



## CONGRATULATIONS ON YOUR ENTRY INTO THE WORLD OF MEDICINE

I would like to congratulate you on behalf of the Griffith University Medicine Society (GUMS) for successfully getting into med school. Now the real fun begins...

Life as a medical student is an incredible journey and you all have a huge potential to do great things with your time at Griffith University. GUMS was formed in 2005 to help medical students reach their full potential and provide students with academic support, social support, community spirit, and student advocacy. And now we'd like to invite you to become a part of the medicine spirit by joining GUMS as a member in 2010.

Academically, GUMS provides support for its members through the peer mentoring program, tutorials, advice and ideas for future careers, the annual medical debate against Bond University, information about electives, high calibre speakers, conference subsidies and much more.

Socially speaking, GUMS runs some HUGE events. One of the earliest events for you is the Orientation Mixer where we all head down to the local pub straight after your orientation day events for a big night of "mingling". Many a sore head has been had the following day, but the temptation to stay in bed all day is overcome in order to come along to the annual Dis-orientation Camp. I would strongly encourage you to come along for a weekend of fun and good times (and a great opportunity to gather up some friends early) at Cedar Creek. Just a little later in the year, you can expect the annual Scrub Crawl, GUMS Medicine Ball, and a whole lot else fit in.

Community spirit is encouraged in the form of a team in the annual Gold Coast Marathon, popular GUMS hoodies, charity events, and charity drives.

Advocacy is the core purpose of GUMS. We provide a voice for students to give feedback to the school and really shape the MBBS degree for future years to come. We organise and support student representation on all school committees. We are also the link for feedback to the Australian Medical Students' Association (AMSA), who advocate for students nationwide.

2010 looks like it will be an amazing year, and I hope you will be a part of it by becoming a member of GUMS. GUMS members enjoy heavily discounted entry to events, access to GUMS education resources, freebies like you wouldn't believe and one hell of a social life! If you would like to join, please complete the questions below and transfer payment or bring cash along with you to Orientation Day. As an added bonus, if you sign up on or before orientation day you will go into the draw to win a Littman Classic stethoscope and a pen torch.

If you have any questions about GUMS or how you can get involved, please see the GUMS website ([www.gums.org.au](http://www.gums.org.au)) or email [president@gums.org.au](mailto:president@gums.org.au)

We look forward to meeting you at Orientation Day, and to sharing in the fun and frivolity of all that 2010 has on offer.

Cheers,  
Laura Stitz  
2010 GUMS President



**GUMS DIS-ORIENTATION CAMP  
CEDAR CREEK LODGES  
30th – 31st January 2010**

GUMS would like to offer you the chance to get to know your fellow first years on a two day orientation camp at Cedar Creek Lodges. The camp is a great way to break that first day awkwardness that always occurs when starting any new adventure and really get acquainted with your new peers before everyone starts getting their nerd on (we're med students, we're all nerds).

Cedar Creek Lodges are located on Tambourine Mountain so you can really go nuts and run around in the bush. This year's camp includes a 3 hour Laser Skirmish (nothing like the highs and crushing lows of battle to get the weekend started) followed by an "invigorating" swim in the nearby creek. You can bring your own alcohol (yeay!) but before we get into the evenings festivities, a two course dinner is provided to line your stomach. Last years camp was a massive (and messy) weekend that resulted in many a hangover in the morning!

You'll have to drive your beer-burdened cars to the camp yourself but there is plenty of time to organise car-pooling on orientation day. Check in is noon Saturday with check out being around the same time Sunday.

**The cost of the retreat is \$100 which includes:**

- Lunch on arrival
- Laser Skirmish
- Creek swimming
- Red bull
- Two course dinner
- One night accommodation
- Buffet breakfast

**What to bring:**

- Alcohol
- Bedding (sleeping bag/sheets + pillow).  
Towel
- Something to go swimming in
- Clothes and enclosed shoes for Laser Skirmish
- Whatever else you feel you will need for a whole night away from home

GUMS subsidises this amount (it's the first of many little presents from GUMS that you will receive throughout your degree) because we really believe that the camp is a fantastic way to break the ice with the people you are going to be spending the next four years with and get a bit silly at the same time. Coming along with you will be a mix of 2<sup>nd</sup> and 3<sup>rd</sup> year students (trying to relive their first year experience...sad I know) who can answer any questions you may have or simply provided some coping strategies for the year ahead.

There are only 50 places available so be quick! Please fill in the attached booking form and return it to the email address provided. If you have any enquiries please don't hesitate to contact us on our mobile or email below. Otherwise we look forward to seeing you all on orientation day!

Cheers,  
Lauren MacIvor and Ben Winkle  
2010 GUMS Social Representatives



## **GUMS PEER MENTORING PROGRAM**

Congratulations on being accepted into the MBBS course at Griffith University in 2010. Your next four years will be exciting, educational and at times chaotic, so to help you adjust to life as a medical student, GUMS coordinates the Peer Mentoring Program.

For you, the GUMS Peer Mentoring Program involves being partnered with a student from a higher year level and having them as a mentor for guidance relating to academic and non-academic issues that may arise throughout the year.

The exact role of the mentor will vary according to your needs. It can have strictly an academic application, including study skills and time management, adjusting to the PBL process, depth of knowledge required and exam preparation. You can also have your mentor be a source of advice and support regarding the new environment and new social network.

Where possible the mentor and mentee will be paired up to share common interests and knowledge, such as undergraduate studies and life experience.

Once a partnership has been established between two students GUMS will no longer be directly involved – the two students involved will determine the frequency and content of the interactions. A GUMS representative will be available to monitor any issues that may arise between the mentor and mentee if necessary, but this has never been needed in the past.

If you are interested in being a part of the program, just complete the details over the page. If you have any questions, please send me an email at [academic@gums.org.au](mailto:academic@gums.org.au)

Congratulations once more and I look forward to seeing you all around campus next year!

Cheers,  
Jana Westerhof  
2010 GUMS Academic Representative





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## GUMS PEER MENTORING PROGRAM

Please email the following details to [academic@gums.org.au](mailto:academic@gums.org.au) in order to sign up for the GUMS Peer Mentoring Program. Alternatively, bring this form with you on Orientation Day to sign up.

Full name: .....

Payment

This program is FREE!

Student number: .....

Mobile number: .....

DOB: ..... / ..... / .....

Undergraduate degree and where it was completed:

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