

Newsletter

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March 2022



OUMSA

OTAGO UNIVERSITY MEDICAL STUDENTS' ASSOCIATION
TE ROPŪ ĀKONGA RONGOĀ O OTĀKOU

Upcoming events

Education Meeting | 3rd of March

Clubs week | 7th of March - 11th of March

OUMSA March Election | 18th - 20th of March

SGM | 22nd of March

President's Report

by Hamish Singh

Congratulations to you all on being here in the now, living out your med school dream! With 1 week of experience in your back pocket and 6789998212 to go, you'll have already begun to develop your own rhythm to keep up with the demands of the seemingly 9-5 med school life. Some of you may well already be transitioning over from studying to get good grades to now studying to be a good doctor, and over time you'll learn what works best for you! Don't be afraid to reach out for guidance and support during the year from your lovely tutors, student affairs, and of course, your team at OUMSA. We're beyond upset that we had to cut Med O'week short, but hope it was a goodie! I'd like to commend your OUMSA Exec and ELM3 leaders who put their all into bringing it to life. The entire exec loved getting to see all your beautiful faces during Med o week and is excited for the year ahead full of opportunities for you all to let loose, have fun and get to know each other better. We're thankful to you all for your support, you're the people we do this all for and it is safe to say even a smile usually brightens our day. Stay warm, stay safe, stay sexy and we'll hopefully see you all in person soon!

Office hours
Every Tuesday and Thursday, 1-2pm
@ The Hunter Centre

Clubs Week

Looking for something to do this year? Look out for the Online Clubs Week starting from the 7th of March! During this week you can sign up to the different clubs and societies, which will no doubt be an exciting addition to your med journey! More details to come soon, and keep an eye out on your Class Facebook pages!

Studdy Buddy Tutorials

by Jess Tater

OUMSA's highly regarded Study Buddy Tutorial Programme is back again for 2022!

Each module will be covered in two parts. The **revision sessions** are designed to summarise the content of each module into a manageable workload focusing on high yield concepts, whereas the **application sessions** are to help apply that learning to exam-style questions and MCQs as well as allowing time to ask questions. OUMSA's knowledgeable and engaging tutors are older Medical students who know best how to navigate modules and help you build confidence in the content!

Sessions are usually held on a Saturday from 9-3pm, ideally in person and with a ZOOM link alternative. There are 10 ELM2 tutorials and 10 ELM3 tutorials that cover the block modules, vertical modules, OSCE and OSPE.

You can get access to these tutorials via two ways:

- 1) buying a Study Buddy **subscription** (\$80) SAVING YOU \$70!!
- 2) buying **individual tickets** to tutorials (\$15 per tutorial)

Keep an eye on the OUMSA facebook pages for information on how to purchase a subscription for the year.

Upcoming Tutorials

Psychological Medicine | Saturday the 9th of April (TBC)

Nervous System | Sunday the 1st of May (TBC)

OUMSA subscription benefits

by Maeve Cleary



5% full priced items
excl. deals and promos



10% off or 15% off when shown in
conjunction with a radio one card



25% off events
- after dark and members evening Sunday



Free waffle cone with tip top
ice scoops (excluding gluten
free and specials; 1 per card)



Discounts on OUMSA events,
merch and productst



\$20 burger, fries and
drink combo

BURGER
PLANT



5% off



5% off food purchases



10% off normal menu (over \$20,
excludes specials and public
holidays)



CHOPSTICKS 101

5% off on all dine in and
takeaway (excluding
drinks in fridge)

Taj Mahal
Indian Restaurant

10% off dinner menu purchases



Spend at least \$10
and get 5% off

Medisave

sitewide 10% discount MED10 as code

Head to *oumsa.org*
to get yours now!

ECCO

by Lauren Phang

ECCO 2022 will be the 17th installment of the annual conference for medical students at the University of Otago. Our theme is *'Fighting the Imposter'* due to the high prevalence of 'imposter syndrome' amongst medical students whereby doubt hinders one's capability to be a confident health professional. Our conference will give students the opportunity to learn from the experiences of world class health professionals and take part in practical workshops. We hope that ECCO 2022 will help to instil vital values and skills in future health professionals helping them to effectively combat imposter syndrome.



Teddy Bear Hospital

by Nia Naeimasa

Teddy Bear Hospital: Do you like interacting with children and want to give back to the community while brushing up your social/medical skills? then look no further because Teddy Bear Hospital is the event to participate in! Teddy Bear Hospital is a an initiative run by Otago University Medical students in conjunction with Otago Dentistry Students. The aim for this initiative is to create a positive medical experience for young children and introduce them to the medical setting in a friendly manner so that some of the anxiety and fear experienced when visiting the doctor (or dentist) can be removed by exposing them to the medical world in a exciting way with lots of bubbles and stickers and fun! Children are invited to bring their teddy bears along to be examined by a teddy doctor or dentists (medical and dental students, respectively). This is also a great learning opportunity for us as students as it allows us to interact with young children which can be a useful tool for our future as health professionals. So please do sign up for a fun time and a great learning experience! look forward to seeing you all in the Teddy Bear Hospital Clinics!