on the limitations of a study (SaMpLe SiZe WaS tOo SmALL) you will do very well. A big reason people don't do well in the written paper is because they run out of time - you have to write essays in this one so be quick with that pen and you'll be grand. Ethics is also examined in the same paper - learn the four pillars of ethics, and the different types of doctor-patient relationships, and you'll be Hippocrates before you know it.

Medical Humanities

In previous years students were able to put down their individual preferences for this module, but there was less flexibility in 2020/21 due to COVID-19 so students were assigned a humanities module based on their pods. Keep an eye on emails/Blackboard to find out how it will be for you guys this year. Available modules vary from year to year, but previous examples include 'Arts and Health', 'Drama and Medicine', 'Advocacy', 'Touch' and 'Death'! This module is a chance for you to embrace your artistic, creative side and escape from all the logic for a few weeks, so have fun with it! The module runs for six weeks and the content and assessment differs greatly between each module, but all students will be required to do a group presentation on a topic related to the module at the end of the year.

Problem Based Learning (PBL)

PBL is the plot device of many a Med Day video (more on this later), and it's a good way to make friends since you'll be in small groups for a couple of weeks at a time. PBL sessions happen twice a week with groups of roughly ten students, overseen by a tutor. Each week a topic is presented for discussion, learning goals are distributed amongst everyone, everyone leaves to research the topic and comes back to discuss it again at the next session. Some of the topics discussed are interesting, but there are also some banal, filler topics interspersed between them. Regardless, here are some tips to get you by:

- Passing: Your tutor is in charge of marking you, so make sure you don't get off on the wrong foot, which means showing up on time (they don't care if you were up until 3 a.m. that morning, if you're not in for 9 a.m. they won't be happy), having prepared some material to discuss and being able to speak up at the discussion. Each session will have a chairperson who is meant to make sure everyone has a chance to speak, but depending on who the chairperson is this doesn't always work, so don't be afraid to jump in and make your point!
- Resources: You'll figure out pretty quickly what websites are and are not worth your time reading through to find good information, but to get you started, Wikipedia (despite what they tell you) generally is good for giving a broad overview of a topic (but everyone will use it so you can't rely solely on this), and the Mayo Clinic website and Medscape are great sites for working through the DEEPSHIT mnemonic.
- Preparation: It can be easy to spend a lot of time prepping for PBL, especially if you don't break up the learning goals between each person (as some tutors won't allow), but there's really no point spending much more than half an hour prepping for each session, as there are more important stuff you could be spending your time on!

Exams

College exams are a lot different to Leaving Cert exams, so you need to get ready to change your study and exam tactics big time. It's no longer practical to study almost everything on the syllabus like it was in school, there isn't even a syllabus for medicine, and so it can be very hard to know what to focus on when you're studying or even where to start! However, I've said it before and I'll say it again: if you've made it this far, you are able for this. Here are a few tips to point you in the right direction:

- It's never too early to start: I know the last thing you want to do when you've just finished studying all through school is to start studying again, but unfortunately, this is what you signed up to. But I don't mean locking yourself away for hours everyday from the start of the semester, it just means keeping an eye on the work and trying to do a bit of work each week. Other courses will emphasise staying on top of things - that's not possible with this course, you will never be on top of things or you'd waste the whole year studying constantly! You should be prioritising work based on what is most immediate i.e. if you have an anatomy spotter or a physiology test next week, you should be studying a bit of those each day, and maybe leave biochem for the week. You also need to remember that you'll have a lot more time to study for exams in the week or two before them, so don't worry if you're reaching the end of the semester and feel like you have an impossible amount of work to get through, you'll speed up once you have more time and less distractions.
- Ask for help: You may be used to being the one who gets asked for help in school, but now you're the one who's completely lost and you may be a bit embarrassed about that and afraid to ask for help for fear of looking dumb. Trust me, EVERYONE feels the exact same way at some stage in 1st year, and most of us still feel the same way, we're just used to it! There is nothing to be ashamed of about asking for help from your classmates, most of the time they'll be as lost as you, but things will click with different people at different times and some subjects will come easier to certain people than others, so even if you feel helpless with one thing, you'll probably be able to help people with another thing, so it's important to try and collaborate as much as possible with your classmates.
- If things start going south, don't panic: Your first set of exams are obviously going to be daunting, a lot of you have never sat college exams before and you're not really sure how it's going to go. Even if you open the paper and you haven't studied enough topics to write the required number of essays, or you don't have a clue about most of the MCQs, don't panic! The beauty of 1st year is that all of your modules are spread out over the two semesters, so even if you fail an exam at Christmas, you can still pass overall at Summer, so make sure to answer as much as you can, draw diagrams and don't leave any MCQs blank!

- Emergencies: If something happens during exam time e.g. illness, family emergency etc, make sure to get in contact with your college tutor straight away and also your year coordinator as some tutors can take a while to respond. The college is very accommodating to students with valid excuses who are unable to sit their exams, as long as you let them know before your exams begin.
- Balance: They would have told you all about work-life balance in school and not to get too stressed about exams, but failing was never really an issue back then, whereas now it is, so naturally you are going to be a bit more stressed about these exams, but balance is still as important now as it was back then. Make time for doing the things you enjoy, try to exercise regularly, and if you ever get too worked up or stressed about exams, take a break, grab a coffee, chat to a friend, and come back to it in a little while because you won't get anything done if you let yourself get too stressed out.

What To Bring

- ❑ White lab coat (Howie style, google this if you're not sure what it looks like) - **essential** (available to buy at the SU shop in House 6). **Don't** buy a V neck style coat, they won't allow them in the DT!
- ❑ Laptop - Not technically essential but might come in handy at some stage during your degree. Lots of electrical outlets do back to school sales around August/September where you might be able to get a good deal on a laptop but **don't** buy Microsoft Office, Trinity gives it to all students for free!
- ❑ Stationery - Again, not essential but can come in handy and will be necessary for those pesky written exams
- ❑ Books - See above, but definitely don't bother lugging them into lectures, you won't need them
- ❑ Packed lunch - There are plenty of food places around the TBSI, but unless you want to be broke/eat a Tesco meal deal 5 days a week for a year, it wouldn't hurt to get used to throwing a sandwich and some fruit into your bag before you leave the house

What Not To Bring

- ❑ Surgical sets for dissection - Everything is provided in the DT

- ❑ Ophthalmoscope/otoscope - Unless you are 100% going to be an ENT/Ophthalmologist, you will never need these

Lockers: If you're worried about lugging around a filthy lab coat, a load of heavy books or a gym bag, you can get a locker in TBSI to save you the hassle! They've changed the booking system since our day so now you don't even have to queue up outside the TBSI before 9 a.m. to get one, you can just do it online! Try to find out when they're going online though, because you don't want to end up having to do the pilgrimage to -3 everytime you want to grab something...

Getting Around The Big Smoke

If you're just a small town girl born and raised in *anywhere outside Dublin*, you might find this sprawling metropolis a bit confusing at first. It doesn't help that no other Trinity students seem to know where any of the places you need to go are. You've probably found the TBSI by now, so fair play. The treasure hunt doesn't end there unfortunately. Med students are based largely in three main sites: Trinity Biomedical Sciences Institute (TBSI), St James' Hospital (SJH) and Tallaght University Hospital (TUH). They're quite spread out, and you'll need to travel to even more sites for other projects such as your baby visits, so it is well worth investing in a Leap Card as soon as you get to Dublin. If you're still under 19, you can avail of the wicked cheap Child Leap Card, otherwise you'll have to get a Student Leap Card, which you can get in the office in House 6/online once you've gotten your student card. Leap cards can then be used on Dublin Bus, Luas and DART services, as well as some commuter trains. Walking and cycling are also good, cheap, eco-friendly options if you live around town (especially in Trinity Hall), so look into that!

Directions:

St James' Hospital

- Bus: 123, 13 and 40 all go to James'. The 123 goes through James' and the other two stop on the street outside. You can hop on each at Dame Street (opposite the front gate to Trinity).
- Luas: Red line stops at James'. George's dock is the closest stop to TBSI, Abbey Street is the closest stop to Front Gate of Trinity.
- Bike/walking: From Front Gate, head up Dame Street, go around Christchurch Cathedral and stay going straight onto Thomas Street and continue onto James Street. The entrance to the hospital is to the left, just as you cross over the Luas tracks. Approx 30 min walk/10 min cycle from Trinity.
- Car: If you grew up outside the city and always thought that clamping cars was a bit of a myth, think again. It's difficult to get parking near St James', it annoys the local residents (understandably) and if you park illegally you will get towed (believe you me...). There are a few housing estates in Rialto where it is free to park but these spots are usually gone by 7.30 am so you have to be quick!

Tallaght Hospital

- Bus: 27, 54a, 66 and 77a all pass by the hospital and go through Dame Street.
- Luas: Probably quicker than the bus, the red line stops outside the main hospital (make sure to take the luas to TALLAGHT not SAGGART) and the Trinity Centre where teaching happens is a 5 minute walk through the main hospital taking the corridor to the left when you enter the main hospital concourse.
- Bike/walking: Cycling is possible, though not encouraged unless you are closer to the hospital than town.
- Car: Similar to SJH, there are housing estates around where you might be able to find a free parking spot, however these tend to be gone by early morning. There is parking in the underground Aldi car park opposite the hospital, our hospital cards usually work for the barrier but security also give out to you and tell you you have to pay for parking there (€4/day).

Support Systems

If at any stage during your degree you find yourself struggling with something that you don't feel you or your friends can sort out, there are plenty of other great resources available to you, whether you are struggling academically, personally or financially.

College Tutor - Your tutor is a member of the academic staff who has signed up to be available to students to help with their welfare and academic problems. Your tutor is assigned to you before you start college, so try to set up a meeting with them during Freshers Week so you can introduce yourself. You can check who your assigned tutor is on the mytcd portal.

The Students' Union - The SU officers are employed to look after the students' welfare and needs and are all very friendly and approachable. If you have any issues you would like to have addressed, you can look up their office hours on the SU website and arrange a meeting with one of them.

Student2Student (S2S) - S2S is a very important support service to med students in particular, as all your S2S mentors will be med students and so will be very familiar with the year you are about to start. Don't be afraid to ask them any questions you have, you won't look stupid for asking things and they can be a lot easier to talk to than some of the senior staff if you have any issues or are unsure about something. They should be able to help you out with any

questions you have, from studying and exams, to student life, clubs and societies and going out!

Student Counselling Service - A great support available to all students offering free, professional, confidential counselling services all year round.

Trinity College Chaplaincy - The college chaplains, representing the four main Christian churches in Ireland, have offices in House 27 and are available to offer a confidential listening ear to students in times of difficulty. They also have drop-in coffee/lunch times (subject to COVID restrictions) so check out the Trinity website/social media pages for more info on this. The college chaplains also facilitate a bereavement group for students of all religious/non-religious backgrounds.

Niteline - Niteline is a confidential, anonymous, non-judgemental and non-directive listening service run by students for students. It is open every night of term from 9pm until 2.30am. You can contact Niteline by phone or by their online messaging service (see their website niteline.ie for more info).

Biosoc Calendar

Now that you've got the basics, it's time to tell you about the fun stuff! Yes, we are here to help you get settled into Medicine, but getting you socialised is also very much in our job description. Biosoc has a very busy social calendar, to make sure that you never really get a chance to recover from our last event before you're getting ready for the next one! Keep an eye on the Facebook page for our sexy graphics popping up for each new event, and turn those notifications on!

September

Social crawl - the Biosoc calendar usually kicks off with a tour of some favourite student haunts near campus, which is a good way to meet people in your year and get to know your way around Dublin at the same time. In 2021 this event will look a little different due to current restrictions, but we guarantee you this year will be just as packed with fun and frolic as usual!!!

Book sale - This event has been described as Medicine's own Hunger Games so sharpen those elbows/mouse-clickers, this is your chance to get the essential books at a bargain price as older years sell them on. Keep an eye on our social media pages for more info.

October

Med Cup - A reminder to all that we're not just smart and good-looking, we also dabble in a bit of sport**. This is a fun annual tradition that sees each year face off in a soccer tournament to find the champion year of Trinity Med. All are encouraged to come along and show off your fast footwork or support your year, with all proceeds going to the fabulous Med Day! **Sport being used in the broadest sense of the word here. If soccer isn't your thing, never fear, we have some other fun activities lined up that will suit a range of abilities, especially if you know your way around an egg and spoon...

Surf Trip - Following a few very successful years being gnarly across Ireland, from Lahinch to Bundoran (with a minor intermission for the last two years *yawn*), we are very much hoping to get this trip back up and running. There are a few bits in the works, so do stay tuned to find out where we will be hitting the surf this year!

November

MED DAY - The caps were not a typo, and soon you will see why. You're going to hear a lot about Med Day before this fateful Friday in November. Some will say it becomes your new Christmas day, while others say the warmth you feel in your heart means you don't even notice the sub 0 temperatures you're standing outside in, and they're absolutely right. Med Day begins long before the sun has even risen, with you carting yourself into TBSI and up to the KEA to get some free breakfast before descending onto the innocent pedestrians of this fair city, where you will scream and shout until your vocal nodules pop out, gathering all the money you can for Med Day's fantastic charities. Then in the afternoon you drop your full buckets back to TBSI to be counted while you regroup with your pals at the Pav and share your tales of money-snatching success. Med Day has looked a little different than normal in times of Covid, but regardless of whether it's in person or online, the Med Day talent show in the evening is really something to behold (think every X Factor audition compilation you've ever watched but 100 times better). As are the Med Day videos - each year group (except you first years, you're off the hook while you get into the swing of things) films a skit based on the hilarious reality of our medical education that Stephen Spielberg himself would struggle to match. Med Day is really a cornerstone of Trinity med, so definitely not one to miss!

Junior Careers Night - After Med Day, this isn't going to sound quite as exciting, but it is a very good opportunity for you to hear from a variety of different specialist doctors and what their work is like, as well as what happens to you when you graduate med school and begin to practice as a doctor. It may seem a bit excessive to start looking at your career options in 1st year, but a lot of people find it to be very motivating when they're still in the Ussher at 2 a.m. wondering what the heck is the point, so I would definitely recommend coming to see the treasures that await you after graduation!

December

Exams - An unfortunate necessity, but well-rewarded by what awaits you after...

Biosoc Panto - Much like a fine wine, the Biosoc Panto ages well as older years tend to be rewarded with actually understanding more of the med jokes, until you get to our year, when we actually have the pressure of putting on the panto ourselves. So please, come along and enjoy watching us put our superiority

complexes and massive egos to good use by providing you with an unforgettable evening of humour and humility!

Christmas Trip - If Med Day is your new Christmas Day, then the Christmas Trip is like a 3-day New Year's Eve! Expect lots of merry mischief and festive fun, and don't worry, no one will be checking whether you're naughty or nice...Trust me, the Christmas trip is one of our most highly anticipated events, and the place where many a new friendship has been cemented. Nothing will bond you like having to navigate the public transport of a new city together, doing your makeup on the floor of the hostel trying to get a glimpse of the mirror, and forming inside jokes and fond memories that will stay with you for years to come. All aboard for a wild few days in a TOP SECRET LOCATION...all will be revealed...just make sure you follow us on Facebook and Insta ;)

January

Medicine Through The Arts - Growing in strength and popularity each year thanks to its fantastic entries and incredible prizes, this is your chance to bring back out your easel/instrument/camera/pen/whatever you enjoyed doing before all your time became consumed with learning what phosphorylates what, and show your peers that art doesn't just belong in the Arts Building. Do consider entering - if I can't convince you, the prize list surely can! In 2020 we got a brand new, beautifully crafted perpetual trophy for the winner of Medicine Through The Arts competition, so throw your hat in the ring!

February

Inaugural Ball - The only time you will see 'Ball' and 'free' used in the same sentence. That's right, once a year you get to don your glad rags and come out to support all the smarty pants of med as they collect their prizes for their academic achievements in the previous year. This is preceded by a highly anticipated guest lecture from the president of Biosoc's 147th session, and succeeded by a reception in the Exam Hall on campus, where you can gaze at the marble statue and think, 'Just another typical day in the life of a Trinity med student.' You'd be crazy to miss this one.

Med Ball - Two balls in one month?! We really do spoil you. This event needs no introduction, one of the most glamorous events of the college calendar that guarantees to sell out. All I'll say is, make sure you have your card details at the

ready and a speedy WiFi connection when tickets go on sale, because you won't want to miss this.

Intern Night - Have you ever wondered what joys await you at the bottom of the medical food chain once you graduate? Biosoc hosts an 'Ask the Interns' night where we get all the deets from interns across the country (and globe)! While it might seem a long way away from you in first year, it can be cool to get an idea of what's ahead of you and it's a very informal chat anyway so definitely bop along!

April

Biosoc AGM - this is where we all gather to reflect on what a successful (manifest it) year Biosoc 147 have had and to elect our new committee! Once you see how much fun Biosoc is you'll be dying to run for something, so keep an eye out...

Other Societies and Student-Run Organisations (Check out their Facebook pages for more info!)

Med Day - If you haven't read my glowing review of Med Day, go back up and do that to see what this magical committee can achieve by the start of November. A heartwarming committee full of charity and congeniality, if you're the person that came to do med because you have a passion for helping others and bringing joy to the lives of those you meet, then this is the society for you, so make sure to run for election when we come and pick the Biosoc and Med Day class reps!

MOVE - Trinity's voluntary overseas elective charity run by 3rd years. Support their fundraising campaigns for hospitals in the developing world by coming to their events throughout the year, including the very popular MOVE ball, one of the first and most affordable balls of the year, a great chance to get done up and get to know your year while looking your best!

Subspecialty Societies - Between Obs/Gynae (TOGGS), Paediatrics, Surgery, GP, Medical Students for Choice etc., there really is a society for every kind of med student, whatever your interest. They can be good to join if you want to get a feel for some of the different specialties and see if you're interested in

them, but don't stress, you will have plenty of time to join these in years to come as well!!!

Medical Protection Service (MPS) - Whilst not a student run society, this organization is free to join and will provide you with all the support you need through your medical careers from college to the workplace. It is essential you get familiar with them before final year so it's a good idea to sign up now. The sign up takes less than 5 minutes and can be accessed at their website medicalprotection.org

10 Things I Wish I Knew Starting 1st Year

- 1. Medicine doesn't start with medicine** - Unfortunately, throughout 1st year the only thing that really seems related to medicine is anatomy (which you probably hate), so it can be tough justifying going in to college and studying what effectively feels like general science, but that's the reality of 1st and 2nd year which are the 'pre-clinical' years. As you progress into 2nd year and start to study pharmacology and infection and immunology, things will start to feel a bit more mediciney, and by the time you get to 3rd year, you'll have so many pathologies to learn that you'll be gasping for some fatty acid metabolism pathways. So don't worry if you start to feel like this isn't the course for you, because in reality 1st year has very little to do with what you'll be studying for the rest of the course. But please, please learn your anatomy and physiology somewhat well, or else some ortho consultant will break your wrist if you can't remember the 8 bones it's made of!
- 2. Impostor Syndrome is very real** - Yeah you were the 'smart' one in school, but now everyone is the smart one, and they're way smarter than you, and soon everybody's going to find out that you're not good enough to be here!!!! Right? No. Relax. It happens to most people when they start studying medicine because the content is so challenging and you feel like you must be the only person who is struggling so much. Only in the future when your year is more comfortable with each other will you laugh about how awful you thought everything was in 1st year, and it will turn out everyone was on the same page as you, but everyone was too afraid to admit it! So on your darkest days when you're convinced that this is way too difficult and you don't belong here, just

remember everyone is in the same boat as you, so don't get too stressed about it!

- 3. The soft-click symphony** - You're in a lecture, you've zoned out, when suddenly you're brought back to earth by the click-click-click of everyone furiously typing so you realise the lecturer must have dropped an exam hint! It can take a while to figure out what method of note-taking works best for you, so don't be afraid to try out a few different ones. Some people like to just ~~airdrop memes~~ listen in lectures and go back to the lecture slides later, some people take handwritten notes, some people print out lecture slides and annotate them, some people take notes on iPads/laptops... the only correct method of note-taking in college is the one that works for you. Personally I like Microsoft OneNote to keep all my notes organised on my laptop, but I didn't even discover this until 2nd year so don't worry if it takes you a while to find what clicks (no pun intended).
- 4. Study techniques** - This one I'm still trying to figure out, and I think that's the key message here. There are so many study techniques - drawing diagrams, writing notes, typing notes, highlighting books, scrunching up notes and throwing them on the floor in frustration... Also, there are so many different study locations available to you in college. From the PAC rats (lol) among you who prefer to study on -2 of TBSI, to the more lofty notions of the window seat on Ussher 4, don't be afraid to check out all the glorious study spots Trinity has to offer.
- 5. *What is the 'Drive'** - The sooner you figure out this mystery the better. If, like me, you'd never heard of Google Drive before coming to college, it's basically a file sharing platform that we use to share notes between students in our year and students in the years above and below. Your S2S mentors should set you up with the drives from their year, if not just remind them to at the start of the semester! If you find a drive/folder/file that is particularly useful, you can click 'Add to My Drive' to keep a copy yourself. Try to keep your drive relatively clean, because the drive is basically all you use in the run up to exams so you don't want to be wasting time trying to find something (but if you are looking for something particular, you can also use the search bar at the top). If you

click into the drives from the years above you, you'll find heaps of useful resources, notes, tips and tricks to get you through the year.

- 6. Clubs and societies** - 2 words: Get. Involved. 1st year is all about signing up to as many clubs and societies as you have cash with you at the Freshers fair, and pushing yourself to try to go to at least one event held by each! Try not to worry about falling behind with study by going and trying out different societies, you need to be able to enjoy yourself in college without being consumed by the fear of failing, and after 2nd year you'll be totally based in the hospitals so it can be harder to get involved with societies at that stage, so 1st year really is your best time to go and try things and see what you enjoy. If you come out the other end of 1st year having done little other than study 24/7, you're gonna be kicking yourself!

- 7. Biosoc events** - In our unbiased opinion, Biosoc events are the best!! As mentioned above, it's important to go to other society events and meet people from other courses (or God knows what kind of complex you'll develop) just try and not let it clash with Biosoc events #spon. In 1st year when you've got 180 fresh faces to try and get to know, it's pretty tough introducing yourself 180 times in a lecture hall, only to realise it's the same 5 people each time, and that's what the Biosoc events are for. They're a great opportunity to meet a load of people in your year at once and help you find who you get on best with, so do try and prioritise them (that's what our handy calendar above is for, so keep an eye on our social media for exact dates!!)

- 8. Community is key** - Never underestimate the power of a good friend group, for splitting up the workload, for always being there for the 5th coffee of the day, and for having the ability to make you laugh when all you want to do is cry. It's important to have some good friends in your course, because they really understand what you're going through at any given time, and it's crazy how close you get with your year as time goes on. Don't sweat it if you're halfway through the year and still feel like you haven't found your tribe, 1st year is all about getting to know everyone in the year and then finding out who you gel with best, I would *discourage* you from getting too comfortable with one group straight away! Whatever you do, don't start to isolate yourself if you're getting too

stressed with work or can't seem to find like-minded people, just keep saying hi to everyone and you will find your people!

9. You have more time than you think, so use it wisely - Things are very full on from Day 1, so it's easy to feel like you need to be studying a lot to keep a handle on things, and with any spare time you have you should be going out to different society events (mainly BIOSOC) and making all new friends like I told you. BUT I still have one more instruction to give you (then I'm done I promise). Don't neglect to meet up with your old friends, don't forget to keep exercising or doing what you used to enjoy, try and go home now and again if you're not living at home, because although it may feel like you only have time for college, study and going out, you actually have a lot more time than you think, especially if you use your study time efficiently i.e. look up past papers early (don't wait till the week before exams) and see what topics come up and how much detail you need to know about them, start preparing exam answers (I know that sounds so Junior Cert Irish but bear with me) and don't just sit down and start scrolling through lecture slides or you will end up having no time to do anything else!

10. It gets better - Clichéd I know, but still it is nice to hear. 1st year is a great time for going out, trying new things and enjoying what college has to offer, but let's face it, the workload is fairly bleak and most of the time it doesn't feel at all like what you signed up to do, but you get used to the workload and get better at balancing things, and then by the time you get to 3rd year and start your clinical studies, all that basic science is finally worth it! Everyone says they start to enjoy studying a lot more once they get to 3rd year, so hang in there, and remember when studying gets dark and dreary, that it all pays off in the end!

Best of luck with the year ahead, you're gonna have a ball! Don't forget to sign up to Biosoc, and we'll see you at our events!!! <3

Lots of love,
Biosoc 147

