

Pre-Clerkship Years

Med 1 & 2



DALHOUSIE
UNIVERSITY

**DALHOUSIE MEDICINE
NEW BRUNSWICK**

WELCOME TO DALHOUSIE

MEDICINE NEW BRUNSWICK



Dr. Jennifer Hall
Associate Dean, DMNB

Welcome to the Class of 2027!

As the Associate Dean of Dalhousie Medicine New Brunswick, I am absolutely delighted to have you join us. My primary responsibility is to ensure that the complex Dalhousie Medical School curriculum is delivered with expertise at the DMNB campus, while also providing you with the necessary information and resources for your successful progression through the program.

This booklet is a valuable resource, containing essential details about curriculum deadlines and requirements, which will greatly contribute to a smoother and more fulfilling four years of medical school. I encourage you to read it carefully and keep it readily accessible. I look forward to meeting you and play my part in shaping your medical career journey.

On behalf of DMNB Student and Resident Affairs, welcome, Class of 2027!

I am excited to get to know you! At Student Affairs, confidential individual appointments are readily available, and I encourage you to connect with us early on to explore resources in the domains of wellness, academics, career planning, and financial matters. By learning together in a variety of formats and being open to new ways of learning, you will develop vital skills in collegiality, communication, and professionalism. Collectively, we will build a sense of inclusiveness and community through sharing of experiences and insights to help you thrive in medical school.

Reach out early, reach out often — Student Affairs is here for you!



Dr. Lisa Sutherland
Assistant Dean, DMNB
Student & Resident Affairs

I would like to take this opportunity to welcome you, the Class of 2027, to this new chapter in your lives!

I oversee the curriculum for your first two years and ensure you are provided with the foundation of knowledge, attitudes and skills to prepare you for clerkship in Med 3 and 4. Use this opportunity wisely, making the most of small group learning, ask questions and clarify your understanding. Remember that none of us can know everything and it is alright to be wrong – this is the time to make mistakes and build on your knowledge. Above all else, learning should be enjoyable! Embrace all the different opportunities to learn – they may not all be your favourite or familiar ways of learning, yet - be open to these new experiences.

I look forward to getting to know you- please do not hesitate to reach out with any questions about the curriculum.



Dr. Wendy Stewart
Assistant Dean,
DMNB Pre-Clerkship



Dr. Samantha Gray
Assistant Dean, DMNB
Professional Affairs

Welcome Class of 2027! I am very excited to have joined the leadership team at DMNB this year.

The Office of Professional Affairs (OPA) is a new office, launched in December 2022, within the Faculty of Medicine. The OPA's goal is supporting faculty, learners, and staff by creating and maintaining a healthy and safe learning environment in the medical school. Our office is focused on addressing reports of learner mistreatment, and the promotion of professionalism through education and outreach activities.

Feel free to reach out to discuss issues around professionalism or learner mistreatment DalMedOPA@dal.ca.

We also have an online reporting system, Confidence Line, which is safe, secure, and easily accessible dalhousiemedicine.confidenceline.com.

Important Dates

First Light Ceremony **September 8, 2023**

Tuition Fees **September 19, 2023**

January 22, 2024

Bus Pass & Health Care
Opt Out **September 19, 2023**



First Light 2021



First Light 2022

Class of 2027 Orientation

(Subject to change)

Week Schedule 2023-2024

(Subject to change)

Thursday, August 17

- 5:00-7:00 PM Progressive Dinner
- 7:00 - 10:00 PM Medical Student Meet & Greet (RKYC)

Friday, August 18

- 7:30 AM-1:00 PM DMNB Registration & Breakfast (Room 245)*
- 2:00 - 4:00 PM Dal Med Gives Back
- 7:00 PM Night at the Barcade

Saturday, August 19

- 11:00 AM-3:00 PM Uncorked Tour of Uptown
- 6:00 - 9:00PM Dinner & Movie Night

Sunday, August 20

- 8:30 AM Class of 2027 departs for Nova Scotia (DMNB)
- 3:00-4:15 PM Dean's Welcome Ceremony & Group Photo (Cohn Auditorium/Hicks)

Monday, August 21 (CHEB 170)*

- 8:00-9:00 AM Welcome from Associate and Assistant Deans
- 9:00-9:30 AM Intro to MedIT, Help Desk, etc.
- 9:30-10:30 AM Boundaries & Professionalism
- 10:30-10:45 AM BREAK
- 10:45-11:00 AM Staff Support, Intros, and Overview
- 11:00 AM-12:00 PM Student Affairs & Student Accessibility Services
- 12:00-1:00 PM LUNCH
- 1:00-2:00 PM Orientation to Anti-Oppressive Practice
- 2:00-2:15 PM BREAK
- 2:15-3:00 PM Begin to Belong: Building Community
- 3:00-3:30 PM OPA Office: "Mistreatment Reporting"
- 6:00 - 9:00 PM Dal Med Olympics

Tuesday, August 22 (CHEB 170)*

- 8:00-9:30 AM Overview of Curriculum Schedule, Policies, Platforms & Procedures
- 9:30-10:00 AM BREAK
- 10:00-11:00 AM Introduction to Library Services Overview
- 11:00-11:45 AM Receiving Feedback
- 11:45 AM-12:45 PM LUNCH
- 12:45-1:30 PM Humanities in Medicine
- 1:30-4:00 PM Office of Community Partnerships & Global Health
- 7:00 - 9:00 PM Boat Cruise
- 9:00 PM Lower Deck After Party

Wednesday, August 23 (CHEB 170)

- 8:00-8:45 AM Skilled Clinician Course Overview*
- 8:45-9:45 AM Professional Competency Course Overview*
- 9:45-10:00 AM BREAK
- 10:00-11:00 AM Dal Medical Students Society, Dal Black Medical Students Association, Dal Indigenous Medical Students' Association & Student Diversity and Inclusion Committee*
- 11:00-11:45 AM Research in Medicine Course Overview*
- 11:45 AM-12:45 PM LUNCH
- 12:45 - 1:45 PM Family Medicine Experience Overview*
- 2:00 - 2:30 PM Rain Date for Group Photo
- 4:30 PM Students Return to NB

Thursday, August 24 (DMNB Room 245)

- 11:30 AM - 12:00PM PoCUS Presentation
- 12:00 - 1:00 PM Ask a Med 2 — Q&A Session
- 7:00 - 10:00 PM Skit Night

Attendance is mandatory for all events/days marked with an asterisk



Must-Do Checklist

- ☐ Get UNB ID Card
- ☐ Pay your tuition
- ☐ Opt out of or into the Dal or UNB Health Plan
- ☐ Get hospital ID
- ☐ Attend Orientation Week
- ☐ Register for CPSNB (cpsnb.org/en/licensure-new-brunswick/medical-students)
- ☐ Register with NBMS (nbms.nb.ca/student-application/)
- ☐ Become familiar with your schedule on One45
- ☐ Get to know Medix and Brightspace
- ☐ Read and sign Fire Safety Plan
- ☐ Add important dates & events to your calendar
- ☐ Apply for OMA life and disability insurance (omainsurance.com)
- ☐ N95 mask fitting (sign up online at bit.ly/3QGahCq and email Michelle at dmnblong@dal.ca with any questions)
- ☐ Activate UNB IT Services
- ☐ Opt out of Dal bus pass

Good To Know

Lockers

Lockers are located on the ground floor of the DMNB building. You will be assigned a locker and code by Student Affairs when you arrive.

After-Hours Building Access

Your UNB student card gives you after-hours access to the DMNB building and student areas, such as the lounge.

Campus Closures

DMNB follows UNBSJ procedures in response to winter weather conditions and general closures.

To stay up-to-date on campus closures or delayed openings, we ask that you download the UNBSafe and DalSAFE app on your phone and enable push notifications for the Dal Med NB campus.

Pro Tip:

Follow the @dalmedwell account on Instagram.



You'll get your
UNB ID card on
August 18, 2023.

Getting Started: UNB Edition

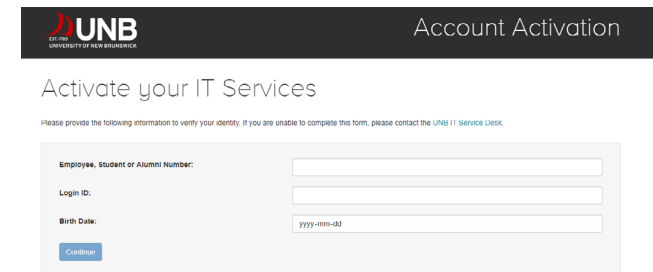
Although you are a Dalhousie student, the DMNB building is located on the University of New Brunswick Saint John (UNBSJ) campus. As such, you need to get a UNB ID card and set up a UNB ITS account to access on-campus services.

1 Your UNB ID Card

- With your card, you can:
 - Preload it with cash through Food Services to use at the cafeteria, Commons Cafe, or Tim Hortons
 - Activate it at the Security Office to access athletic services
 - Use it for print services at the Commons
 - Use it to borrow print books at the UNB Saint John Library
 - Use it around Saint John for various student discounts

2 Setting Up UNB ITS

- Go to es.unb.ca/apps/activate to get started.
- This page will appear:



- The **Student Number** is on your UNB ID Card.
- The **Login ID** is your Dal NetID (i.e. pm765433).
- Follow the instructions and, if you run into any problems, contact the Student Technology Centre staff at unb.ca/its or visit them in the Hans W. Klohn Commons.

Pro Tip:
Your first UNB and Horizon Health ID card is **free**, but you'll have to pay for a replacement if needed.

UGME

Undergraduate Medical Education

Tricia Biggins, Med 1 Coordinator



I am the Med 1 Curriculum Coordinator. I will arrange your schedules, collect and distribute your curriculum for all your academic units, prepare and invigilate your exams, and assist in finding preceptors for your electives and family medicine experience. My role is to ensure you are prepared and ready for your second year of medicine. If you have any questions about your schedule, curriculum, preceptor placements, or exams, I can help!

636-6262 | dmnbmed1@dal.ca

Andrea LeClair, Med 2 Coordinator



Welcome students!

I am the Med 2 Curriculum Coordinator. I arrange your case-based and skilled clinician schedules, assist in preparing and invigilating your exams, help find elective placements and update your learning platforms such as One45 and Brightspace.

Please contact me for any curriculum questions!

636-6985 | dmnbmed2@dal.ca

Michelle McAllister, Longitudinal Curriculum Coordinator



As the Longitudinal Curriculum Coordinator, I'm responsible for RIM (Research in Medicine), PIER (Position Integration Evaluation Research & Review), OSCEs (Objective Structured Clinical Exams), IPE (Interprofessional Education) and Service Learning. I work with curriculum that spans over your four years of learning.

636-6985 | dmnblong@dal.ca

UGME

Undergraduate Medical Education

Alicia Dunlop and Tricia Cole, Simulated Patient Educators



Hello! We, Alicia Dunlop (left), a Registered Respiratory Therapist, and Tricia Cole (right), a former Nuclear Medicine Technologist, are responsible for the administration of the Skilled Clinician Program here at DMNB. This includes both Simulated (SP) and Volunteer (VP) Patient Programs, Communication Skills, Procedural Skills, Parent & Tot, Case Practice, Ultrasound, and OSCEs. We also contribute to components of Professional Competencies and PIERs. We strive to make your experiences in the LRC positive and are always happy to help.



650-7633 | dmnblrc@dal.ca

LOOKING FOR UGME POLICIES ON...?

- Academic accommodations or time off
- Promotion, assessment, and appeal regulations
- Med 1 & 2 curriculum dates
- Pre-clerkship leave policy & procedures



Policies and Regulations - Undergraduate Medical...

medicine.dal.ca

Pro Tip: Become familiar with all UGME Policies and Procedures.

Med 1 Typical Week

Including Monday

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM	8:30-9:30 Lecture	8:30-9:30 Pro Comp Lecture	8:30-9:30 Lecture		
9:00 AM					
9:30 AM	9:30-11:30 Tutorial	9:30-11:30 Pro Comp Tutorial	9:30-11:30 Tutorial	9:00-12:30 Skilled Clinician I	9:00-12:30 Skilled Clinician I
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM	11:30-12:30 Lunch	11:30-12:00 Lunch	11:30-1:00 Lunch		
12:00 PM					
12:30 PM	12:30-4:30 FMEX, SDL RIM, or Elective	12:00-4:00 FMEX, SDL, RIM, or Elective	1:00-4:30 Skilled Clinician I	12:30-1:00 Lunch	12:30-1:30 Lunch
1:00 PM				1:00-2:00 Lecture	1:30-2:30 Formative Evaluation & Review
1:30 PM					
2:00 PM				2:00-5:00 Lab or Lecture/ Tutorial	2:30-3:30 Framing Lecture for Next Week
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM				4:00-5:00 IPE	
4:30 PM					
5:00 PM					

SDL = Self-Directed Learning
FMEX = Family Medicine Experience
RIM = Research in Medicine
IPE = Interprofessional Education

Questions about your schedule? Contact **Tricia Biggins** — See page 9

Med 1 Typical Week

When Monday is a Holiday

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM		8:30-9:30 Pro Comp Lecture	8:30-9:30 Lecture		
9:00 AM					
9:30 AM		9:30-11:30 Pro Comp Tutorial	9:30-11:30 Tutorial	9:00-12:30 Skilled Clinician I	9:00-12:30 Skilled Clinician I
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM		11:30-12:00 Lunch	11:30-1:00 Lunch		
12:00 PM		12:00-4:00 FMEX, SDL, RIM, or Elective	12:00-1:00 Lecture	12:30-1:00 Lunch	12:30-1:30 Lunch
12:30 PM					
1:00 PM			1:00-4:30 Skilled Clinician I	1:00-2:00 Lecture	1:30-2:30 Formative Evaluation & Review
1:30 PM					
2:00 PM				2:00-5:00 Lab or Lecture/ Tutorial	2:30-3:30 Framing Lecture for Next Week
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM		4:00-5:30 IPE/RIM		4:00-5:30 IPE/RIM	3:30-5:30 Tutorial
4:30 PM					
5:00 PM					

SDL = Self-Directed Learning
FMEX = Family Medicine Experience
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IPE = Interprofessional Education

Questions about RIM? Contact **Michelle** — See page 9

Med 2 Typical Week

Including Monday

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday			
8:30 AM	8:30-12:30 Elective/SDL/ Service Learning or Skilled Clinician II			8:30-12:30 Elective, SDL or Service Learning	8:30-9:30 Lecture			
9:00 AM								
9:30 AM					9:30-10:30 Framing Lecture for Next Week			
10:00 AM		9:00-12:30 Skilled Clinician II	9:00-12:30 Skilled Clinician II		10:30-11:30 Review Session for Next Week			
10:30 AM								
11:00 AM					11:30-12:30 Lunch			
11:30 AM								
12:00 PM								
12:30 PM	12:30-1:00 Lunch	12:30-1:00 Lunch	12:30-1:00 Lunch	12:30-1:00 Lunch	12:30-3:30 Lab or Lecture/ Tutorial			
1:00 PM	1:00-2:00 Lecture	1:00-2:00 Pro Comp Lecture	1:00-2:00 Lecture	1:00-4:30 Skilled Clinician II				
1:30 PM								
2:00 PM	2:00-4:00 Tutorial	2:00-4:00 Pro Comp Tutorial	2:00-4:00 Tutorial					
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	4:00-5:00 Lecture, if required	4:00-5:30 IPE/RIM		4:00-5:30 IPE/RIM	3:30-6:30 Skilled Clinician II			
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								

SDL = Self-Directed Learning
FMEX = Family Medicine Experience
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Questions about your schedule? Contact **Andrea** — See page 9

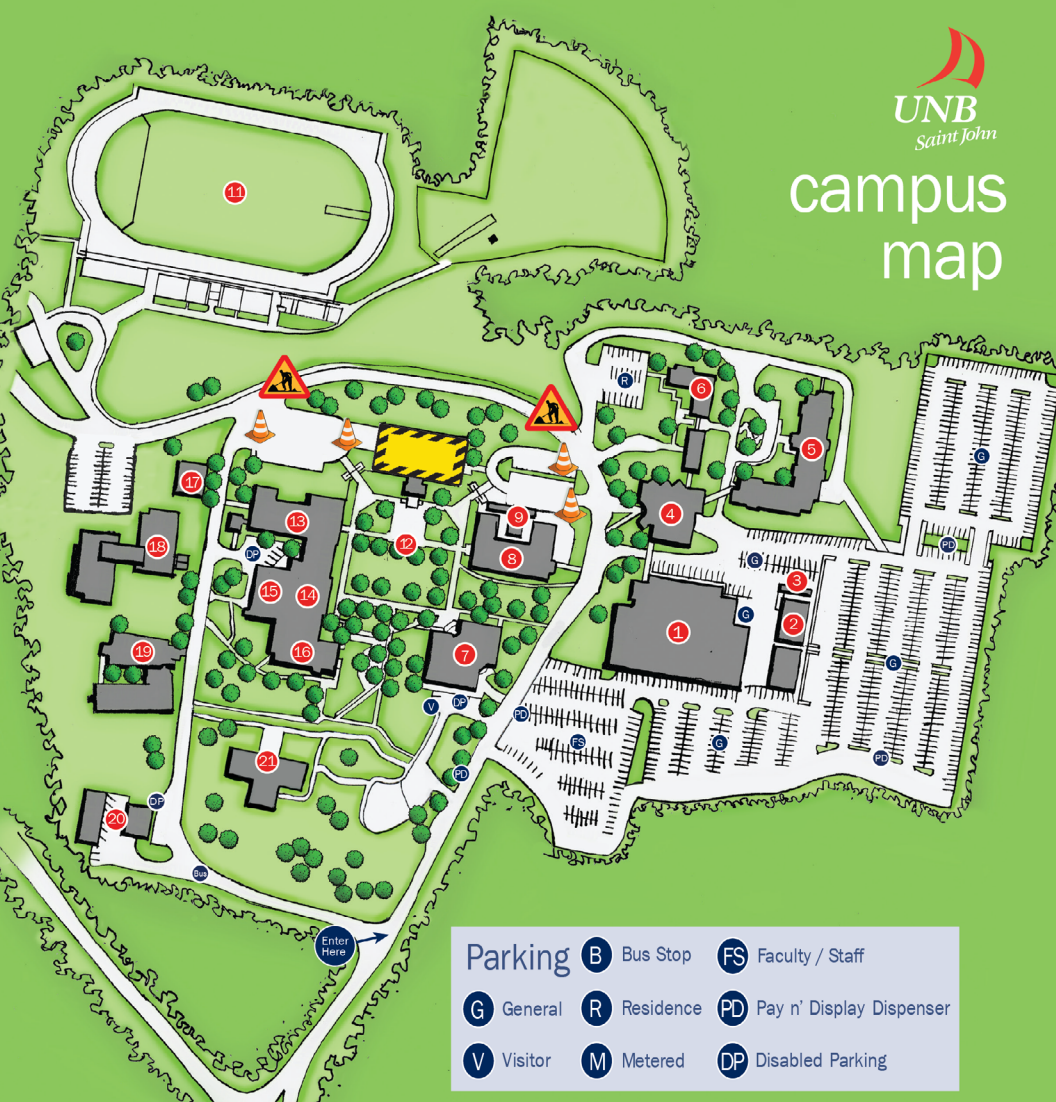
Med 2 Typical Week

When Monday is a Holiday

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:30 AM				8:30-12:30 Elective, SDL or Service Learning	8:30-9:30 Lecture	
9:00 AM		9:00-12:30 Skilled Clinician II	9:00-12:30 Skilled Clinician II		9:30-10:30 Framing Lecture for Next Week	
9:30 AM						
10:00 AM						10:30-11:30 Review Session for Next Week
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						11:30-12:30 Lunch
12:30 PM						
1:00 PM		12:30-1:00 Lunch	12:30-1:00 Lunch	12:30-1:00 Lunch	12:30-3:30 Lab or Lecture/ Tutorial	
1:30 PM		1:00-2:00 Pro Comp Lecture	1:00-2:00 Lecture	1:00-4:30 Skilled Clinician II		
2:00 PM		2:00-4:00 Pro Comp Tutorial	2:00-4:00 Tutorial			3:30-4:30 Lecture
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM		4:00-5:30 IPE/RIM	4:00-5:00 Lecture, if required			4:00-5:30 IPE/RIM
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

SDL = Self-Directed Learning
FMEX = Family Medicine Experience
RIM = Research in Medicine
IPE = Interprofessional Education

Questions about RIM? Contact **Michelle** — See page 9



Get to Know Your Shared Campus

Looking for something to eat?

Thomas J. Condon Student Centre (**Building #4**)

Baird Dinning Hall
Whitebone Pizzeria Open for lunch and dinner, these eateries serve a range of dishes catering to dietary preferences, wood-fire oven thin crust pizzas and more.

Hans W. Klohn Commons (**Building #21**)

Commons Cafe Open for breakfast and lunch, this convenient spot serves quick grab and go meals, and Java Moose Coffee

Looking for somewhere to park?

There are 7 categories of parking on campus. The **blue circles** on the campus map indicate the different kinds of parking and their location. Parking passes can be purchased through the Office of the Registrar in Philip W. Oland Hall (**Building #7**).

Learn more at go.unb.ca/sj-parking.

Looking to catch the bus?

Saint John Transit **Routes 3, 9, and 25** run to the UNBSJ campus. Due to ongoing construction, there is one stop, marked by a **blue "Bus" circle** across from Facilities Management (**Building #20**).

Services Available to You at UNB

Open for bookings:

Safety and Security

Athletics Centre
648-5675

Athletics, Recreation, and Wellness

Athletics Centre
648-5520 | athletics@unb.ca

Pro Tip:

You have free access to UNBSJ's personal counselling and student health centre. See page 21 for contact info!

- | | | |
|-------------------------------------|--------------------------------|---|
| 1 G. Forbes Elliot Athletics Centre | 8 Sir Douglas Hazen Hall | 16 K.C. Irving Hall |
| 2 Saint John College | 9 Hazen Hall Annex | 17 Engineering Machine Shop and Lab |
| 3 Student Health Centre | 11 Jeux Canada Games Stadium | 18 NBCC Saint John Allied Health Centre |
| 4 Thomas J. Condon Student Centre | 12 Quad | 19 Dalhousie Medicine New Brunswick |
| 5 Colin B. Mackay Residence | 13 William F. Ganong Hall | 20 Facilities Management |
| 6 Sir James Dunn Residence | 14 Ganong Hall Lecture Theatre | 21 Hans W. Klohn Commons |
| 7 Philip W. Oland Hall | 15 Canadian Rivers Institute | Construction Zones |

Student Affairs

Who We Are and What We Do

DMNB Student Affairs is here to provide you with advice, guidance, and advocacy throughout your undergraduate education.

With our open-door policy, we strive to ensure a safe and caring environment in which to best support you throughout your journey into medicine. **Our services are strictly confidential.** Your information is not shared outside of Student Affairs without your consent unless there are significant concerns regarding your safety or that of others.

Whether you need assistance with a specific issue such as stress and burnout, or you just need someone to lend an ear, we are here to help! Our staff has experience with everything from **personal wellbeing and physical health to academic, career, and financial advising.** We can also provide you with many external resources that will help guide you along the way.



Money Matters



Med school is going to set you back a few dollars, so it is important to be prepared while also managing your money wisely.

If you have any questions related to money matters such as:

- Student loans
- Lines of credit
- Scholarships
- Tuition

Please reach out to Renea. She will help you be financially fit!



CONTACT US

Reach out anytime. We will be happy to help!



Dr. Lisa Sutherland
Assistant Dean
sutherll@dal.ca



Rebecca Comeau
Coordinator
rebecca.comeau@dal.ca



Renea Leskie
Director
renea.leskie@dal.ca

medicine.dal.ca/student-affairs



Pro Tip:

Book a study room at the Hans W. Klohn Commons Library at:

[lib.unb.ca/
services/group-
study.php](http://lib.unb.ca/services/group-study.php)

Pro Tip:

Check out the Medicine LibGuide for all your library needs: dal.calibguides.com/med

Library

Jackie Phinney DMNB Instruction/ Liaison Librarian



As one of two UGME librarians, I can help you **find journal articles, track down books, use library databases, and keep you organized** as you do research.

DMNB students have **FULL** access to library services at Dalhousie and UNB. I can help you sort through everything, so you can make the most of this amazing library access you have!

I can be reached at j.phinney@dal.ca or **648-5693**.

Getting Involved

Looking to make the most of your time as a Dal Med student?

There are lots of ways to get involved!



Madeline

Welcome to your exciting medical school journey at Dalhousie! As a first-year med student, you're probably wondering how to make the most of your time here? At Dal Med, there's no shortage of ways to dive into the vibrant medical community. One fantastic avenue is through the Dalhousie Medical Students' Society (DMSS). They work to organize awesome events and provide invaluable support. So, join in on the fun and let your inner social butterfly spread its wings! But wait, there's more! Interest groups (IGs) are your golden ticket to exploring your passions beyond the classroom. Whether you're into medical, community, or hobby-related topics, there's an IG for you. Dive into a specific specialty, build lifelong connections, and discover new interests along the way. Feeling adventurous? Don't be afraid to start your own IG. Gather like-minded individuals and create a community that revolves around your shared passions. The sky's the limit!

DMSS Interest Groups



Dal Med Alumni Association



Dal Med Class of 2027 FB Page



Use Password:
CharlesTupper1868

Pro Tip:

Sync up your calendar to the DMSS Events Calendar at www.dmss.ca/calendar.html to easily keep track of upcoming events!



Want to book the student lounge?

Email Nihla!
nihla.hussain@dal.ca

Your Wellness, Our Concern

Hi, Med 1s! First, we want to congratulate all of you on your acceptance to medical school. It's important to take the time and acknowledge that accomplishment; you made it! We are excited to meet all of you. Now to introduce ourselves, we are the Med 2 Student Affairs & Wellness Liaisons (SAWLs). What exactly do SAWLs do, you might ask?

Our job is to help you navigate any academic issues or personal difficulties that may arise. We also liaise closely with the DMNB Student Affairs office to confidentially raise any wellness related issues that are raised by students in general. We can also direct students to personal, professional, or academic support resources (like those found in the address book at the bottom of this page!). Student wellness is incredibly important at DAL Med, and your SAWLs are there to provide some support to help create the most positive medical school experience, for you! Some examples of questions Shantel and I had as Med 1s were: "What the heck is Anki or Osmosis? Do I have to change my study habits? How do I organize my schedule? Do people fail exams? What happens when they do?"

Starting medicine is a major transition and it's important to recognize this and be kind to yourselves! You are not going through this alone and there is a community of individuals at DMNB here to support and encourage you throughout your entire medical degree! On that note, we hope you all have a great Med 1 year!!



Shantel
smccracken@dal.ca



Gabby
gb985821@dal.ca

Wellness Address Book

Trish.MurrayZelmer@unb.ca

Counsellor | Sexual Assault
Support Advocate

Kimberly.Perry@unb.ca

Mental Health Nurse
648-5501

BeHealthy@unb.ca

Student Health Centre
648-5656

msibbett@nbms.nb.ca

Meaghan Sibbett
Manager, Wellness
New Brunswick Medical
Society

IHIM@dal.ca

Indigenous Health in
Medicine (IHIM)

PLANS@dal.ca

Promoting Leadership in health
for African Nova Scotians
(PLANS)

SDIC@dal.ca

Student Diversity and
Inclusion Committee
(SDIC)

"Everyone's journey through medicine is unique. Try not to get caught up in what others are doing! Instead, focus on what drives you in medicine. Stay in tune with your health, reach out whenever in doubt, and pursue opportunities that bring a 'spark' to your day-to-day."

Matthew
DMNB Class of 2024

advice
from those
who know...

"Don't wait for permission. The people around you are invested in your growth and your success. If you feel like your needs aren't being met, approach these points with empathy but know that you won't need permission to ask for what you and your peers need."

Benjamin
DMNB Class of 2026

"Be honest about how you are doing. Everyone finds med school a struggle at some point. Don't be afraid or embarrassed to ask for help from tutors or your classmates or Student Affairs. Everyone wants you to succeed."

Maggie
DMNB Class of 2022

"Medical school is the shortest and longest years of your life all in one and is full of ups and downs. Remember to relax and have some fun! Find things you love doing outside of school, and enjoy time off when you have it. Taking that hour or two off to exercise or spend time with others won't flunk you out of medical school. Work hard, have fun, enjoy the ride, and welcome to Dal Med."

Kevan
DMNB Class of 2025

"Everyone struggles with some aspect of medical school. Speaking to your classmates about these things helps to normalize it and provides reassurance and help. I would recommend reaching out to Student Affairs. They are so kind and genuinely helpful. Everyone at DMNB wants the best for you!"

Robin
DMNB Class of 2024

Essential Acronyms

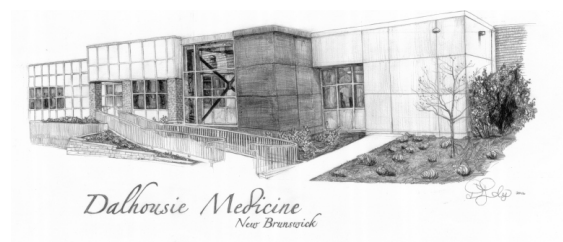
Your Notes

CaRMS	Canadian Resident Matching Service
CCME	Canadian Conference on Medical Education
CFPC	College of Family Physicians of Canada
CoAMS	Conference for Atlantic Medical Students
CPSNB	College of Physicians and Surgeons of NB
DECH	Dr. Everett Chalmers Regional Hospital
DMNB	Dalhousie Medicine New Brunswick
DMNS	Dalhousie Medicine Nova Scotia
FoM	Faculty of Medicine
iCAM	International Conference on Academic Medicine
LICD	Longitudinal Integrated Clerkship Dalhousie
MMI	Multiple Mini Interviews
NBMS	New Brunswick Medical Society
NBMEFI	New Brunswick Medical Education Foundation Inc.
PI	Principal Investigator
PIER	Positioning Integration Evaluation Research & Review
RCPSC	Royal College of Physicians and Surgeons of Canada
RIM	Research in Medicine
SARA	Student and Resident Affairs
SJRH	Saint John Regional Hospital
SJRHf	Saint John Regional Hospital Foundation
UCH	Dr. Georges L. Dumont University Hospital
UGME	Undergraduate Medical Education
UNB	University of New Brunswick
UNBSJ	University of New Brunswick Saint John
URV	Upper River Valley
V/C	Videoconference

[illegible]

Your Notes

The Dalhousie Medicine New Brunswick building sits on traditional Wolastoqey territory. The river that runs by the DMNB building, the Wolastoq River, is also known as the Saint John River, along which settled the Wolastoqiyik — the people of the beautiful and bountiful river.





**DALHOUSIE MEDICINE
NEW BRUNSWICK**