

Section 1

VICTORIA SULLIVAN - LONG DISTANCE RELATIONSHIP IN MED



I offered to write up some advice for doing long distance in med school but must admit that I am by no means an expert, have faced my fair share of bumps along the way, and should probably take some of my own advice. Disclaimer aside, my boyfriend and I have been together 8 and a half years, and have been doing distance for about half of that time. Here's what we've learned:

- 1) Introduce your partner to people in your class/people you spend your time with, and get to know the people in your partners' life. This may be challenging when you just wanna Netflix and chill, but it's important and will make you feel more involved in each other's lives when you're apart.
- 2) Get involved in activities that you enjoy (there are literally 7 million options in med). It's so important to keep doing the things that you enjoy and find rewarding even though it feels like your life is spread between two places.
- 3) Make time for each other and travel to each other whenever possible (Friday lectures are recorded!).

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4) Communicate about everything (particularly feelings...if you're into that), and don't let things build up. Text, call, skype, whatever. We call throughout the day and skype during the evening whenever possible.

5) Make plans together! Plans for your next visit or plans for an adventure, anything to look forward to and to work on together.

6) Organize your RIM project or an elective in your partner 's city, or pick a project that is location-flexible. Advance planning goes a long way!

7) Accept that sometimes you'll need to compromise on things (I'm still working on this one) and

8) try not to put too much pressure on what time you do have together. Acknowledge and appreciate that it can take a little time to adjust to being around each other again.

9) Know that you're not alone! Lots of people in our class are doing distance relationships and having people around who know what you're going through makes it all seem more manageable. There are also tons of great support resources available including your SAWLS reps and the student affairs office.

Best of luck and you got this!

What a
great
year!

Section 1

STEPHEN CAMPBELL - SWITCHING CAREERS & BALANCING FAMILY



So you're embarking on med school and are above the average age? Wondering how you'll balance it? Heard the dreaded "I don't know if I could do that". Maybe you'll have a family that needs your attention. Well, here's the good news. It can be done.

I'm pushing that upper age range of the Class of 2020 and this will be my second career after working for 11 years after my first 2 degrees. I was fairly lucky on some regards, I have a wife who really supports this and a friend who went through and was older than I am.

Here are my biggest suggestions. First, you can't pretend your family doesn't exist, make time for them. That leads me to the second, really schedule out your life. Plan when to study (allowing extra time around exams, etc), plan when to have fun with classmates, plan out activities with your family (in my case wife and children), so just plan. Try to stay a half step ahead of your schedule in case something comes up unexpected so you won't fall behind. Be involved but also learn to say "no", be in control of your schedule. Finally, don't be scared to ask for help. There are lots of great people here.

Best of luck!

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JAKE BLACKLAWS - WORKING IN MED SCHOOL



Medical school is time consuming, and carries a fair amount of stress, so the decision to work during the year should be carefully considered. The job I decided to continue was running a public health program, which I had been doing for a few years prior to beginning school. It was a great position, as it gave unique perspective into population health, and allowed me to work with some excellent physician mentors.

Adding a job to the mix of studying, electives, interest groups, etc, means you must be organized and cannot procrastinate. If I knew I had big time commitments with my work coming up, I had to front-load my studying quite a bit to allow me to take time away from school. The flip side of that was during exam time, when all your energy is dedicated to studying, I had to finish certain aspects of my work well before any deadlines that fell right around the actual exam.

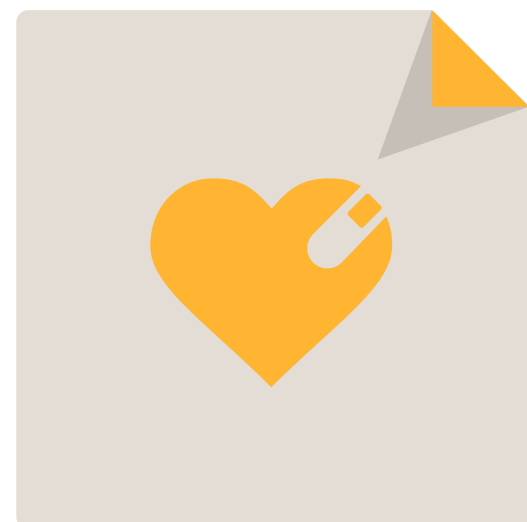
A benefit I had for my job was extremely flexible hours. One thing about medical school is things come up quickly and fill time slots in your day. These can be important and valuable events that are happening (eg, getting asked last-minute into the OR with your preceptor), and the more flexibility you have with your job, the more likely you will be to take advantage of any opportunity that comes up. All this to say that the amount of time in each day is finite. If you choose to allocate some of that precious time to working during medical school, my recommendation is that the job adds something to your medical education, engages you with the medical community, and it's a bonus if it has flexible working hours!

If anyone is considering a job during school, I'm happy to chat further about it!

WELLNESS



Do something today that
your future self will thank
you for.



Section 1

PHYSICAL WELLNESS- HALIFAX

Physical Wellness:

Student Health Clinic: 1246 LeMarchant Street, 2nd floor, (902) 494-2171

Student Health Plan Information: www.studentvip.ca/dsu

Exercise and Athletic Facilities at Dal (Halifax):

Mindful Meditation: Monday 12:15 - 12:45 PM (Tupper)

Yoga: Tuesdays and Thursdays 12:05- 12:50 PM (Tupper)

Dalplex: courts, weight room, cardio room, pool, squash, and more: 6260 South Street

Dalhousie Sexton Gym: weight room and gymnasium: 1360 Barrington St.

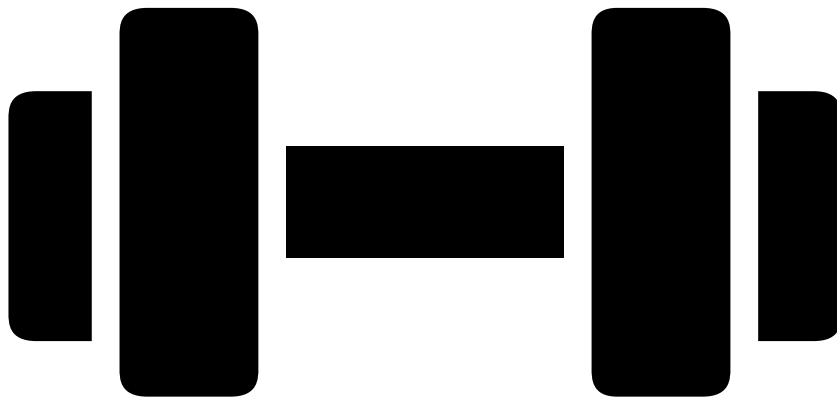
Dalhousie Wickwire Field: 6259 South Street

Goodlife Fitness:

Park Lane, 5657 Spring Garden Rd

Barrington Place, 1903 Barrington St.

Park Victoria (Women's only), 1333 South St.



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PHYSICAL WELLNESS- HALIFAX



Dalplex

Location: 6260 South St.

Price: Free for Dalhousie students when enrolled (aka, need to pay ~\$75 for the summer).

Equipment Available: Weight rooms (one on the main floor when you enter and a bigger one in the Fieldhouse), gymnasium, cardio room, lap-pool, can rent equipment at the front desk (e.g., balls, rackets etc.), squash courts, rock climbing walls, sauna.

Classes Offered: Step, Aquafit, Yogaflex, Body Strong, Spin, Cardio/Strength, Aerobox.

Website: <https://athletics.dal.ca/>

Hours: Monday-Friday 6:00 am – 10:30 pm, Saturday 7:00 am – 9:00 pm, Sunday 9:00 am – 10:30 pm

The low-down: Best thing about the Dalplex – it's free! Equipped with a beautiful pool and everything you need to get in a good workout. If you're new to Dal and looking to do weights, be sure to ask the front desk or an upper year med student for a tour to find the fieldhouse.

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PHYSICAL WELLNESS- HALIFAX

Sexton Gym (Dalhousie) Location: 1360 Barrington St.

Price: Free for Dalhousie students when enrolled (aka, need to pay ~\$75 for the summer).

Equipment Available: Weight room, cardio equipment, stretching room, basketball court, squash courts

Classes Offered: Body Trim, Essentics, Salsafit, Yogaflex

Website: http://athletics.dal.ca/sexton_gym.html

Hours: Monday – Friday 7 am – 10 pm, Saturday 8 am – 8 pm, Sunday 8 am – 10 pm

The low-down: Great for students who live closer to the water, has everything you need for a great workout!



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PHYSICAL WELLNESS- HALIFAX

GoodLife Fitness

Locations:

Near Tupper

Park Lane Mall – 5657 Spring Garden Rd. All Women – 1333 South Park St.

A little further away...

1903 Barrington St. #102

3601 Joseph Howe Dr.

70 Lacewood Dr.

Price: Canadian Medical Association members get a sweet discount on GoodLife memberships that includes access to GoodLife Fitness clubs across the country! Join the CMA to access this awesome deal:

<https://www.cma.ca/En/Pages/goodlife-fitness.aspx>

Equipment Available: Weights, cardio machines including spin bikes and virtual spin class (you can do spin class whenever is convenient for you!), saunas (note: equipment varies by location).

Classes Offered: Spin, BodyPump, Yoga, Core, Zumba, Cardio, AquaFit (note: classes vary by location, check out website for more information).

Website:

<http://www.goodlifefitness.com/locations/novascotia/halifax>

Hours: Varies by location. In general: Monday-Friday, 5:30 am – 10:00 pm, Saturday 8:00 am – 8:00 pm, Sunday 8:00 am – 8:00 pm

The low-down: Great gym with access to personal trainers and lots of classes. Many med students opt to get a GoodLife membership through the CMA.

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PHYSICAL WELLNESS- HALIFAX



Fit4Less

Location: 1535 Dresden Row

Price: Between \$4.99-\$9.99/2 weeks (if commit to one year membership, will not require \$44 joining fee)

Equipment Available: Weights & cardio machines – everything you need for a solid workout.

Classes Offered: None

Website: <https://fit4less.ca/Membership>

Hours: Open 24 hours

The low-down: Great option if you'd like to work out on a budget! Very convenient location and has hours fit for a med student (no pun intended).

Section 1

PHYSICAL WELLNESS- HALIFAX



Shanti Yoga

Location: 5508 Spring Garden Rd.

Price: \$43 intro membership available for one month of free yoga, check website for other membership options

Equipment Available: This studio only offers yoga classes

Classes Offered: Variety of yoga classes including All Levels (good option for beginners!), Vinyasa, Form & Flow, Yin, and Ashtanga.

Website: <http://www.shantihotyoga.ca/>

Hours: See website for class schedule

The low-down: Great studio and really friendly environment. If it's your first time, don't be shy to tell staff you're a newbie – they will pay extra-special attention to you and help guide you through your first class. ProTip: If you'd like to incorporate yoga into your weekly routine but find the memberships a bit pricey, sign up to volunteer your time on a weekly basis to get free yoga!

Section 1

PHYSICAL WELLNESS- HALIFAX

CrossFit Halifax

Location: Maskwa Aquatic Club

Price: See website for pricing.

Equipment Available: Access to a qualified trainer and standardized CrossFit Workout of the Day done in a group setting with lots of motivation from other CrossFitters.

Classes Offered: CrossFit offers a variety of different workouts that target the whole body and are designed to increase both strength and cardiorespiratory fitness. Some examples of CrossFit staples include jumping squats, deadlifts, kettlebell swings, and Tabata.

Website: <http://www.crossfithfx.com/>

Hours: See website for workout times.

The low-down: CrossFit accepts all newcomers and has a strong community feel. It's a little far from the Tupper, but if you have a car it's about a 20 minute drive. A lot of people highly recommend and it's a good way to meet people outside the med bubble!



Section 1

PHYSICAL WELLNESS- HALIFAX

Great Places to Bike & Run Around Halifax

Point Pleasant Park

Halifax Waterfront Boardwalk

Rails to Trails

<http://www.region.halifax.ns.ca/trails/StMargaretsBayRailsToTrails.php>

Free Yoga

Faculty of Medicine

The low-down: Offered in the Tupper Tuesdays and Thursdays 12:05 – 1:00 pm and is free to faculty, students and staff of Dalhousie Medical School. A certified yoga instructor will lead class.

Space is limited! 12 people per class on a first-come-first-serve basis. See the DalMedix calendar for location details. Need to bring your own yoga mat. Questions? Email: cory.burris@dal.ca

Lululemon

This trendy clothing store often has free yoga events. Keep an eye on their website for times and locations!

<http://info.lululemon.com/stores/ca/halifax/halifax>



Section 2

PHYSICAL WELLNESS- SAINT JOHN



UNBSJ STUDENT HEALTH CLINIC

- Behind the Athletic Centre on campus

(506) 648-5656

COUNSELLING SERVICES

- Heather MacLean and April Bauman are located in Oland Hall, G18 & G19;

- drop by their offices or fill out the online booking request form for an appointment:

<http://www.unb.ca/saintjohn/studentservices/health/counselling/book-appointment/index.php>

STUDENT ACCESSIBILITY CENTRE

- Contact Student Accessibility Counsellor Ken Craft:
- kcraft@unb.ca or 506-648-5690)

STUDENT AFFAIRS AT DMNB

- Dr. Lisa Sutherland & Pam Murphy; 506-636-6007

- Student Affairs are often in their offices and open to having students stop by to chat about anything! They make an effort to get to know students throughout the year so that if you need anything, you feel comfortable approaching them!

PHYSICAL WELLNESS- SAINT JOHN



PHYSICIAN HEALTH PROGRAM

- The administration at DMNB ensures that each student has a family physician if they are in need of one.
- The Physician Health Program runs through the NBMS. It is a confidential service;
- santehealth@nbms.nb.ca or 1-888-453-727

UNBSJ GYM

- Athletic Centre on campus

<http://www.unb.ca/saintjohn/fitnessrecreation/facilities/schedules.html>

UNBSJ Gym Location: UNBSJ Prices: Free

Equipment: Weight room (squat racks), Cardio Room, Table Tennis Room, Canada Games

Stadium

Hours:

Upstairs Fitness Room – Mon.-Sun., 6:30am-10:30pm Downstairs

Weight Room – Mon.-Fri., 8:15am – 7:00pm Sat. 12:00pm – 4:00pm

Sun. Closed (*Weight Room Closed during University Holidays)

Saint John Regional Hospital Gym

Location: Saint John Regional Hospital Basement

Price: \$15/month

Hours: 24/7 access

Section 2

PHYSICAL WELLNESS- SAINT JOHN

GoodLife Fitness

3 Locations:

Uptown - Brunswick Square Parkway mall - 212 McAllister Dr

Quispamsis - 175 Old Hampton Rd

Prices: \$450/year with CMA discount (\$38/month) Classes: Many to choose from

Hours:

Mon.-Fri. 12:00am – 11:59pm

Sat.-Sun. 8:00am – 8:00pm

CrossFit: Fundy

Location: 400 Main St

Prices: Students – \$100/month

Classes: Yes

Hours: see website <http://fundycrossfit.ca/schedule/>

Equipment: Olympic lifting bars with bounce plates, chinup bars, rings, etc

CrossFit: Quispamsis Location: Quispamsis Prices: \$92/month



Section 2

PHYSICAL WELLNESS- SAINT JOHN

Canada Games Aquatic Center

Location: Uptown (50 Union Street) Prices:

Student Memberships \$360/year, \$50/month

Full fitness / pool services, Deck Level Locker Rooms

Classes/Group Fitness: available

Hours:

Mon.-Thurs.: 6:00am – 9:00pm

Fri.: 6:00am – 8:00pm Sat.: 6:00am – 4:00pm Sun.: 11:00am – 6:00pm

aquatics.nb.ca

Note: Gym & Pool Access! Our lap lanes, sauna, steam room, hot tubs and fitness centre are always available during these times for day pass customers or members. Please view our Pool Schedule for details.

Saint John Regional YMCA

Location: Uptown (100 Prince Edward St)

Equipment: Fitness Center, 25 Meter Pool, Therapy Pool, Gymnasium, Fitness Studio, Walking/Running Track

Prices :

Adult, \$26/2wk+tax

Hours:

Monday – Friday 5am – 10:30pm Saturday & Sunday 7am – 8:30pm Holidays 7:30am – 6:30pm

Classes: Yes, lots to choose from

For a full daily class schedule, visit:

<https://saintjohnny.ymca.ca/>

Section 2

PHYSICAL WELLNESS- SAINT JOHN

Afterburn Performance Fitness Center

Location: East side by Staples, 20 1/2 Bayside Drive

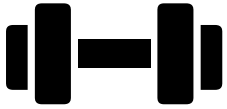
Hours:

Mon.-Fri.: 6:00 am - 7:00 pm Sat: 8:00 am - 2:00 pm

Classes/Workouts: yes, many available

Prices: contact for more info

<http://afterburn.ca/schedule/>



NBCC Rock Climbing

Location: NBCC, by refinery, 950 Grandview Ave, Saint John, NB E2J 4C5

(506) 658-6600

Prices: \$5 Includes rental shoes and harness Hours: Tues & Thurs starting at 7:30pm

<https://www.facebook.com/groups/336348030121/>



Saint John Ultimate Frisbee Rec League (S.U.R.L.)

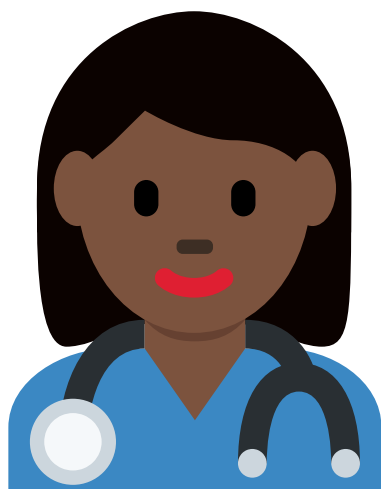
Ultimate Frisbee leagues for all skill levels

Find out more at <http://saintjohnultimate.com/about-ultimate-frisbee>



Section 3

COMMUNITY SUPPORTS



Aboriginal Health Sciences Initiative (AHSI)

The AHSI was established to encourage more members of the Maritime aboriginal community to consider careers in the health professions. The AHSI office provides ongoing support, guidance, and mentorship for students at any stage of their training in the health professions.

Native Post Secondary Education Counselling Unit

A division of the Confederacy of Mainland Mi'kmaq Education Department, the Native Post Secondary Education Counselling Unit is open to all Native students in the greater Metro area.

We can help you form support networks in studies relating to arts, sciences, law and health. We also host social activities, including potlucks, cultural events and information sessions.

Visit our office to enjoy some coffee or tea, take advantage of academic advising, and meet other Native students.

Please visit our website and download our Aboriginal Student Success Guide for a more comprehensive summary of the services available to aboriginal students.

SOCIAL EVENTS



"Why fit in when you were
born to stand out"

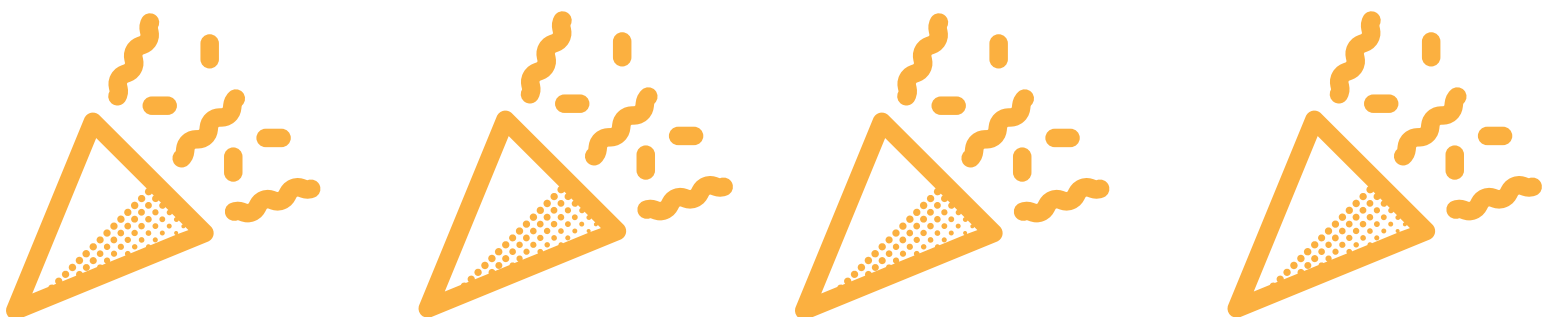
Dr. Seuss

Section 1

EUPHORIA



Euphoria: This is probably THE biggest Med event of the year! Euphoria is a much anticipated, highly competitive, super fun night where each of the four med classes prepares a musical production and competes for the winning title. Each class spends many months meticulously writing a script, putting together costumes and dance numbers, and having a crazy amount of fun. The show is open to family and friends and all proceeds go towards a charity organization.



Section 2

MEDGAMES



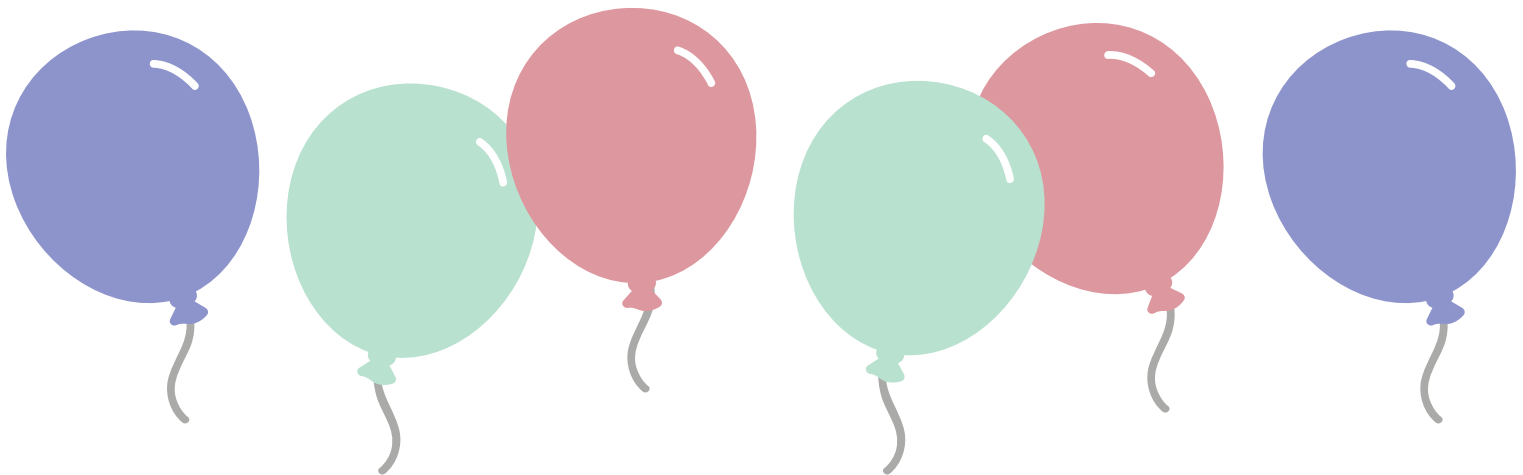
Med Games is an Olympics-style event for medical students across Canada, hosted by a different university each year. You don't have to have any athletic potential to participate! Games range from tug-o-war and ping pong, to swimming heats and dance competitions. This is a great opportunity to meet your future colleagues, explore another city, and overall have a great time!

Section 3

MED BALL



Another highly anticipated annual event, Med Ball is a time for the four classes to dress up and enjoy a fancy meal and entertainment. During this banquet, awards are also presented to well-deserving students and faculty.



Section 4

DAL-MUN CONFERENCE



Dal-MUN conference: every year the two Atlantic Canada medical schools come together for an event filled with interesting talks, clinical skills workshops and social events. It's another great opportunity to meet other medical students and bond with your classmates even more!

Section 5

CLASS OUTINGS



Even if you don't want to attend any formal event, there are tons of opportunities to do things outside of school with your classmates.



GETTING INVOLVED



There are many ways to get involved at Dal Med, whether you live in Saint John or Halifax. Both Campuses have fantastic Humanities programs, lots of intramural, plenty of opportunities to be involved in student councils and governance committees and more interest groups than you can count.



Interest groups: Student-lead interest groups funded by the Dalhousie Medical Students' Society exist for just about any specialty you can think of and for various other things med students find interesting. There will be an event early on in the fall where you can meet people from most of the existing groups and sign up for what you'd like to be a part of. You can read the list of existing interest groups and get the contact information for executives of each here: <http://www.dmss.ca/interest-groups.html>.

Most interest groups will host a couple of events each year, often bringing docs or residents in their specialty in to talk about the lifestyle they lead and the path they took to their specialty, or to host skills training sessions with us (i.e. suturing, casting, IVs). It's a great idea to sign up to be on the email list of any group that even remotely interests you, so that you get invitations to these sorts of events. There is no commitment to being a member of an interest group. However, if you are interested in taking on a little more responsibility, most interest groups have 2 executive positions from Med 1, giving lots of opportunity to get even more involved in their initiatives.

Class Council: Many opportunities to get involved with student governance will come up throughout the year, but elections for Class Council take place relatively early on, in September. Class council positions include a Class President, Class Vice Presidents (one each in Halifax and Saint John) Secretary/Treasurer, Elections Officer, Convocation Representative, Service Learning Representative, Member at Large and Unit Representatives. Unit representatives are responsible for gathering questions and feedback throughout each curriculum unit and acting as a liaison between lecturers, Component and Unit heads and the students. You will receive more detailed information on these positions at election time.

The Dalhousie University Undergraduate Medical Program has a well established Humanities Program called HEALS. HEALS stands for Healing & Education through the Arts & Life-Skills. The Humanities program encompasses music programs including choirs, vocal groups and bands, visual arts, spirituality in health care, history of medicine, performing arts programs and much opportunity for humanities focused research. Read more about the Humanities Program here:

<https://medicine.dal.ca/departments/core-units/DME/medical-humanities/about.html>

GENERAL ADVICE FROM THE MED STUDENTS



Get involved and go to things early on, go to the interest group night and sign up for email lists but DON'T commit to too much. With intramural, volunteering etc. you can always add more commitments later, it's okay to take some time to adjust to your new schedule and learn what kind of time you have.