



Student Council

WELCOME NOSM STUDENTS

Class of 2023!

Congrats on your acceptance to the Northern Ontario School of Medicine!

We are excited to welcome you to be part of this amazing program. NOSM is a unique medical school, with a strong commitment to social accountability, early exposure to clinical experiences and a supportive learning environment. Throughout your 4 years here, you will prepare yourself for an amazing career in medicine.

This guide has been written by a group of students to help ease your transition to the MD program.

We invite you to join the Facebook group if you haven't already.

[NOSM Facebook 2023](#)

If you have any questions throughout the year, feel free to reach out to any of the upper year students.

We cannot wait to meet you during Orientation!!

TIPS AND TRICKS GUIDE

CURRICULUM BREAKDOWN

The NOSM curriculum is split into 3 Phases. You will be entering Phase 1, which makes up year 1 and 2. It is considered your pre-clerkship years and will consist of 80% theory and 20% clinical. During these years you will be building a strong foundation in physiology, anatomy, histology, pathology and pharmacology.

Phase 1 is separated into 11 modules lasting from 6-7 weeks (with the exception of 101). Each module ends with a multiple choice exam, bellringer and a paper. The module focuses on an organ system.

Year 1 modules are:

101- Introduction	104- Neurology
102- Gastrointestinal	105- Musculoskeletal
103- Cardio/Resp	106- Endocrine

There are 5 themes addressed throughout each module. Lectures, small groups and placements all contribute to the teaching of these topics.

- Theme 1: Northern and Rural Health
- Theme 2: Personal and Professional Issues
- Theme 3: Social and Population Health
- Theme 4: Foundations of Medicine
- Theme 5: Clinical Skills in Health Care

FIRST YEAR SCHEDULE

With the exception of 101, the year 1 schedule will typically follow this format:

	Monday	Tuesday	Wednesday	Thursday	Friday
9am-10am	Independent study	CLS or TOSC	Independent Study or MiPS	SCS	LAB
10am-11am	MCS				
11am-12pm	CBL				
12pm-1pm		Lunch	Lunch	Lunch	Lunch
1pm-2pm	Lunch	WGS	WGS	Independent Study	Independent Study
2pm-3pm	Independent study				
3pm-4pm	TOS	Independent Study	Independent Study	TOS	
4pm-5pm					

NOSM ACRONYMS

MCS- Module Coordinator Session

1-hour session at the beginning of each module to introduce your module coordinator. This person is responsible for the module and its content. This is your go to information source if you have any module-specific questions.

CBL- Case-Based Learning

Two hour small group session in which students explore a complex case and work through learning objectives and required readings as a group. The case focus is on Themes 1, 2 & 3.

TOS- Topic Oriented Sessions

This is a small group, problem based learning format that focuses on individual patient cases. Students work as a group to identify learning issues, and work together to gain and share information. This session is focused on Themes 4 & 5.

MiPS - Medicine in Practice Sessions

These sessions involve both lecture and small group work in learning about critical thinking for clinicians (e.g. antibiotic prescribing). They are new as of 2018 and occur once per module.

CLS- Community Learning Sessions

Students are provided with the experience with interprofessional learning in a variety of community-based placements. Observing and interacting with patients, students visit patients in their homes, in hospitals, long-term care centers, doctors' offices, pharmacies, rehab centers, nursing homes, or other organizations.

WGS- Whole Group Sessions

These are 2 hour long lectures taught by faculty members to both campuses via video conference twice a week.

SCS- Structured Clinical Sessions

Students practice their interviewing and examination skills with simulated standardized patients. The goal is to explore knowledge, skills and attitudes defined by Theme 5 of the curriculum, with a clinical preceptor.

TOSC- TOS Consolidation

Similar to TOS, but students work through the cases in real time under the guidance of clinical faculty. They are also new in 2018 and occur once per module.

P1SA/BRE

Each module concludes with a Phase 1 Summative Assessment (P1SA), which is a multiple choice exam testing on Themes 2-5. A mark from each individual theme will be provided to students. To pass Themes 2, 3 and 5 a cumulative annual grade of 60% must be obtained. For Theme 4 a passing grade of 60% must be obtained for each module on both the P1SA and bellringer exam (BRE).

The BRE comprises between 20-45 3-minute stations where students are tested on subjects such as anatomy, pathology, diagnostic imaging, histology and more. Questions may be multiple choice, True/False, or short answer format.

OSCE

Objective Structured Clinical Examination (OSCE) is a clinical exam held at the end of Phase 1 and Phase 2 (end of Year 2 and Year 3, respectively). Throughout phase 1 students learn how to perform physical exams and interviews for specific body systems. The OSCE aims to assess these skills. Two “mock” OSCE’s (called formative OSCE’s) will be performed by students as practice prior to the official exam – one will be completed in 1st year (usually in February) while the second is completed in December of 2nd year. Completion of the OSCE is required to be promoted to Phase 2.

Theme 1 is assessed with a 750-1000 word paper based on a specific topic for each module.

A 250-300 word personal reflection about the paper is also required.

This paper is due on the same day as the P1SA and BRE.

ICE PLACEMENTS

In 1st year, students are required to complete a 4-week, including weekends, Integrated Community Experience (ICE placement) in one of the 42 Indigenous communities that NOSM partners with. The objective of the placement is to better understand the realities of different indigenous communities. There are no clinical expectations during this placement. Students are instead there to learn about the culture and history of the community they are placed in. It is important for students to remember that each community is different. The level of organization and the types of experiences that you will partake in will be vary from one community to the next. While on placements students will continue curriculum work by phone sessions.



NOSM Library

Both campuses have a physical library in which students have access to textbooks, articles and books on reserve.

Additionally, the library website is accessible off-campus and provides students with great resources: <https://www.nosm.ca/library/>

In the first week of school, students will have a library orientation to familiarize themselves with all the services and resources.

MyCurriculum

Students have access to MyCurriculum which is the portal for all course material throughout the 4 years at NOSM. Each module has its own section in which lecture materials, small group guides and all relevant information will be provided. There is also a forum in which the module coordinator can communicate with both campuses.

Students sign in using their NOSM login at <http://learn.nosm.ca/>.

ONE45

Providing feedback is a regular request while attending NOSM. The majority of your feedback, as well as CLS placement logs will be done through the ONE45 site. This can be found at [one45](#) and requires your NOSM login.

Due to the distributed nature of NOSM, there is access to NOSM resources online through the NOSM website

<http://www.nosm.ca>

ExamSoft Portal

At NOSM, all exams will be ran through a program called Softest. Students will be getting information at a later date regarding the login for this and how to work the program.

This portal is where all marks and submissions will be uploaded to and can be found at: [ExamSoft Portal](#)

Policies & Procedures

Key policy and procedures for NOSM students can be found in the Phase 1 information tab on MyCurriculum.

This include information about absences, professionalism, code of conduct, promotion and assessment, academic appeals and many other important documents and forms.

Students also have access to a variety of documents on the NOSM intranet by signing in via their NOSM login

[SharePoint Online](#)

TEXTBOOKS

NOSM provides a fully comprehensive list of textbooks that students can purchase. This list is available on the Learner Affairs website (<http://nosm.ca/learneraffairs/>).

With the advent of technology, many books are now available online. Reach out to upper year students, as many of them have great online resources that they use that allow access from wherever they may be studying.

Bates Guide to Clinical Examination is a very essential book to be purchased. Theme 5 questions are often picked directly from the readings.

All other book purchases remain to the discretion of each individual student.

'BUDDY' SYSTEM

Each year, the NOSMSC assigns a second year student to each one of you first year students! Based on the information you provided, the NOSM SC helps ensure your upper year 'buddy' shares similar interests with you inside and outside of medicine!

There are also various buddy events scheduled throughout the year to help aid in friendships, collaboration, and learning for all phase 1 students (i.e. year 1 and year 2 students).

Many textbooks can be lent/borrowed/sold to you by fellow upper year classmates at reduced prices.

We recommend talking to upper years about which textbooks they used the most!

PARKING AT NOSM

Lakehead Campus: Parking passes typically go on sale the second week of August and are \$216 for the year.

More information to be found at - <https://www.lakeheadu.ca/faculty-and-staff/departments/services/security/tb/parking>

Laurentian Campus: Annual parking passes for the reserved lot are approximately \$665.

More information can be found at - <https://laurentian.ca/parking>

We recommend picking up your parking passes PRIOR to your first week, as the parking office is very busy at the beginning of the year

YOUR ORGANIZATIONS

NOSMSC

The Northern Ontario School of Medicine Student Council is the representative body for NOSM students. It is composed of 8 class representatives and 10 executive positions.

The NOSMSC is involved in student life through event planning, student advocacy, longitudinal development, curriculum improvement and overall wellness of the student body.

If you have any questions or concerns regarding student life, curriculum or other do not hesitate to contact one of the NOSMSC members. The member would be happy to advocate on your behalf or get you in contact with the appropriate administrative individual.

OMSA

The Ontario Medical Student Association represent over 3,000 students on a number of issues and is dedicated to representing and advocating for the student voice at the OMA. The OMSA aims to provide opportunities for social (e.g. OMSW), leadership, advocacy, wellness (e.g. Wellness Retreat) and professional development for its members.

(<http://omsa.ca/>)

OMA

The Ontario Medical Association is a corporation that represents the clinical, political and economic interests of the provincial medical profession. They help develop and promote health-care services across Ontario.

(<https://www.oma.org/>)

CFMS

The Canadian Federation of Medical Students is an organization representing more than 8,000 medical students from 14 different schools across Canada. The organization pursues issues in Advocacy, Education, Global Health and Student Affairs. They represent medical students to the public, government and various provincial, national and global organizations.

(<https://www.cfms.org/>)

CMA

The Canadian Medical Association has a clear platform to “Improve the Health of All Canadians”. Working alongside the federal government they aim to create important change in health policy. It unites over 86,000 member physicians.

The CMA owns 2 companies, available to members. MD Financial Management is a wealth management firm focused on physician needs, while Joule Innovation supports Physician-lead innovation.

(<https://www.cma.ca>)

Dental/Health Plans

Dental and Health Plans are provided through the host Universities student unions. Visit their websites below.

Lakehead University Student Union (www.lusu.ca)

Laurentian University Student Union (www.lsu.ca)

GETTING INVOLVED!!

It is extremely important to get involved during your time at NOSM!
Here are some great opportunities!

INTERESTS GROUPS

Interests Groups are clubs which allow students to explore specific areas of healthcare. Some of the many interests Groups at NOSM are:

- American Academy of Neurology
- Emergency Medicine
- French Language Clinical Skills
- Geriatric
- Internal Medicine/ACP Council
- LGBTQ2-S Health
- Horticulture
- Medical Students for Choice
- Mental Health
- OSCE Skills and Clinical Education
- Pharmacology
- Radiology Medicine
- Surgical
- Wilderness Medicine
- Women and Children's Health

Students are able to sign up to be part of the interest groups, attend talks and workshops as well as run for leadership positions within the groups.

ATHLETICS

Athletic services are provided through the host Universities. Gym memberships are included with student fees. Students from both campuses set up community and university based sport teams. Stay tuned for announcements on how to join!

Lakehead University Athletics
(www.thunderwolves.ca)
Laurentian University Athletics
(www.luvoyageurs.com)

WHO IS ON NOSMSC

Here is a list of the NOSMSC Executive members:

President: Jai Mashru

VP Executive: Doniya Quenneville

VP Finance: Conner Sonke

VP Internal: Kristen Wright

VP External Sr.: Zachary Turgeon

VP External Jr.: TBD

VP Education Sr.: Katie Armstrong

VP Education Jr.: Mathieu Mercier

Global Health Rep Sr.: Annie Dube

Global Health Rep Jr.: TBD

1st Year Rep East: TBD

1st Year Rep West: TBD

2nd Year Rep East: Jordan LeSarge

2nd Year Rep West: Joe Boyle

3rd year Rep East: Miranda Waugh

3rd year Rep west: Meghan Beals

4th year Rep East: Jaclyn Wallace

4th year Rep West: Barbara Bunka

Secretary: Brittany Pennock

Past President: Sarah Cannell

Elections will take place in the fall for all remaining NOSMSC Executive positions and committees. Stay tuned!

NOSMSC COMMITTEES

Student feedback and perspectives are highly valued at NOSM, which is why many NOSM committees require a student representative.

Some of the committees include: Indigenous Advisory committee, Joint Senate committee, Program Evaluation Committee and many more.

OMSW

The Ontario Medical Student Weekend is a conference for first year Ontario Medical Students. The conference allows first year students to meet their peers from the six medical schools in Ontario, develop skills through various workshops and network with speakers of various health fields.

OMSW 2019: "All in: Inspire, Innovate, Integrate" will be held in Toronto! The event will be taking place September 27th-29th, 2019.

For more information visit:
<https://omsw.ca/>
or
[OMSW 2019 Facebook Page](#)

SOCCER GAME

An annual NOSM tradition is the First Year vs. Second Year soccer game, in which each class competes for bragging rights and title of best soccer team..

This game takes place in the early weeks of school for both campuses. Start stretching now and working on your class cheers!

HOLIDAY CHARITY CONCERT

Every year the West campus hosts a Holiday Charity Concert to fundraise for a local charity. Talents from within the local medical community are showcased.

MEDGAMES

MedGames is the biggest Canadian medical school event of the year. Over 2500 students from across Canada gather at a hosting Quebec medical School over a weekend in January to compete in sports, trivia, and parasports. Social events in the evening allow for networking between schools.

For more information contact your NOSM MedGames representatives:
Jordan: jlesarge@nosm.ca
Stephane: shoule@nosm.ca

ANNUAL EVENTS

TALENT SHOW

The East campus had their first talent show the year before last that raised money for a charity of the students' choice. We look forward to continuing this tradition of showcasing student talents for a good cause!

FORMAL

In December of every year, the NOSMSC organizes a Winter Formal on both campuses. This is a dinner and dance event allowing you to "get down" and "gyrate to auditory stimuli" with your peers.

It is a fun social night that allows NOSM students to take a break from the books, get dressed up and have a great night of bonding!

SUPPORTS AT NOSM

There are many resources available through NOSM to help support you with any questions or concerns that arise!

Crisis Contact Information for a variety of situations is also listed on the NOSM Website.

<http://www.nosm.ca/ineedhelp/>

PERSONAL

If you are ever finding yourself in a situation where you would like help with a personal matter, you can always reach out to NOSM Learner Affairs. Jason Shack (Assistant Dean), Nicholas Alderton (West Officer) and Sherry Mongeau (East Officer) would be pleased to lend a helping hand. Their info is found in the right panel of this page.

Crisis Contact Information is posted on the NOSM website. Contact information for a variety of situations are listed. (<http://www.nosm.ca/ineedhelp/>)

ACADEMIC

If you are requiring supports for a specific module, contact the module coordinator for that session.

If however you find yourself having difficulty in Phase 1 of the curriculum, contact the Phase 1 Coordinator (Dr. Brian Ross).

FINANCIAL

For all matters financial contact the financial aid office. Terry Oja can help you with bursaries, OSAP and more!

IMPORTANT CONTACTS

Dr. Jason Shack

Assistant Dean, Learner Affairs

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Terry Oja

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Sally Monague

Indigenous Support Worker

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sally.monague@nosm.ca

Shanna Leclair

Student Records and Electives Officer

Tel: 705-662-7287

Email: records@nosm.ca

ORIENTATION WEEK

The SOWC has created a full week of awesome student led events for you to enjoy! You will be sorted into teams and be participating in a host of fun activities led by some great student volunteers! You will be added to a Facebook event group to keep updated throughout the week on the activities!

East Campus

Tuesday Events

Scavenger Hunt- You will be sorted onto your teams and have a scavenger hunt to familiarize yourself with NOSM

Optional Event- Stick around after the boat cruise for some socializing and trivia in the NOSM building!

Wednesday Events

Dinner & Amazing Race: Join us for dinner at the Laughing Buddha at 6pm! After dinner you will depart with your teams for an amazing race event around the city! Wear your team colours (blue, yellow, black or white) and score some points for your team! Meet at Peddlers Pub afterwards for a social and results!

Thursday Events

Post-Dinner Celebration- After your Oath Dinner, join your upper-year classmates for a night of fun at SRO.

Friday Events

Med Olympics- This final event at the LU gym will have all the teams competing in a variety of competitions for points. Afterwards everyone will head back to NOSM for lunch and awards!!

West Campus

Tuesday Events

Scavenger Hunt- You will be sorted onto your teams and have a scavenger hunt to familiarize yourself with NOSM

Optional Event- Join us for a night of fun after the city welcome event! Wings and Games at Wacky Wings on High Street.

Wednesday Events

Dinner & Amazing Race: Work up an appetite playing the Amazing Race and then join your classmates for an "Inked" Theme Night at Tony and Adam's Bar and Grill (back room). Appetizers provided. Please wear a white T-shirt and bring a sharpie to Ink up your new friends!

Thursday Events

Post-Dinner Celebration- After your Oath Dinner, join your upper-year classmates for a night of fun at The Chanterelle Lounge.

Friday Events

Med Olympics- This final event at the Lakehead Hangar will have all the teams competing in a variety of competitions for points. Afterwards everyone will head back to NOSM for lunch and awards!!

IN MY EXPERIENCE...

Alison Toron: *Non-Science Background Perspective*

As a student with an unconventional educational and work background, I was prepared to play catch-up through my first year of medical school. What I was unprepared for was just how challenging this task would prove to be! If you've been out of school for a couple years, you don't realize that successful studying is a tricky art – one that you may need to relearn! Couple that with a patchy foundation in the basic sciences, and you've got a recipe for a stressful first year. But don't despair! It can be done, I promise! My best advice is to figure out the basics as quickly as possible. I found the best ways to do this were through reading clearly written textbooks (praise Tortora!) and watching online tutorials (all of my gratitude to Khan Academy, Osmosis, Dr. Najeeb, and Picmonic!). It's impossible NOT to feel overwhelmed and harried, which can make you want to rush through the material, but it's crucial to understand foundational concepts before you move on to the kind of detail you'll need for TOS and exams. Second, make focusing on the Theme 4 lectures a priority. If you have an arts education, you will be able to understand the material in Themes 1-3 much more quickly, so manage your time accordingly. Knowing the lectures well will be crucial for your exams and in TOS, SCS, and labs. Third, don't be afraid to ask for help. Reach out to your instructors, classmates, tutors – and do it right away. Fourth, make friends (this is really more life advice than med school advice, but whatevs). They will be invaluable when it comes to sharing resources, ensuring you understand material, and general commiserating. And finally, don't be too hard on yourself! It's normal to struggle, and you will find your stride!

Shane Szalai: *New Campus experience*

When I found out that I was assigned to the Thunder Bay campus off the waitlist I was almost positive that there would be no way to be reassigned to Sudbury. Being born and raised in Sudbury, all my family and friends living here I knew it was going to be a huge adjustment moving 1100km away with my dog and two cats. The first step was to talk to people who have lived in Thunder Bay (i.e. current friends or future classmates) to get an idea on good areas to live and connections for apartments. I was able to find my apartment through the Facebook group which was awesome. I decided that it would be a good idea to move to Thunder Bay a month before school started so I was able to familiarize myself with the city and the unique hiking trails. This approach was beneficial once CLS began and I was responsible for locating to find all the places across the city. I was worried I wouldn't have the same support system as others during this difficult program and it would hinder my performance. However, once I attended O-Week I started meeting everyone and making friends instantly. I felt it was important to attend every event (even the non-compulsory events) to get to know everyone. It was pretty quick to find out I had a lot in common with many of the students. During the year I made sure to always put time aside for my personal well-being (i.e. movie nights) as well as fun (i.e. dinners with friends). Even though the program is challenging and gets overwhelming at times it is very important to always make time for yourself and the joys you have. Even though I did not have the social supports as those from Thunder Bay, I was able to develop friendships with classmates who became a very strong support system.

IN MY EXPERIENCE...

Lasha Gorecki: *Moving away from family*

Hi everyone and welcome to NOSM,

My name is Lasha and last year I moved to Thunder Bay to begin this adventure of medical school. While I was very fortunate to be accepted into the program, making the decision to attend came with many sacrifices for me and my family. While I made the long trek to Thunder Bay, my husband and two young children stayed back home (a ten hour drive from Thunder Bay). As I sat down to write this, I contemplated what helped us to survive my first year in medical school with our family mainly intact, and what advice I would give to anyone who may be in the same situation I am. I can easily bring back the emotions I felt those first few days after arriving in Thunder Bay, everything in my life felt completely wrong and I constantly questioned whether I had made the right decision for my family. If you have a similar circumstance, I imagine that you will be feeling much the same way. My advice would be to take every single day one at a time, and know that with time you develop a new normal. With that being said, also know that every trip home will likely result in a few tough days emotionally upon returning back to school (at least it did for me....after I did it a few times I was better prepared because I knew it was coming). The most important thing for me was to find a group of people who could relate to my situation, and really support each other. This really is the main thing that helped me manage throughout the first year. My other advice which I believe will apply to each and every person entering this program regardless of whether they have a family or not is....only be concerned with what you are doing. There is a significant amount of self-directed learning and at times it can seem as though others are doing/learning things differently than where you are focused. Remember that everyone coming into this program has different backgrounds, and different strengths and weaknesses. I found it took some time to figure out what worked best for me, and also, that what worked best for me was not necessarily what worked best for other people. I am not going to tell you that first year will be all rainbows and roses, it is hard to be away from your family, and it is hard work returning as a mature student to school. I would like to congratulate each and every one of you on entering NOSM and want to extend an invitation for anyone feeling as though they can relate to the situation I have written about, or anyone requiring a listening ear or support to reach out to me at any time throughout the year. Wishing each of you a great year!

Tips from the 2020 Class

Make connections with classmates - they represent your present and future support system

Cherish the moment you found out you were accepted into medical school! It's important to remember that feeling for times when you feel like you are not good enough or don't belong in medical school during your first year.

Focus studies based on information presented to you and supplement when there exists a lack of understanding

Don't procrastinate! (even though I still do haha)

Attend all the additional class O-week events that you can - these people will become your best friends over the year :)

Don't expect perfection, med school is a process

Find Friends you can study with.

Always be proactive with your studies, start studying the whole group sessions the first week of every module. This will help you succeed.

Continue to do something outside of school that you love - sports, hobbies, spending time with family etc. And self care is very very important, perhaps the most important thing.

Remember not to compare yourself with others. Acknowledge that you learn differently in terms of the methods in which you use, the sessions that work for you, and the pace at which you learn. Ultimately, know who you are and what you have to do in order to be successful. You have had successes and failures up until now so be confident in knowing what does and doesn't work for you.

You are allowed to take breaks!! Still participate in your hobbies and interests before medical school. Don't feel guilty for having a day of no work, you need those to balance.

I treated school like my job, from 9 to 5. When I got home that was time for my family and I made sure to be present in those moments. When the kids are sleeping, I finish studying/reading. It's a personal act to squeeze in but you'll find your rhythm.

Let go of the feeling that you have to get high marks, and focus on passing. Don't get me wrong, you'll still have to study a lot, but just changing your perspective will relieve a lot of the mental pressure we tend to put ourselves under - AND you'll still be a great doctor.

Pace yourself. Leave time for your family. Spend as much time as you can studying at the school because when you go home you are a horrible procrastinator. And don't buy so many books.

Figure out the basics as quickly as possible and don't be afraid to ask for help. Advocate for tutoring services right away. Study with friends so that you can test yourself and your knowledge.