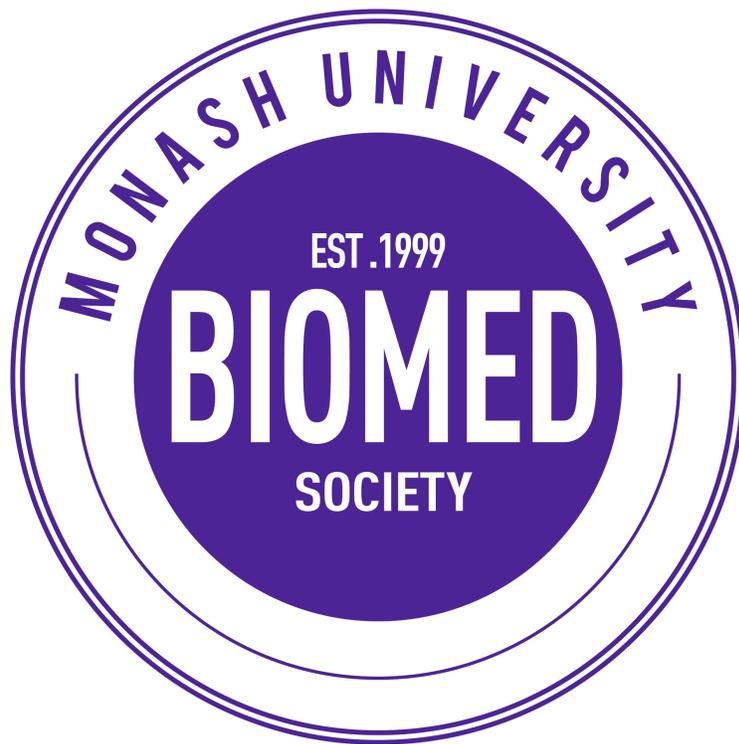


Monash **BIOMED** Society

Survival Guide 2022

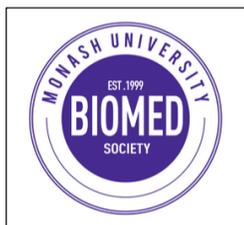


Where to find us!

Room AG01D

37 Rainforest Walk (Building 13A)

Monash University, Clayton VIC 3800



How to join the Biomed Society!

1. Go to <https://clubs.msa.monash.edu/joinnow/>
2. Log in with your student information through Okta.
3. Click on 'Clubs & Societies', then scroll down.
4. Search for 'Biomed' in the search bar or
5. Scroll down and choose 'Biomedical Society'.
6. Complete your purchase by reviewing your shopping basket.

Note: Non-MSA memberships are \$15, and MSA memberships are \$10. Buy your MSA+ membership first to receive \$10 Biomed Society membership.

Biomed Society member perks:

- FREE GAMSAT Masterclass and Interview Workshop run by Fraser's GAMSAT
- Exclusive free access to all our academic events and discounted tickets to all of our social events throughout the year
- Regular peer mentoring updates
- Keep in the loop with regular tips and tricks for surviving Biomed
- Be part of an amazing community made of like-minded friends and peers
- Receive a goodie bag with the infamous stylish Biomed logo T-shirt, and discounts for selected restaurants on campus and other cool things
- A guaranteed fun time
- and more!

How to keep up-to-date...

FACEBOOK: Monash Biomed Society

INSTAGRAM: @MonashBiomedSociety

WEBSITE: <http://monashbiomedociety.org>

EMAIL: clubbiomed@monashclubs.org

LINKEDIN: Monash Biomed Society

President's Warm Welcome

Hey Biomed family!

My name is Tim Miles, and I am incredibly excited to meet you all and be your Biomed Society President in 2022!

On behalf of the whole committee, we want to welcome all our new JAFFY's to Monash and to the most awesome student community around. You've picked the absolute best place to study, and we hope to be a huge part of the next three years of your academic journey. The jump from high school to university life can seem overwhelming, but trust me, you're about to live some of the best years of your life and have an absolute blast! To all our returning students, welcome back! We have missed you all and we can't wait to see you all back at our events.

If it makes you feel better, when I started at Monash I barely knew a single person, but after I started coming along to all the Biomed events, I made some of the best friends I have ever made in my life. Joining this community was the best (and easiest) decision I have ever made, and I hope that this year you will all leave feeling the same way.

Throughout this year, we plan to throw you some of the grooviest social events at Monash, including our Annual Biomed Ball at Crown Palladium (with Peking Duk rocking down the stage in 2021), our super top-secret Mystery Bus, some funky pub crawls and tonnes of good vibe hangouts.

And if that wasn't enough, we also run fantastic academic events like our award-winning Corporate Cocktails, our Industry Night, and our brand new Women in Medicine panel last year. We also collaborate with our partner companies to provide you with exam revision and GAMSAT resources, meaning you will finish your degree with some of the best experiences out there.

If you want to know more about us, please chuck me or our social media pages a message at any time and we'll be more than happy to chat! In the meantime, check out our Facebook and Instagram pages to stay updated on everything we have planned! Hopefully I will see you at our O-Week stall or having a well-deserved boogie on the dancefloor at our Toga party on Thursday the 24th (get your tickets before they sell out!).

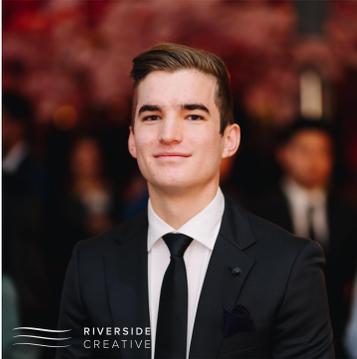
Sending you all the best of vibes, can't wait to see you soon!

Stay sexy,

Tim

Your 2022 committee

TIM MILES | President



If you haven't met the Dad of the committee yet, then you're missing out... Tim spent last year being the slave of the committee, and this year he's back to help put on the biggest year of Biomed events yet. Anybody who knows Tim knows that he loves group projects, if you ever bump into him you should ask him all about it! Tim is a total sports nut, so when not on the sesh with the Biomed committee, you can find him in the gym getting absolutely no gains.

Fun Fact: Tim wishes he was sponsored by Gymshark

LARA OZENIR | Academic Vice President



Being the head of the academics team, we can expect great things from Lara as she not only supports Biomed students but double degree eng students alike! No matter how many times she treks to a Biomed sesh after swim-teaching or lifeguarding, Lara always manages to arrive fashionably late, even if it means showering at work. Although she strives in academics, Lara struggles to withhold from her shopping addiction and can never say no to a good sale. Usually you will find her bingeing Netflix in her bed after 9:30pm.

Fun fact: Head to [@hireoutfitmelbourne](#) on Instagram to rent your outfit for Biomed ball x

AUSTIN HOLLINGSWORTH | Activities Vice President



Austin, otherwise known as Aus, Aussie, or "that tall lanky bloke", is a certified weapon on the sauce - or so he likes to think. Having devoted his entire liver to Biomed, he is quite appropriately the Activities VP. Between his society commitments, it is rumoured the Biomed/eng student is researching a cure for his complete lack of coordination. The giraffe is easy to spot on campus, and will happily talk your ear off about anything Biomed or uni.

Fun fact: Only grows his hair long cos he knows he's gonna go bald

SASKIA MULDER | Secretary



Saskia, or Sas as she likes to be called, is a meticulously organised party girl who is the go to for train times home on a Saturday night making her perfect as our secretary. When she's not rapping Hamilton or singing along to a random musical she's sure to tell you about how she 'discovered' herself in Europe. She's a cross between the briiiighton girl and a beach bum so you'll either find her at the nearest happy hour or reading a book in the sun. Be sure to ask for pictures of her golden retriever and if you ever have a zoom with her you're sure to spot her 3-legged cat Randall who tries to sit on her laptop.

Fun fact: Not shy of making some fabulous cocktails and using her dog to get votes.

BRIAN LIU | Treasurer



Stepping up from previously taking on the most demanding role in the committee; assistant treasurer, Brian is now our amazing treasurer. Besties with his local police station after they evicted a home invader for him, could call in favours to turn a blind eye to our money racketeering scheme. Rumour has it Brian loves a good bev, but don't ask him to do a shotgun, he should definitely stick to managing our money. As a big music snob, he will probably ask for your Spotify playlist before asking your name.

Fun fact: Convicted for multiple counts of tax fraud and pyramid scheming. (For legal reasons this is a joke)

CHARLOTTE BELL | Assistant Secretary



The 'angel' of the Biomed committee will surprise you on a night out when she drinks more than you but still ends up looking after you. Our favourite Tasmanian is full of wholesome energy, and we guarantee she'll be dancing the hardest on the dance floor at all of our events.

Fun fact: Will win you over by making the most amazing baked goods (@baked_by_charlotte).

TAHLIA JACKSON | Assistant Treasurer



Tahlia is well versed in the art of spending money and believes it is financially irresponsible to pass on a good sale. She will be taking on our most demanding role this year: Assistant Treasurer. Although some may refer to her as “goon girl” she considers herself an “aspiring wine mum”. When she’s not on the dance floor, she’s dancing in the streets; if you’re lucky, you might stumble across her performing one day.

Fun fact: Still plays Pokemon Go and listens to Charli XCX like it’s 2016.

ALEX HUNTER | Activities Officer



Alex is the newest blonde bombshell of the committee, with his hairstyle being the key to his sexy look alongside his signature cap. As an honours student, Alex is going to be our inside man in the BDI making our society look awesome. If his good looks don’t do it for you, his brains definitely will!

Fun fact: Look out as he may show up with purple hair during the year!

AUDREY MIDDLETON | Activities Officer



Audrey is sure to show up to the Biomed ball in a stunning, custom made item that will make everyone jealous! She is pretty much always overdressed but ready to impress. When she isn’t stone cold sober and chanting with us from a table top, she will either be stress-studying or attempting to become tik tok famous (whilst failing miserably).

Fun fact: Can’t do a shot of alcohol but can eat Maccas in abundance like there’s no tomorrow.

MONIQUE KUZMIS | Academic Officer



Monique (or Mon) is a cross between a mother, a party animal and a shopping addict - in other words, she's the fun aunt. You'll always find a drink in her hand whether it's one she ordered or 'borrowed' from her friends. If you ever lose her she will probably be near the closest puppy in the vicinity. And if she doesn't end up in a Biomed or commerce related job she will have an excellent run at the next Grand Prix Circuit.

Fun fact: Is always broke yet always has money for food, alcohol and clothes.

LUCY YAO | Academic Officer



You're sure to find Lucy in all of your photos after a Biomed event, whether you knew her at the start of the night or not! She is very good at losing her ID at the most inconvenient times but can still manage to sneak her way into a club/bar. Double park her throughout the night and she'll be your new best friend at any Biomed event.

Fun fact: Fireball and a Gin n' T is the way to her heart x

TARN SMITH | Peer Mentor Coordinator



As Peer Mentor Coordinator, don't be shy to ask for a helping hand when you see Tarn around! This crazy girl will make you feel welcomed and included in a heartbeat, instantly adding herself to your list of uni friends. Be careful around her when she's had a few bevies, Tarn has a tendency of landing in hospitals on a night out... yikes, not exactly the medical position she imagined for herself!

Fun fact: Believes crystals can solve anything

SESADI SWARIS | Social Media and Design Officer



Sesadi's famous Vogue interview landed her as our new Social Media Officer, and we couldn't be in better hands. Sesadi's amazing style and knack for making everything look pretty is going to make our social media game next level - Vogue is only gonna be a small fish in our pond once Sesadi is done with us.

Fun fact: Shamelessly relies on TikTok to predict her future and solve all her problems

GRACE GRAHAM | Sponsorship and Publications Officer



Sponsorships are certainly in good hands with Grace who has already connected us with new sponsors providing alcoholic and non-alcoholic cocktails to get those Biomed events going! Grace is always (very) fashionably late to events but, due to insufferable FOMO, will never miss one.

Fun fact: Has a rule to not check her bank account the day after a night out

KIRRALEE HANCOCK | cAMP and Launch Coordinator



Although cAMP has been unfortunately cancelled, Kirralee will still keep the good times going at event launches and all Biomed events! She might live a long way away from campus, but Kirralee will certainly be bringing good vibes to every event on our calendar. When we finally get to host our cAMP, you can bet Kirralee will be throwing you the best weekend possible!

Fun fact: Was awarded cAMP's most wholesome on her first year camp because she helped out more than some of the leaders!

HOW TO BE A GOOD JAFFY

- 1. Don't** try to shrug off the title of 'JAFFY'. If we had to live through it, so do you. This title lasts until your first lecture of second year. This is non-negotiable, even if you have second-year units in first year.
- 2. Say 'yes'** to everything that makes sense: **cAMP** (*especially* cAMP, more than anything else!), parties, balls, boat cruises and unusually rowdy bus rides. Our activities officers put their heart and soul into organising these spectacular events and they are the best way of getting to know your peers in first year. If you go but don't really like it, all you've lost is a bit of money. If you don't go, you'll never know how many new mates you could have *almost* made.
- 3.** There are many drinking chants at Monash. You will have plenty of time to learn them all. Don't be overwhelmed. #trueblue
- 4.** The drinking culture at uni is very full-on for many people fresh out of high school. **Don't feel pressured** to drink beyond your borders, no matter how much other people are drinking. Your Biomed committee will likely go harder at the sesh than most people you know, but we will never judge you or exclude you if our level of intensity isn't your thing.
- 5. Being 'too cool' for dress-up themes is uncool.** The more elaborate your costume at any event, the more you will fit-in. Rumour has it, Katrina spent 3 hours making a hat for one of her costumes in first year.
- 6.** Apply to join the Biomed committee as one of our four **Jaffy reps** so you can assist us in organising many social and academic events. Being selected is through a democratic voting process, so make a name for yourself at our events. 95% of the time, attendees of Biomed cAMP are selected, but if you can't make it there, don't be dissuaded!
- 7.** Sign up for Peer Assisted Study Sessions (**PASS**) and attend the sessions. PASS becomes available on Allocate+ around week 2, and you'd be silly to say no. These sessions are organised for certain first-year subjects that are considered a little more difficult and are run weekly. They aren't compulsory but are highly recommended as they're extremely helpful and well run.

8. If you haven't already met your peer mentor, then we think you should go log on to Chronus and get in touch with them - like seriously go do it right now (if you don't know how, keep an eye out for the Chronus 101 webinar in your inbox)! The peer mentor program is run by the Monash BDI Student Experience Team and is a great way to ease the transition into uni, which is usually a big and sometimes overwhelming experience - especially with all the changes that have occurred this year. As a first-year, you'll be paired with a volunteer second or third year student who has been selected by the program organisers. They've completed online modules in mentoring, diversity & inclusion and understanding mental health. We hope that having a Biomed mentor will mean that you are able to seek advice and support about settling into uni and your course. We've all been a first-year at some point in our university experience and we know how it feels. Make sure to keep in touch with your mentor and attend those online zoom meetings to work through the immense amount of 'newness' that accompanies starting uni for the first time.

9. You don't have to attend all your lectures in person, there is an option to live-stream them from your laptop and they are recorded so you will always be able to watch a past lecture. **Unwatched lectures can easily snowball** into hours of eye-strain in the weeks leading up to exams so try to stay on top of them, as most need to be watched in consequential order (meaning if you miss one, it can sometimes be hard to keep up in the next lecture without watching the one you miss). Keep track of when your lectures are, how many you have a week and set aside twice the amount of time the lecture runs for to ensure you're able to get through it all.

*** Due to the current situation (thanks COVID-19 again), some of the advice regarding signing up for PASS and attending physical lectures may not be relevant for the time being. Hopefully we will be able to run as many sessions as possible in person, so keep an eye out for updates from the faculty!

BIOMED SOCIETY EVENTS

Social Events

❖ **Toga Party:** Biomed, Law and Commerce societies join forces to bring Monash students the amazing Toga party on the Thursday night of O-Week! Whether you've been Rome-ing the world (unlikely because of our mate COVID) or chilling in Melbourne this summer, there is no better way to kick off your Uni social calendar than a boogie and a couple of refreshing beverages with friends both old and new. Get a hold of your mum's oldest bed sheets because this is an event you do not want to myth!



❖ **Mystery Bus:** Albert Einstein once stated, "The most beautiful experience we can have is the mysterious", and this couldn't be more relevant for this event. Prepare yourself to be left in awe as you wonder where the next venue will be every time you jump back on the bus during this night time tour of Melbourne!



Stopping at a variety of locations, this tour will fill you with feelings of anticipation and excitement... and potentially another hangover the next morning. Lined up to occur in Semester 2, you'd be silly not to lock in some tickets for a very mysterious and memorable night.

❖ **Pub Crawl:** Trawling through Chapel Street on a Thursday night is fun. What's more fun is trawling through Chapel Street on a Thursday night with ridiculous drink specials, provided by your Biomed committee? Dress up according to the theme... and then party so hard that you forget you're even in costume. We hope you don't have any Friday morning lectures because this isn't the kind of night you want to go home early from.





❖ **Bar Night:** Beers and ciders priced no more than the gold coins in your pocket combined with our traditional theme of 'Game of the Rings: Harry Potter Strikes Back' (work out the references) makes for an extravagant night out without the nasty "how much did I spend?" panic that always follows the next morning. The more extra the costume, the better... unless it's Jar Jar Binks.

This cost effective night is lined up for Semester 2, with more details to come. But it's safe to say you might need to go costume searching...

❖ **Biomed Ball:** Biomed is known for many things. The Biomed Ball however, is the cherry on top.

The annual event is held at Crown Palladium (where those footy players go and get their little brownlow medal thing), and tickets sell hotter than our committee. With over 1000 people stunning attendees, you'll enjoy an amazing fancy meal, unlimited drinks (as is the Biomed custom!), professional photography and of course free entry to our after party!



This is by far the highlight of our social events calendar but be prepared to camp outside South One as early as 6am to secure tickets for you and your friends.

Academic Events

❖ **Electives Information Session:** Struggling to decide between Pharmacology and Developmental Biology? Wondering exactly what research units are available to you? Come along to our elective information session and get the answers to all your questions, directly from each unit coordinator! A great summary of what is possible to study in addition to your Biomed core units. Heavily attended and certainly not to be missed!



❖ **Women in Medicine Night:** Was a brand new event for 2021! We saw that there was a missing link in academic events catered towards all the wonderful women paving their way in the medical industry! With a panel of amazing and inspiring women, this is the perfect opportunity to network and learn about your future options after Biomed. This event aims to celebrate the women in medicine who

are paving the way for students, and to encourage the women of Monash to pursue anything they want to. All genders are welcome to attend and learn from and about women in medicine.

❖ **Medical Interview Session:** One of the key components of entry to Medical School is the interview! Here at the Biomed Society we collaborate with Fraser's GAMSAT and bring along an expert to tell you about the process and give you some great hints and tips for doing well!

❖ **INDUSTRY NIGHT:** Unsure if you want to pursue medicine or continue furthering your knowledge of biomedical sciences through research or honours? Then Industry night is the perfect event for you! This event aims to show members what other industries (biomed and biomed double degree related) are out there and waiting for you. Come along to network and meet some fantastic professionals who provide insight on their careers.



❖ **GAMSAT Information Session:** Due to the interest of most Biomed students in postgraduate Medicine, we run an individual information session about the Graduate Australian Medical School Admission Test (GAMSAT). This day-long exam is a necessary trial to endure for entry into postgraduate Medicine. In 2022, we are again partnering with Fraser's GAMSAT Tuition to provide a comprehensive information session, which deconstructs the three sections of the GAMSAT and provides preparatory advice for each. Highly recommended to complement your GAMSAT preparation.

❖ **Masters and Honours Information session:** Are you unsure of what further study options are available to Biomed graduates? If so, our Masters & Honours Information Session is for you. The session is run in a lecture format with the coordinators from multiple masters and honours courses from departments such as Physiology, Radiation Therapy, Embryology and more. This event is a great opportunity and platform for you to explore the range of options and alternate career pathways beyond your Biomedical Science degree!

❖ **Corporate Cocktails:** Dress up nicely at one of Melbourne's best venues, have a drink or two and learn all about some of your options post-Biomed! The fact of the matter is, there is such a wide range of careers that await you with a Biomedical Science degree under your belt, and what better way to learn about them than to talk to real people with experience in them? We invite professionals in health science, pharmaceuticals, education, research and the medical field... just to name a few. This is an event not to be missed and it will be bigger and better than ever. Let's make academics FUN together!



FOOD HACKS

❖ **Joe's Pizzeria** — signing up as a member gives you access to discount cards for this yummy pizzeria!! For just a short walk from campus centre, this pizza is worth a bite!

❖ **Guzman y Gomez** — sign up to the app and get the first burrito free. Also, one of the tastiest feeds on campus, highly recommend the Cali burrito.

❖ **Taste Baguette** (under Menzies) — 10-15 mins before closing they offer their tasty baguettes, rice paper rolls, pizzas and salads for a very appealing price of \$5. Very good if you're looking for a cheap study snack in the arvo. The brownies from this place are also damn tasty.

❖ **Wholefoods** is definitely the place to go if you love cheap, vegetarian and vegan food (located upstairs of Campus Centre). If you are particularly light on change, the \$3 dahl is the go. Also, such a funky and cute place to hang out.

❖ **Monash Merchant** near Monash Sport — Open late so perfect for a late-night study snack. Has many delicious delicacies including kombucha on tap (delicious depending on who you ask), freshly squeezed OJ as well as many tasty treats from Oasis Bakery. Bonus hack: \$1.50 coffees!!

❖ **Neptune's Seafood Catch** — Cheap as potato cakes and very tasty chippies; self-serve chicken salt and saucy-sauce is also a massive win. Rumour has it they now make HSP's.

❖ **Malong Kitchen & Dumplings** — Cheap dumplings under Hargrave Library (yes, this library exists), very reasonably priced for a very satisfying meal.

First year BMS units & potential electives...

BMS1011: Biomedical chemistry: This unit essentially builds on Year 12 chem knowledge. Make sure you come prepared with the workbook given to you at the start of the semester. Tutes are a good opportunity to ask questions and seek help if required from your tutor and peers if you want clarification on some of the more difficult concepts. Knowledge from this unit is assessed in the GAMSAT so make good notes and be sure to hold onto them for later reference!

BMS1021: Cells, tissues and organisms: It's back to the basics of biology with this unit, think 'mitochondria are the powerhouse of the cell', ribosomes, and Golgi apparatus. Depending on the topic, you will have seen some of the content before in VCE biology. Don't stress if you didn't study biology in VCE—there are extra resources made available and your unit coordinator is very aware of this situation. Ask your friends for help if you're struggling to understand a concept and try to stay on top of all the content. You can even allocate yourself to Peer Assisted Study Session (PASS) classes, to help keep you on track with extra support throughout the semester. It's an achievable unit without any previous bio knowledge. This unit will help to form the basis of your biology knowledge throughout the rest of the course and form the foundations of future units.

BMS1031: Medical biophysics: This unit is a little intimidating for those who didn't study physics in VCE. However, most people find this subject challenging and you are not alone if you feel a little overwhelmed from time-to-time in this unit. Seek help at the TAPAS sessions run in the PACE labs to clarify any questions or queries you may have with demonstrators and lecturers. Also, don't be afraid to ask your friends for help, contact lecturers via email or approach them after a lecture, as this is the best way to proactively help yourself better understand those tricky concepts. PASS is also offered for this subject. Use the practice exams and the practice questions available in the textbook to help you prepare for the exam.

BMS1042: Public health and preventative medicine: 1042 has two distinct yet complementary components, the public health aspect and the statistics aspect. The public health aspect can be really interesting yet is often the harder part to study for come exams. Stats is a contrast to the hardcore maths found in other parts of Biomed, being similar to year 12 further maths. If you didn't do further maths in VCE, pay attention to the concepts as it's a very different type of maths to Math Methods. Only a few of the tutes and workshops are compulsory, but it is recommended that you attend as many as you can.

BMS1052: Human neurobiology: This can be one of the more challenging units that you'll complete in first year for some students, but it is also one of the most interesting. It is a well run, and well-taught unit, that explores a remarkably interesting area of human biology, our brains. You learn about an array of senses such as vision, and hearing, as well as how muscles work. The unit also equips you well for second year and is a great opportunity to develop your ability to answer short answer questions.

BMS1062: Molecular biology: 1062 builds off of the central dogma of molecular biology, exploring how our genes become proteins and all of the steps in between. You learn a lot about DNA and RNA, right from the very basics, and learn about how they duplicate and are translated and transcribed into the proteins found in the body. The labs in this unit are generally well run and are a good opportunity to build up some strength in semester marks. It's not necessarily the most interesting unit you will complete, but it equips you well for the rest of Biomed.

Potential electives

ATS1297: Academic Writing: This subject is made to teach you how to write and work as a Uni Student. The style of writing used in high school is very different from the expectations put on you by Universities. You will learn key principles of grammar, and how to use sources correctly (finding, referencing, quoting, and paraphrasing) and avoid problems like plagiarism. You will also learn how to plan, research, edit, and proofread essays. This Unit also has no exams and comes highly recommended by many students.

ATS1261: Understanding human behaviour: Great subject if you're interested in an arts unit. Marks can be easily obtained by simply showing up for tutorials and there is no exam. Covers basic psychology concepts.

CHM1011 and CHM1022 Chemistry: The go to elective for the majority of Biomed students, these units are exactly what you expect. They're similar to year 12 chemistry, expanding on most topics and introducing one or two new ones. Coming to these labs after your BMS classes will be a relief, they'll be more in line with the difficulty you hoped uni would be. The one-hour tute is more pleasant than a fourth hour in the lab and come the end of semester exam you'll be glad you stuck to 1011/1022. If you hate writing lab reports this is not the elective for you.

ENG1003: Engineering mobile apps: An excellent elective to build upon your knowledge of Biolo... LOL, just kidding! Unless you're in the Biomed/Eng double degree, in which case Tim and Lara send their condolences.

ENG1090: Foundation mathematics (MTH1020): This unit is basically Specialist Maths and would suit the more mathematically inclined Biomed student.

PSY1011 and PSY1022 Psychology: Considered manageable subjects for those who have a VCE foundation in psychology. The second-semester unit is the more enjoyable of the two, as it appears to be run better. Tutorials are not compulsory, and workshops are recorded so can be watched from home if contact hours are difficult for you.

SCI1020: Introduction to statistical reasoning: Similar load to BMS subjects. Very similar to further maths and thoroughly enjoyed by students—even considered the most favourite subject out of all of the first-year ones.

❖ Although all electives spoken about here are more Science and Maths based and complement the Biomed Course very well, don't be afraid to complete your electives from other faculties. Do you have a special interest in music, a language or some obscure obsession with rocks? Have a look at the **Monash Unit Handbook** and you'll be amazed at all the options available to you. Make sure you check all Units that you are interested in prerequisites, co-requisites and prohibitions as not all Units may be appropriate for you.

*** Please note that these are written at the discretion of committee members and represent their own opinions only. We definitely recommend consulting the official unit guides published in the Monash Handbook for more detailed descriptions. This guide is written for anecdotal advice and should be used in conjunction with picking the brains of your peers and checking out the MSA's Counter Faculty Handbook when deciding which units to select.

A note on textbooks

The cost of all the prescribed and recommended textbooks for each semester can quickly add up, so we definitely recommend looking into a PDF/Ebook version of the textbook. Most can be found after a dedicated browse on the internet or by asking around. One of your Biomed buddies is sure to have a copy!

Keeping in mind that due to the prescribed workload for each unit, which often includes compulsory background/pre-reading as well as pre- and post- online lessons, most students find it difficult to find a spare hour or two to go through the content in the accompanying textbook. The lecture slides are sometimes comprehensive enough and if you're seeking additional notes/examples you are usually able to find a helpful tutorial on Khan Academy.

The suggested textbooks are prescribed for a reason and we recommend following the booklist if you decide on purchasing them. Overall, we think the best way to go about it is not to purchase them immediately, in case you decide you won't use it all that often.

Special thanks to...



❖ **Moments Condoms:** The company for anyone who wants to have a good time; the company with a true passion for empowering women to celebrate and protect their sexual health; the company proudly supporting our cAMP in past years to ensure the safest environment for our students.

W: <http://momentscondoms.com.au>



❖ **Fraser's GAMSAT:** The number one GAMSAT preparation company that truly cares for helping our students succeed in their passion for postgraduate Medicine. Keep an eye out for their events this year!

W: <http://frasersgamsat.com.au>



❖ **Joe's Pizzeria and Cafe:** The best pizza you can find on-campus, perfect for a well-deserved feast after class! Find them at 28 Sports Walk, Logan Hall, Clayton Campus, and look out for their amazing discounts.

W: <https://www.monash.edu/food-and-retail/vendors/joes-pizzeria>



❖ **Halad to Health:** An Australian charity that aims to close the gap in health through delivering free health education services.

Halad provides Monash Biomed students with access to high quality unit revision sessions, as well as affordable GAMSAT and Med preparation classes.

W: <https://www.haladtohealth.org>



❖ **Sunny Eddy:** This triple-distilled gin seltzer company originated on Sydney's beaches. Sunny Eddy aims to make your nights out taste (and be all round) better!

W: <https://sunnyeddy.com.au>



❖ **RecXpress Gym:** This 24/7 hour gym is located just near Clayton campus on 1860 Princes

Hwy. Membership here offers 24 hour access to gym equipment as well as videos showing different HIIT classes and strength based workouts.

W: <https://rexpess.com.au/gym/clayton/>



❖ **Yes You Can:** If you're driving, starting early or just simply not in the mood to drink; enjoy the Yes You Can non-alcoholic cocktails. These refreshing drinks will help you enjoy the occasion, without any hang-xiety.

W: <https://yesyoucandrinks.com/>