

- Branch out and get involved with your new community, outside of med school.
- Intramurals are a great way to socialize and spend time with classmates without the pressure to drink.
- Take advantage of your Med Buddies! They're there to help and can be an incredible resource. If you don't already have/use Facebook – get it. You're probably going to want both the app and the messenger app on your phone too. We use Facebook groups for literally everything – tutorial groups, extracurricular, sharing helpful links & documents, planning social events - it becomes essential.
- Lecturers are very approachable – both in person and over emails. Unit reps are a great resource but if you are struggling with any particular concept don't hesitate to contact the lecturer – some have even offered meet up or set up office hours to go over topics until you get them.
- Schedule time for yourself – often if you don't schedule it in, you won't make time for it. Schedule time for your family too, date nights and time with outside friends – the Med Bubble is real.
- It's okay to feel lost (literally lost in the middle of the hospital, and figuratively lost with everything that's going on) – your classmates are too, even if they're really good at hiding it.
- Don't compare yourself to your classmates – everyone, including that student with a PhD and oodles of world experience, feels some “impostor syndrome” from time to time.
- Go to everything, talk to as many people as possible, make that network. Will help you through the first few months! It's better to get to know people.
- Don't compare yourself to people!! People come from different backgrounds. You're all here for a reason and you're going to be fine.
- Start to be more uncomfortable with uncertainty. Not knowing everything. You will feel overwhelmed and that's 100% normal. Everyone else is too!
- Know where the Tims is! (In Halifax there are two - one each in the IWK & VG hospitals across the street from the Tupper)
- Don't buy textbooks, stethoscope. Make friends with the Med 2s.
- Just be totally and honestly true to yourself. Just be yourself! Everyone is so accepting.
- Enjoy your summer!

## **UGME**

Undergraduate Medical Education - designs, develops and oversees Dalhousie's accredited four-year M D program. They 're the people in charge of our curriculum, class schedule, exams, etc. If you're going to be absent for a mandatory session, you need to contact UGME and let them know.

## **HI**

Halifax Infirmary - the adult hospital on Robie St. It has the emergency room. It's about a 7 minute walk from the Tupper.

## **VG**

The Victoria General is the hospital across the street from the Tupper. It has in-patient wards and out-patient clinics.

## **IWK**

The IWK is the Children and Women's Health hospital in Halifax. It's right across the street from the Tupper and has a cafeteria, and most importantly, Tim Hortons.

## **CaRM s**

The Canadian Residency Match Service is the organization that matches fourth year medical students to residency programs across Canada.

## **CMA**

The Canadian Medical Association is a national organization that advocates on behalf of physicians. They provide support, services and membership privileges. You'll get an information session during O-Week on the CM A, and they 'll give you some free stuff and talk to you about how becoming a member will give you discounts on things like a Good Life Fitness membership .

## **M D Financial**

M D Financial Management is owned by the CM A. They provide financial advice and planning services to medical trainees and physicians. They 're the ones who give us our M D book packs!