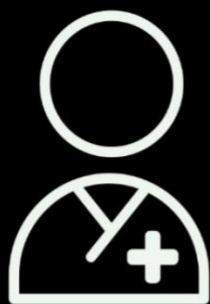




FRESHERS

GUIDE



2023



MED'S DECLASSIFIED
SCHOOL SURVIVAL
GUIDE



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 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 is 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. Now, it is essentially the society of the medical student body! It is 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 and are keen to welcome our new first year reps aboard! Make sure you befriend the class reps from your year. They know where the party is at (and will most likely be serving the wine and cheese).

BIOSOC 149 COMMITTEE

Chairperson: Aoibhín Collins

Secretary: Emma Jackson

Treasurer: Sally Murphy

Public Relations Officer: Razan Ahmed

ENTs Officers: Nikki Lynch and Niamh O'Reilly

Ordinary Committee Members: Brian Byrne, Joy Cloonan, Sarah Newport, Conor Walsh

3rd Year Reps: Shane Dineen and Orla Keane

2nd Year Reps: Kayona Alhassan and Dominic Hayden

What do we do?

Our job is basically to remind you (and ourselves) that there is much 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, 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 Instagram (@tcdbiosoc), or Facebook (TCD Biosoc) to stay up to date on all our news and events, and check out our website (tcdbiosoc.com) to find out more about the society (sign up online!!). This year, we are also launching a TikTok account because we're hip, young and modern so make sure to follow us (@tcdbiosoc).

If you have any questions or need to contact us about anything, you can always message the Instagram 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 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.

For now anyway, please enjoy this guide we have made for you. This guide is based on the 2022/23 academic year and assessment methods and exam weightings may change from year to year, so keep an eye on your email/Blackboard/handbook for the most up to date information for your year!

ABBREVIATIONS/ TRINITY LINGO:

- JF: Junior Freshman (fancy way of saying first years!)
- Schols: where the top geniuses are pinned against each other in a exam in second year
- Michaelmas: Semester 1
- Hilary: Semester 2
- Supplementals (Sups): Repeat Exams
- Blackboard: The online student Hub where you will find your timetable and lecture notes
- KEA: Knowledge exchange area, 2nd floor TBSI
- THL: A lecture theatre, 2nd floor TBSI
- SQB: Another lecture theatre, -1 TBSI
- SJH: St James's Hospital
- TUH: Tallaght University Hospital

10 THINGS I WISH I KNEW BEFORE STARTING 1ST YEAR

1. Clubs and societies - 2 words: **Get. Involved.** 1st year is all about signing up to as many clubs and societies at the Freshers fair, and pushing yourself to try to go to at least one event held by each. College isn't all about studying especially in these beginning weeks, take the time to see what the college has to offer and be open to new experiences and relationships. Don't 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!

2. 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.., don't be afraid to switch it up and try something better suited to you. 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. Remember the key is to do what works for you!

3. *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, and make sure to ask for a link to the **Magical Medicine S2S Google Drive** (It contains notes, essays, and exam questions for every year!). 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.

4. 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 outside of a lecture room and help you find who you get on best with, so do try and prioritise them (that's what our handy calendar below is for, so keep an eye on our social media for exact dates!).

5. Impostor Syndrome – Impostor syndrome is unfortunately 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. In the future when your year is more comfortable with each other you will laugh about how hard 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! Paraphrasing the famous words of one T-Swizzle- You belong with me(d).

6. 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 'preclinical' years. As you progress into 2nd year and start to study pharmacology and infection and immunology, things will start to feel a bit more medicine-y, 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!

7. 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!

8. Use your time wisely- 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!

9. 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, some 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).

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!

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 to have 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 Hodges 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!

WEBSITES

There are loads of great resources you can find online to help you.

- ANATOMY: TeachMeAnatomy, Aclands, Kenhub
- PHYSIOLOGY: TeachMePhysiology, NinjaNerd, GeekyMedics, PathwayMedicine
- BIOCHEMISTRY: Khan academy, AK lectures, NinjaNerd (on youtube)

MODULES:

HUMAN FORM AND FUNCTION (HFF)

Human Form and Function (HFF) is split into two parts anatomy and physiology

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!). Before your practicals try and watch a few Aclands videos (literally the best) so you can look like a total smartie-pants (and be able to answer any questions thrown at you). Jot down clinical facts mentioned in lectures and do the (optional) weekly MCQs on Blackboard because who knows where else they might pop up ;)
- **EXAMS:** Written exams and vivas at both Christmas and Summer. Keep an eye out on blackboard for what the exact layout will be like for you guys. Vivas are in-person practical exams held in the DT that consist of written 'spotter' stations with questions related to specific parts of one of the donor bodies in the DT (so familiarise yourself with all of 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!
- **RESOURCES:** 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. Netter's flash cards are great and I personally recommend getting yourself a set. They'll do you for 1st and 2nd year anatomy. 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! Some good websites are TeachMeAnatomy, Aclands and Kenhub which have great diagrams and explain things really well! And as always, long live the google drive- flick through it!

- **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. However LT has a lot of information, so don't worry about trying to learn it all but try to look at it before going to the labs so you understand the basic idea of what's going on!
- **EXAMS:** Written exams at Christmas and Summer, plus short MCQ quizzes (50 MCQs in 60 minutes) at the end of each semester.
- **RESOURCES:** 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 of 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! Vis as vis websites- TeachMePhysiology, KhanAcademy, Kenhub and NinjaNerd on Youtube.
- **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

- *"Lean, mean biochemistry machine" ~ Dr Richard Porter, Associate Professor of Biochemistry and founding member of 'The Metabollix'*
- **TEACHING:** Lectures and labs (2nd semester)
- **EXAMS:** Written exams at Christmas and Summer
- **RESOURCES:** 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. I mainly used the biochemistry tutorial slides and definitely recommend using them!

- *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:* There is 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 during 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. There are exhibition days around March/April where you present your work with a prize going towards the best project!

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!

WHERE WILL YOU BE LOCATED?

As a first year almost all of your lectures and labs will be in **TBSI** (Trinity Biomedical Sciences Institute). It is located on Pearse street just past Trinity's gym and right before the Subway just down the road (you really can't miss it).

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.

SETTING UP:

A CHECKLIST OF 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 - they're about €40). We will also be selling second-hand lab coats from the Biosoc stand at freshers fair for €15. Don't buy a V neck style coat, they won't allow them in the DT!
- ☐ Laptop - Not technically essential but will 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!
- ☐ Books- Good to own 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 throw 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! You reserve a locker online and they cost about €20. Try to find out when they're becoming available and get the ASAP, because you don't want to end up having to do the pilgrimage to -3 or to the arts block every time you want to grab something...

GYM: The Trinity gym is free for all students and is really well-equipped. There's also a pool and rock-climbing wall! It also offers low-cost exercise classes which you can book through the Trinity Sport App. Make sure to activate your student card first at the desk in the Sports Centre if you want to use the facilities

IT SERVICES: It can be a huge pain connecting to the wifi! If you have issues connecting to wifi you can contact Trinity IT Services and they will help you out!

LIBRARY: You can go to any library. The Hamilton is used mostly by health science students & is where you will find all the medical books you need! You need your student card to get in and they can be strict with bringing hot drinks.

PRINTING: You should get an email with your 4 number pin for your print account. You need to put money on your account to print. You cannot use your TCard to print! You must top up your print account separately, info here:

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, organising social events 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/Instagram 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.
- 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...

October

- Surf Trip – The annual tradition of waking up and running head-first into the chilly waters of [*LOCATION REDACTED*] is often the first trip away for first years, and one that is a great way to get to know people in your year. Naturally, the nightlife is the reeaall reason that many go on the trip, so 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. They don't call it Medicine's Christmas for nothing! Some even claim that the warmth you feel in your heart means you don't even notice the sub zero 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. Then in the evening there's the Med Day talent show which 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!

- 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!

December

- Exams - An unfortunate necessity, but well-rewarded by what awaits you after...
- Christmas Trip - If Med Day is your new Christmas Day, then the Christmas Trip is like... well... a newer, 3-day long Christmas Day. 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 Insta ;) – and don't be even 5 seconds late for the tickets going on sale!

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!
- 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 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!

February

- Inaugural Ball - The only time you will see 'Ball' and 'free' used in the same sentence. This is THE most official event of the med calendar. 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 from the previous year. This is preceded by a highly anticipated guest lecture from the president of Biosoc's 149th 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.

April

- Battle of the Bands - In this charity concert, TCD go head to head with UCD to battle it out for bragging rights! Bands from each year in both colleges take part and the winner is crowned on the night!
- Biosoc AGM - this is where we all gather to reflect on what a year (manifest it) Biosoc 149 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 Instagram pages for more info!)

- Med Day - If you haven't read the 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! Instagram= @trinitymedday
- 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! Instagram= @tcdmove
- AMSI – Another Medical society which organises talks and events, and organises electives for third and fourth year students. It is part of the IFMSA – International Federation of Medical Student Associations, and is a great society to join! Instagram= @amsitcd
- Subspeciality 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!!! PaedSoc runs an annual Teddy Bear Hospital which is great fun and they'll be looking for volunteers to help!
- Medical Protection Service (MPS) - Whilst not a student run society, this organisation 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

TCD MEDDAY

EVERY YEAR, TRINITY MEDICAL STUDENTS GET OUT ON THE STREETS OF DUBLIN FUNDRAISING TO GIVE BACK TO TRINITY-ASSOCIATED HOSPITALS. THIS YEAR WE'LL BE ADDING TO THE €1,000,000 THAT'S ALREADY BEEN RAISED OVER 22 YEARS OF MEDDAY.



**NOVEMBER 10
2023**



@TRINITYMEDDAY



LINK TO DONATE

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. Don't be afraid to reach out for help if you need it as someone will be there.

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. They have a waiting list for appointments but there are emergency appointments available every day if you need to speak to someone urgently.

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 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).

Last few pearls of wisdom:

- Don't aim for perfection. You might be used to A's and 100 percents from school but in medicine, a pass is just as good!
- Remember that most people are in the same boat as you with college work!
- Come to all the BioSoc events!! Genuinely, all we want is to offer some relief from the stresses of med school through fun events for all. Plus we're dyingggg to get to know all the new freshers!
- Reach out if you need help and use the supports offered to you.
- Mind yourself and look out for other people in year.

Well, that's all from us folks. Well done on making it into medicine. The next few years are going to be a rollercoaster but trust us, you will have the time of your life. Best of luck with the year ahead! Don't forget to sign up to Biosoc, and we'll see you at our events!!! <3

Lots of love,



BIOSOC 2023/2024

Prof. Michael Gill (President), Aoibhín Collins (Chairperson), Emma Jackson (Secretary), Sally Murphy (Treasurer), Razan Ahmed (Public Relations Officer), Niamh O'Reilly, Nikki Lynch (Entertainment Officers), Joy Cloonan, Brian Byrne, Conor Walsh, Sarah Newport (Committee Members).



