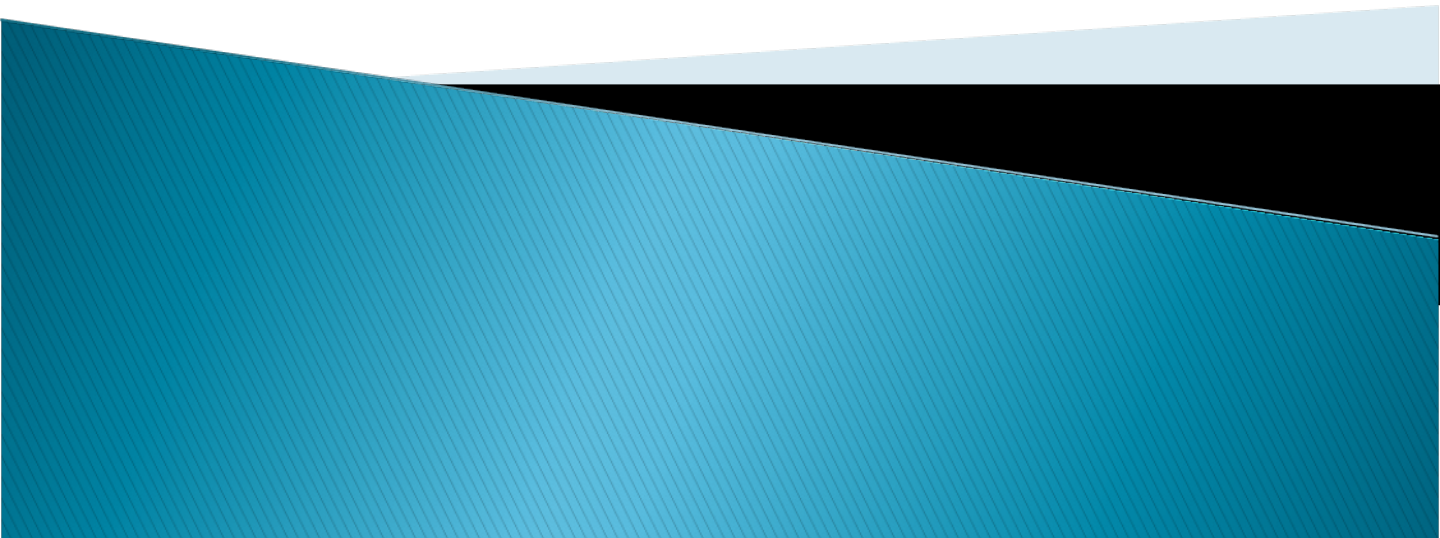


# UofT Meds Study Strategies & Textbook Survey

Pre-clerkship Edition  
2007

Prepared by 1T0 2<sup>nd</sup> Year Class Presidents  
Joseph Park & Matt Schlenker



# UofT Meds Study Strategies & Textbook Survey

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# UofT Meds Study Strategies & Textbook Survey

<b>We have heard mixed reviews on the traditional book sale format so are looking into new options. Please select the ONE method that you would MOST PREFER:</b>	
<b>Answer Options</b>	<b>Response Percent</b>
Traditional Format - We have tables set up in the Alumni Lounge and books go on first come, first served basis.	46%
Online Forums - You post books on the forums with contact information and asking price.	32%
Online Auction - You post book information (similar to ebay) with starting bid and we hold an auction.	23%
<b>Total Respondents</b>	<b>145</b>

*Disclaimer: Advice in this report represents the opinions of individual class members and is not endorsed by the University of Toronto Faculty of Medicine or Class Council*

# 1st Year

Pre-clerkship Edition  
2007

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any suggestions on how to save money on textbooks (e.g., discount websites, group purchases, etc.)?**

online stores, though shipping is slow;  
unfortunately amazon and half ebay can't be used in canada (though if you know someone in buffalo or something you could ship to them)

don't buy one.. honestly, other than an atlas and maybe a textbook for S&F you don't need one for any other units

There is a discount bookstore on College St, west of St. George in the same building as Einstein's Pub. The textbooks are all brand-new but they cost 10-15% less than the U of T Bookstore. The reason this bookstore can do that is because they operate on a smaller profit margin. It's not a big savings, but it helps.

buy chapters, use ebooks and print chapters you find useful, buy a shared resource, book or dvd, for reference texts like rohen or acland

search online retailers and ask for volume discount

Amazon.com! quick delivery and you can find almost any book

Buy them used and don't buy them right away...wait a week or two...the books aren't going anywhere and the exams don't start till a month in.

group purchases

I'm pretty sure group purchases won't work. But, I got a friend at Queens in Engineering who orders his books from other countries--says it cuts the cost by approximately 50% (including all the shipping and handling!)

may be helpful to check online booksellers (amazon.com etc). Bonus if you can get books online at a discounted price. A drawback, though, is the time and cost of shipping

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any suggestions on how to save money on textbooks (e.g., discount websites, group purchases, etc.)?**

I used amazon.ca to buy a used copy of my clinical anatomy text book, and it only cost \$30 including shipping!

Group purchases are great.

buy Up to date online. You save money in the long run.

Amazon

www.tusbe.com

No. This is your textbook for life. Spend the \$100.

CHAPTERS - get the chapters members card

Amazon

Book sale! If you're buying new books and you so happen to have a Chapters iRewards card, then you can order them through Chapters/Indigo and save %10 or whatever the percentage is for iRewards.

Don't buy them. Don't need them. The notes are comprehensive.

Check online book retailers

go to the library...

The CMA already has access to some textbooks online - could they get discounts on books for us??

If you can buy it chapters, they sometimes have used books. Plus, get the rewards card and you can save 10% (if the amount of the book is above \$40...I know, laughable considering the price of med texts... then shipping is free).

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any suggestions on how to save money on textbooks (e.g., discount websites, group purchases, etc.)?**

Discount book store.

discount websites and group purchases are a great idea

buy/borrow books from students who have gone before you

1. Don't buy many books. The library has lots of them. Many aren't necessary - read online.

Borrow from the library

amazon.ca, of course.

most textbooks are a waste of time. i doubt i'd use them.

Discounts are available relative to the bookstore (Chapters, Amazon, etc.) but I prefer the small premium for the service/availability.

Don't buy many! The Rohen book was good for studying anatomy. Since you will be tested directly from notes and you can look stuff up online, I wouldn't buy many textbooks.

no

website - tusbe.com (people post their books online)

website - amazon.ca - often have cheaper prices

discount bookstores - Discount Books (cheaper than U of T bookstore)

discount websites will be a great idea.

get if from upper years, esp ones who are graduating and going into different fields.



# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any suggestions on how to save money on textbooks (e.g., discount websites, group purchases, etc.)?**

don't buy books you won't need. avoid the "comfort"; purchases. many textbooks are available on the web too in pdf format (although illegal).

none

Don't buy every textbook the professor recommends. For example, many students did not buy a single book for the MNU course, and still did very well.

discount websites would be useful.

Toronto University used bookstore

Buy at the booksale

Group purchases are good but can be hard to arrange. If we could get a list of textbooks a month before starting in the fall, then we could order them off of Amazon, which is typically MUCH cheaper than the bookstore.

Chapters with the members discount is usually cheaper than UofT bookstore.



# UofT Meds Study Strategies & Textbook Survey

1st Year

**What textbooks do you recommend purchasing for Structure and Function?  
(choose all that apply)**

Answer Options	Buy	Latest Edition
Color Atlas of Anatomy (Rohen and Yokochi)	54%	1%
Atlas of Human Anatomy (Netter)	44%	4%
Grant's Atlas (Agur and Dalley)	43%	7%
Essential Clinical Anatomy (Moore and Agur)	35%	3%
Dubin's Rapid Interpretation of EKG's	21%	0%
Clinical Anatomy (Moore and Agur)	20%	6%
Review of Medical Physiology (Ganong)	12%	3%
Gray's Anatomy	8%	2%
Wheater's Functional Histology (Young)	8%	0%
Respiratory Physiology, The Essentials (West)	5%	1%
Aids to the Examination of the Peripheral Nervous System (Brain)	4%	0%
Essential Histology (Cormack)	4%	0%
The Developing Human. Clinically Oriented Embryology (Moore and Persaud)	4%	2%
Clinical Anatomy Made Ridiculously Simple	3%	0%
Histology: A Text and Color Atlas (Ross, Kaye and Pawlina)	3%	0%

Pre-clerkship Edition  
2007

# UofT Meds Study Strategies & Textbook Survey

1st Year

**What textbooks do you recommend purchasing for Structure and Function?  
(choose all that apply)**

Answer Options	Buy	Latest Edition
Langman's Medical Embryology (Sadler)	3%	2%
Pathophysiology of Heart Disease (Lilly)	3%	0%
Cardiovascular Physiology (Berne and Levy)	3%	0%
Clinician's Pocket Drug Reference	3%	0%
Principles of Pulmonary Medicine (Weinberger)	2%	0%
Clinical Pharmacology Made Ridiculously Simple	2%	0%
EPOCRATES	2%	1%
Atlas of Human Anatomy with integrated Text (Gosling)	1%	0%
Color Textbook of Histology (Gartner and Hyatt)	1%	0%
Basic Histology (Junqueira, Carniero and Kelly)	1%	0%
Human Embryology and Developmental Biology (Carlson)	1%	0%
Human Embryology (Larsen)	1%	0%
Human Physiology: from cells to systems (Sherwood)	1%	0%
Pharmacological Basis of Therapeutics (Brunton)	1%	0%
Principles of Medical Pharmacology (Kalant, Grant, and Mitchell)	1%	0%
Canadian Drug Pocket Clinical Reference Guide	1%	0%

Pre-clerkship Edition  
2007

**What textbooks do you recommend purchasing for Structure and Function? (choose all that apply)**

Answer Options	Buy	Latest Edition
Color Atlas of Human Anatomy (McMinn and Hutchings)	0%	0%
Respiratory Physiology: Basics and Applications (Leff)	0%	0%
Basic and Clinical Pharmacology (Katzung)	0%	0%
USMLE Road Map: Pharmacology (Katzung, Trevor)	0%	0%
Lippincott's Illustrated Reviews: Pharmacology	0%	0%
Lange Smart Charts: Pharmacology	0%	0%

## Other useful books?

Anatomy made ridiculously simple

Anatomy Coloring Book : )

Acland's DVD of human anatomy

toronto notes

I got a lot of these books out of the library or borrowed them from 2nd years.

Clinical radiology made ridiculously simple

anatomy colouring book

Clinical Neuroanatomy Made Ridiculously Simple

Snell's Anatomy for medical students

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any other advice for Structure and Function? Study strategies? Other resources?**

- practice in lab, bell ringers are different from texts
- focus on notes
- embryo use texts in the library occasionally
- don't wait till last minute

i found videos made by other universities online very helpful. googling "anatomy videos" was how i got to them i believe.

I liked Rohen's atlas because I could quiz myself when I was not in the lab. I liked the more comprehensive Clinical Anatomy because it had more information if I wished and I found it easy to read and use plus it follows the curriculum quite well. Generally, I found I did not require any other texts for S&F after Gross Anatomy. All of the material after GA was either covered well in the course notes or was covered in texts I had already purchased in undergrad.

Review the day that evening, review the week that weekend. OLD EXAMS.

review daily

online dissection videos are great

If you have an anatomy text get a photo atlas, if you have no anatomy background get an illustrated text.

For anatomy - don't waste time with textbooks other than an atlas. You don't have time, just memorize parts and what they do - all in Agur's text. The West text is essential in surviving Minsk, amusing as he may be. Dubin EKG is awesome! Above what you need to know in first year, but you'll be expected to already know it in 2nd year and you won't be taught very well. A few hrs with this book and you'll be set.

Keep on top of things and show up to lab prepared.

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any other advice for Structure and Function? Study strategies? Other resources?**

Having more study material and textbooks is not necessarily a good thing, and can be overwhelming in the face of the amount of lecture/lab material already handed out. They can be a good supplement if you don't understand certain concepts, but most study time should be spent on lectures alone. Also, Wikipedia is amazing, since paying \$120 for a textbook when all you need to look up are a few terms here and there seems a bit ridiculous.

Something to note is that some of the listed books may be accessible online through the UofT library. Other than "Essential Clinical Anatomy"; and "Grant's Atlas", I would suggest waiting to buy books. There may not be enough time to use them extensively, so it may not be worth the purchase.

Study groups are awesome, especially in the anatomy lab.

Keep up with anatomy.

Purchase textbooks only for those sections that you feel you are weak in (i.e. if you are weak in cardio, then you may consider buying a textbook) - even then, you may want to wait and see how the lectures are because for the most part, the lecture notes are pretty sufficient.

Study hard, and study often.

Netter's flashcards are pretty good as well.

Use textbooks!

The notes we were given were sufficient.

Study a little all the time so you don't get behind. Revisit topics repeatedly from different angles to better understand concepts

Do well on anatomy and physiology so you can slack off in biotechnology & DNA.

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any other advice for Structure and Function? Study strategies? Other resources?**

Some of Taylor's figures are simplified versions from Clinically Oriented Anatomy (5th edition). I found it helpful to compare the notes to the figure to really see what was going on.

I also found it helpful to draw out things.

Testing myself in the museum was good, especially if you have a friend with Grant's atlas (to help when the keys to the dissection aren't there or are incomplete).

Acland's video atlas of human anatomy was also really helpful:

[http://media.medicine.gla.ac.uk/anatomy/main\\_a-z.htm](http://media.medicine.gla.ac.uk/anatomy/main_a-z.htm)

If you're a flashcard kind of person, Netter's anatomy flashcards are fantastic. I still use them as a super quick reference.

You don't need more than one book. Just wiki it.

Group study sessions help but don't be annoying to other groups while in the lab. Learn on the actual dissections; books are great but don't come close to the real thing.

ganong (or is it guyott) is available from the library or from the CMA

Attend lectures. No secret here.

Spend lots of time in the anatomy lab!

learn during dissections; push yourself to go when labs open before exams.

Anatomy Colouring book, it's awesome.

As long as S/F is done with sharpie drawings, textbooks are useless. I'd like to see more 3D internet resources for anatomy.

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any other advice for Structure and Function? Study strategies? Other resources?**

Some books may be useful for S+F and never after (a class set to be reused annually). This particularly for anatomy text and histology. But Robbins in 2nd year for patho/histo. Lilly and Dubin are excellent classic books. Epocrates (free edition) is handy as a clerk/resident but not before.

old exams ;)

I used the internet and notes only for all of the physiology stuff

Just memorize the notes.

no

Notes

In terms of books, I think the only necessary resources are (1) an illustrated Atlas, and (2) a simplified anatomy textbook. Other useful (but unnecessary) resources are (1) a photographic atlas, and (2) a basic physiology textbook, in case someone has no background in physiology.

Use library for books! That's what it is there for.  
DVD anatomy dissections (I forget the guy's name)

Textbooks other than the Grant's atlas were sort of unnecessary. There is enough to study as is. Software that lets you see the anatomy in 3d would be very helpful, CDs showing animations of embryonic development would be awesome, or online animations, especially of heart development and face development that you really have to see in 3d to understand...

labs and museum time with an atlas.  
Go over it as many times as possible.  
Draw your own diagrams and label them.



# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any other advice for Structure and Function? Study strategies? Other resources?**

I remember the pc's in the computer lab had some 3D anatomy learning softwares.. those could be extremely helpful

Only buy one atlas; use the other ones at the library on short-term loan. For textbooks, do the same (I didn't buy ANY anatomy textbooks, only the atlas).

good notes + netter is enough :)

Study a little bit EVERY DAY then the information will sink and stick better

My advice is to buy a good atlas (Netter or Grant's - I had Grant's and definitely liked it), the picture atlas (great for studying/quizzing for bell ringers), and a textbook to explain the anatomy, if you're not getting enough from the notes. Other than that, it depends on your background. If you need more help on cardio or resp - get a good, quick review physiology text. I'd recommend Clinical Pharmacology made ridiculously simple only if you're having problems with pharmacology and drugs (many in my class had these problems...hopefully the teaching is clearer now). Epocrates is great, though you don't need it really until Clerkship I'd say.

**What textbooks do you recommend purchasing for MNU, DOCH, ASCM, and Ethics? (choose all that apply)**

Answer Options	Buy	Latest Edition
The ASCM 1 Clinical Skills Handbook (Colapinto) – provided to students as part of syllabus	54%	11%
Public Health and Preventive Medicine in Canada (Shah)	38%	7%
Bates' Guide to Physical Examination and History Taking (Bickley and Hoekelman)	24%	2%
Review of Medical Physiology (Ganong)	23%	2%
Essentials of Clinical Examination Handbook 5th Edition (Filate, Leung, Ng, Sinyor) - all proceeds go to MedSoc	20%	5%
Textbook of Physical Diagnosis: History and Examination (Swartz)	17%	0%
Ethics: Doing Right - A Practical Guide (Hebert)	15%	0%
Human Physiology (Silverthorn)	9%	3%
The Medical Interview - Mastering Skills for Clinical Practice (Coulehan and Block)	9%	1%
A Pocket Guide to Physical Examination and History Taking (Bickley and Hoekelman)	2%	0%
How to Break Bad News: A Guide for Health Care Professionals (Buckman)	0%	0%
Surgical Ethics (McCullough)	0%	0%
Resolving Ethical Dilemmas: A Guide for Clinicians (Lo)	0%	0%
Ethics in Primary Care: 20 Common Problems (Sugarman)	0%	0%
Principles of Biomedical Ethics (Beauchamp)	0%	0%

# UofT Meds Study Strategies & Textbook Survey

1st Year

## Other useful books?

Berne; Levy from STF was also very helpful for MNU

Sapira - Art and Science of Bedside Diagnosis is the best physical exam resource I have found (Bates and Swartz didn't work for me). It's an interesting read.

PDQ Biochemistry

## Any other advice for Metabolism and Nutrition? Study strategies? Other resources?

- focus on notes
- Ganong online through UofT library

study the notes.. use textbook/online resource only if you don't get something in the notes. especially with baker's stuff, memorize every detail in the notes.

I did use a copy of Silverthorn that I purchased in undergrad. Otherwise, I don't think any other texts are necessary. To be honest, the online resources from Gerstein and the CMA are all you need.

## PAST TESTS!

bring out the undergrad physio notes

I didn't find I needed any texts. Everything is in the notes. If you need a reference, don't waste your money on a text, just use google!

I wish I had bought Ganong sooner. Buy it in Nov because it's useful for the end of STF too. A good amount of info and exactly what you need to know.

Roy Baker's full text notes are very comprehensive, and he almost never says anything beyond those notes. As such, they are a great resource for learning the biochemistry portion.

Focus your studying around key points presented in lectures and past exams.

# UofT Meds Study Strategies & Textbook Survey

1st Year

Any other advice for Metabolism and Nutrition? Study strategies? Other resources?

Ask lecturers if details are important.

lecture notes are sufficient!

Use Books!

The notes are sufficient.

Use diagrams!

don't get tied up in the details.

Prepare for Seminars, and DRAW OUT THE KIDNEY!!

Study Baker's typed notes - know them well and be careful of wording during the multiple choice sections.

Don't need extra books. Silverthorn may be useful for real general info if you need that.

Learn it - it's the most practical part of the entire year.

Biochemistry PDQ (by Baker) is like his lectures and notes flushed out a little more.

Lectures will be enough. Supplement with online resources.

don't get any textbooks.

Just read notes.

no

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any other advice for Metabolism and Nutrition? Study strategies? Other resources?**

Don't take MNU lightly

Notes were very thorough for metabolism and nutrition, DO OLD EXAMS. Study PBL.

Go to seminars, and try to prepare for them!

Online texts. Don't bother buying.

class notes + wikipedia will get everyone through the course :)

Lange Basic and Clinical Pharmacology (by Katzung) provided good summaries of pathologies covered for each test. Ganong's Physiology was also a good supplement for lecture notes.

Depends on how much biochem/physiology you have. I'd say don't buy a textbook and use the online ones through U of T or CMA

# UofT Meds Study Strategies & Textbook Survey

1st Year

## Any other advice for DOCH? Study strategies? Other resources?

-focus on notes and student summaries, that's it  
-don't stress

go to the lectures. sure, you don't have to go to do well on it but they're usually interesting and you only need to half pay attention to get what's going on so show some respect and go to class.

I suggest people split up the readings and individuals prepare summaries. This saves everyone reading the boring material.

Group study !

STUDY THINGS THAT ARE TIMELESS, ie. not percent gdp spent on hospitals in 1999 and 2000 but rather trends of which health care expense is constantly at the top of percent spent of gdp...

if you study more than 2 days before the tests, you've overstudied

Don't waste your time memorizing details, try to grasp the big picture from each lecture/each reading; Might as well buy Shah... parently you'll need it later

Just read all the readings once. Also read the manual cover to cover because there's questions on UofT policies and crap like that.

Don't buy the book

The course is mostly based on general understanding of the course, and not so much on specific details. As well, a lot of the lecture material is a compilation of examples and case studies rather than definiend concepts. Identifying subjects in the course that have clear structure and organization is usually a good system to figuring out what the important ideas are.

Collaborating on chapter summaries is helpful, but I would still recommend reading the chapters from the suggested text

# UofT Meds Study Strategies & Textbook Survey

1st Year

Any other advice for DOCH? Study strategies? Other resources?

Don't spend too much time on studying.

Don't stress over the exam.

summary notes are key!

Don't waste your time studying too hard for this course.

Don't ignore the readings entirely

buy shah. Not essential for first year, but probably a useful future resource.

don't overstudy.

Use the summaries!  
BE SURE TO DO THE EPI MODULE ONLINE!

Start early and read through the chapters. The summaries our classmates did were great, but you really should take a quick read through the material yourself.

Pay attention during lecture and try to learn overall concepts.

Read the notes

Skip Doch lectures - they're not worth the time. Use the reading summaries (sent out by list-serv) to study for the exams. Don't bother with Shah.

There are very good chapter summaries floating around. They are good resources.

Studying won't help.



# UofT Meds Study Strategies & Textbook Survey

1st Year

## Any other advice for DOCH? Study strategies? Other resources?

Get your hands on the existing "summary" notes

get chapter summaries from upper years.

Don't prepare more than 2 days in advance for DOCH exams. Not worth it.

make groups and break down the reading list. it's long and boring and your friends' summary sheets will help.

Organize a group of people to volunteer to do summaries of all of the readings for the exams

I think we had to buy Shah, but if it were not mandatory, I would not have bought it.

no

Don't focus too much on the details in the Shah textbook

don't waste too much time on doch

Keep it simple. Use tables and figures to communicate.

Easy exams. Spend the 2 hours it takes to read the textbook, don't stress out too much about it.

don't study too much, most is common sense.

A group of volunteers should divide up chapters of the book, make summaries and create a document to share with the class. You will only need these summaries to study for the midterm and exam.

class notes + class summaries from previous years

Try and read the Shaw - don't rely solely on summaries provided by upper years. Put more emphasis on lecture notes for exams.

The Shah book a bunch of us bought and read (got a group together and broke it into summaries for the group. It's quite dull, so that made it much easier), but just study old exams. All of us felt it didn't really matter with DOCH - you could do well or poor no matter what or how much you study.

Don't waste your time studying for DOCH in any detail, the tests are a joke compared to STF, MNU, and BRB.

# UofT Meds Study Strategies & Textbook Survey

1st Year

## Any other advice for ASCM? Study strategies? Other resources?

-online resources and real practice

practice with each other. you could practice on your bf/gf/parents but they can't tell you if you're doing something right/wrong/if there's another way of doing it. so make some friends, and practice on each other.

I only used the Essentials of Clinical Examination Handbook. Really, ASCM can't be learned from a book, only by practicing, so buying a text is really a waste of money at this stage. There are online resources for lung and heart sounds. Colapinto's book was useful as well. Schwartz and Bates are way too in depth and not worth the read.

It's the thing the most worth practicing- go to second-year sessions if they exist next year...

practice with friends and try to attend all the sessions...really helps to learn in a group; use the white book; know it by heart for the exam and you can't NOT get a great mark.

practice all year round - like once a week - not just at the end or you're screwed! The clinical essentials handbook and/or pocket Bates are really great for quick reviews.

Use the small illustrated booklets as your guides. PRACTICE with your group!

I read Bates for first year and never touched it again. In retrospect, I would have not bought it and just used the ASCM website because the videos are all you really need.

The clinical skills handbook is an amazing resource, and reviewing it before ASCM sessions will go a long way. Also, practicing clinical skills with a friend or small group is very beneficial. This is helpful before the exams, but if you can keep up with it during the year, you will have much more meaningful interactions with patients.

# UofT Meds Study Strategies & Textbook Survey

1st Year

## Any other advice for ASCM? Study strategies? Other resources?

The handbooks that are provided to all students (free of charge) is what I used the most in preparing for the OSCEs. I purchased the Swartz textbook, but regrettably didn't use it. Hopefully it will be of use in year 2 and clerkship

Practice the clinical skills with a group or partner.

get much practise seeing patients as possible!

Practice, practice, practice.

Don't buy any of the extra books...not necessary...go to ascm and listen

ASCM videos and practice on friends/family

Just practice!

Practice all year to keep skills up

BUying Swartz or Bates is not essential, but certainly useful..in theroy. I had Swartz but never cracked it open...

stay awake in class.

Use the videos from the ASCM site.  
Set up a study group to go over procedures.

Try to shadow your tutor out of ASCM time.

Practice, practice, practice. The more you do the skills, the better you get at them. If a tutor offers to help with a particular skill after class, take him/her up on that offer.

Practice skills on friends and family, don't try to learn just by practicing during ASCM.

Practice on each other.

# UofT Meds Study Strategies & Textbook Survey

1st Year

## Any other advice for ASCM? Study strategies? Other resources?

All you need is the little white book, common sense on the wards and if you don't have empathy, pretend that you do.

the ASCM website along with the provided books are all quite useful.

Free guide is pretty solid.

Practice! Use the website/CD

OSCE scenarios book. practice with friends, it's about talking out loud, and having "an approach"

Practice it at home with whoever you live with.

Practice OSCE situations with other classmates

RCE series from JAMA (most articles provided in ASCM2)

memorize the book that is given. that's all.

Don't learn anymore than what is in the clinical handbook for the practical exam

Practice a lot and don't leave it to the last minute.

no

Practice outloud

Practice practice practice. And utilise the ASCM website videos, they are extremely well done.

Practice. Online exam demos.

watch the CDs many times. that is all the clinical skills you will need

# UofT Meds Study Strategies & Textbook Survey

1st Year

## Any other advice for ASCM? Study strategies? Other resources?

Practice is more important than reading. The Schwartz book is too basic to be useful in the future and too wordy to be a worthwhile endeavour at this point. Don't buy it, just use the little white book they give out and practice on other students!

practice, practice, practice.

Practice, practice, practice! Ask your tutor to arrange for you to see more patients outside of ASCM time, if time permits. This will help with history taking and Physical exam skills. Start off with a partner, but eventually feel confident in taking Hx's and PE on your own.

If the clinical skills handbook is still provided, annotate it yourself and don't buy a physical exam text. If it's not, buy one text.

practice with friends

Study with friends!!! It may seem like you know what you're doing until you actually sit down to do a maneuver and realize you don't know where to start.

Practice on anyone: family, friends, classmates, roommates

I bought Bates and basically rarely to never used it (regretfully) I don't find textbooks particularly helpful for ASCM, with the exception of OSCE scenerio/checklist books. Practice on your friends a TON. Best advice I can give.

Learn the week's topic before you show up. You'll get more out of the ASCM sessions and you won't piss off group members with stupid questions.

**What textbooks do you recommend purchasing for Brain and Behaviour?  
(choose all that apply)**

Answer Options	Buy	Latest Edition
Neuroanatomy through Clinical Cases (Blumenfeld)	10%	4%
Clinical Neuroanatomy Made Ridiculously Simple (Goldberg)	9%	0%
Neuroanatomy: An Illustrated Colour Text (Crossman and Neary)	7%	1%
Neuro 101: Neurophysiology Without Tears (MacKay)	6%	1%
Clinical Neuroanatomy and Neuroscience (Fitzgerald, Gruener and Mtui)	4%	0%
Review of Medical Physiology (Lang.	3%	0%
Functional Neuroanatomy: Text and Atlas (Afifi and Bergman)	3%	0%
The Human Brain: An Introduction to its Functional Anatomy (Nolte)	1%	0%
Barr’s The Human Nervous System: An Anatomical Viewpoint Kiernan)	0%	0%
Other useful books?		
Aids to examination of the peripheral nervous system		
Toronto notes.		

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any other advice for Brain and Behavior? Study strategies? Other resources?**

-course directors have made a bunch of great online resources

don't worry about a textbook. use the functional neuroanatomy program for the anatomy part of it.

Stewart's software is excellent, a great resource. I found the brain to be confusing so I did borrow a friends text and atlas which I found to be very helpful (Crossman and Neary, I think).

Use Functional Neuroanatomy.

PAST TESTS!

No books needed, only study notes

Again, I don't think you need a text. Just use the internet if you need a reference

Study hard. Use your notes and the computer program. I didn't bother with texts, but I also got whooped on the first exam but kicked ass on the 2nd.

Everything you need is in the notes.

Keep up with the anatomy from the beginning. Although the remaining lectures on function don't focus on anatomy, it is very difficult to understand the language of neurophysiology without having a good grasp of the fundamental anatomy.

Keep up with the material and prepare for the bell ringer by reviewing material in the lab.

Visit the anatomy lab often

the lecture notes are sufficient - only buy if you feel you want another perspective on the topics or you are having difficulty following the lectures.

Use the Functional Neuro program and lots of time in the lab



# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any other advice for Brain and Behavior? Study strategies? Other resources?**

Free program very useful.

Functional neuroanatomy - use it!

no textbooks.

Course notes are excellent. A fantastic course. I didn't buy anything.

Use Functional Neuroanatomy found online

I didn't buy any books and got Honours. I would only recommend purchasing books if you are planning to do electives in neurology, or neurosurgery.

no

Do not buy Neuroanatomy: an illustrated colour text. It sucks...way to detailed in most sections and doesnt have a lot of stuff that we learn about.

Good notes.

"Neuroanatomy Through Clinical Cases" was by far the best textbook I saw available. Should definitely recommend to the U of T bookstore to obtain more copies of this (last year very few people were able to get a copy of this b/c bookstore had only a few)

use the websites given by Dr. Stewart

Use Functional Neuro software

Just use atlases and stuff online... And old bellringers with images are great study tools. Go into the labs, see the sections of the brainstem and study, study, study!

Use the media resources suggested in the course. They help!

# UofT Meds Study Strategies & Textbook Survey

1st Year

**Any other advice for Brain and Behavior? Study strategies? Other resources?**

Some clinical neuroanatomy books can be found on the web through bittorrent. It's handy in the sense that you just have to insert a key word to locate the text you wanna read about. Oh and also, it's completely free.

No text needed.

class notes + netter

Getting a textbook (any textbook) makes learning pathways much easier.

I didn't buy any texts, though I wish I did...not sure which is the best.  
My advice - it's a long year - try to retain some stamina for this course. It's very regimented and demanding, but well taught generally.

Concentrate on the lecture notes and Neuro 101 for Mackay's lectures.

# 2<sup>nd</sup> Year

Pre-clerkship Edition  
2007

**Any suggestions on how to save money on textbooks (e.g., discount websites, group purchases, etc.)?**

Borrow books from libraries

U of T library and CMA website have most of what you need.

don't buy more than you need (seriously)

Used books are usually best bets. I guess group purchases may also work.

torrent files available on the web for pdfs

buy used ones... they don't change much

Buy at booksale or check listserv for deals

Give the list of books a month or two before school starts (e.g. email) so people can look at Chapters/online, etc.

Use as many online textbooks as possible (especially Harrison's Online, available free of charge through the Gerstein website). If you need to print any convenient part of it, use the free printing at the Academies.

Sometimes Amazon or Indigo.ca have cheaper prices.

The vast majority are unnecessary. Stick to Toronto Notes, Anatomy Atlas, the ASCM books they give you for free, and possibly Dubens for Cardiology in FMP.

What textbooks do you recommend purchasing for <u>Pathobiology of Disease</u> ? (choose all that apply)		
Answer Options	Buy	Latest Edition
Robbins' Pathologic Basis of Disease (Kumar, Fausto, & Abbas)	44%	11%
Immunobiology - The Immune System in Health and Disease (Janeway, Travers, Walport, & Schlomchik)	24%	7%
Schaecter's Mechanisms of Microbial Disease (Engleberg, Dermody, & DeRita)	4%	4%
Case Studies in Immunology- a clinical companion (Rosen & Geha)	4%	2%
The Immune System (Parham)	2%	0%
Thomson and Thompson Genetics in Medicine (Nussbaum, McInnes, & Willard)	2%	2%
Medical Genetics (Jorde, Carey, Bamshad, & White)	0%	0%
Other useful books?		
MD Anderson Surgical Oncology		
MD Anderson Surgical Oncology		
microbiology made ridiculously simple		
Harrison's		
none		

# UofT Meds Study Strategies & Textbook Survey

2nd Year

**Any other advice for Pathobiology of Disease? Study strategies? Other resources?**

The study notes are usually adequate. If further resources are needed, you can always try reading the above books at the library, or using the online resources from the CMA. Robbins PBD is the book that Dr. Chapman usually recommends.

I hardly used any textbooks. Class notes are usually enough to get you through. Where they fail, Google never does.

Read Annals of Surgical Oncology, do your PBL.

A lot of PBD is metaplasia. I highly recommend a surgical oncology book: MD Anderson Surgical Oncology and the national cancer website are gold standards. [www.nccn.com](http://www.nccn.com). As per all courses, I find it really useful to study and do problems before lecture. It actually saves you time, since you should be doing it anyway...i find it equals LESS studying since you retain the lecture better. Also, it doesn't hurt to have fun with it...spend a day in pathology at the UHN, go see an autopsy, go see a movie. Really, just enjoy...its an awesome course!

Use the online textbooks on the library website or CMA website.

Don't buy Robbins'....it sat on my shelf all year...buy Harrison's Internal medicine...best book EVER for PBL

I actually had "Robbin's Basic Pathology" from undergrad and PBD follows it to a tee! It's basically just a smaller version of Robbin's Pathologic Basis of Disease. The "Basic"; version has exactly the right amount of info for the course where the larger version is a good reference text to have, but way too much for this course. For Immunology I used "Immunology"; 5th ed by Goldsby, Kindt, Osborne and Kuby. I also had this text from undergrad. It's a good basic immuno text if you're not needing all the detail of Janeway (which you won't unless you're planning on something immuno-intense for a specialty). The only other textbook I used for all of 2nd year, PBD included, is TO notes. Loving the Notes!!! Awesome for the rest of 2nd year and everything you ever needed for PBL.

# UofT Meds Study Strategies & Textbook Survey

2nd Year

**Any other advice for Pathobiology of Disease? Study strategies? Other resources?**

The only useful book for this course is Immunobiology but it still goes into way too much details - way beyond what you are required to know. Internet is a great source especially harrison's online and emedicine.

Some of the slides are gone through very slowly, yet others much more quickly. It is helpful to read/highlight in advance of the class.

Only the notes are useful, and for PBL there is a wealth of online resources which are more easily accessed/searched than clunky old textbooks.

robbins is a maybe. you can certainly get by without it. I'd buy the abridged version.

Study the notes - they're sufficient

Robbins' is helpful if you need extra help explaining the diagrams that are used in lectures. It's a really useful book and I would definitely suggest buying it. It's a great reference for the future. An immunobiology book is helpful if you've never taken a course in that before. The Immunology lectures are pretty in depth and confusing if you've never taken it before.

no need to buy textbook

Use the patterns of topics in the notes

Make summary tables/charts - especially for all the different cancers. Makes it easier to remember the similarities and differences.

pretty easy course, just need to study the notes

much of Robbins is available on-line

Robbin's was online at CMA.



# UofT Meds Study Strategies & Textbook Survey

2nd Year

**Any other advice for Pathobiology of Disease? Study strategies? Other resources?**

Janeway is the best - but it is OVERKILL unless you are really interested in immunology.

Robbins is a good reference to have, but I hardly pick it up and dropped way too much \$\$\$ on it.

ONLY need Robbins as a reference. Others not helpful. Infectious disease poorly taught (at least 2 years ago) so recommend an ID book.... I liked Micro Made Ridiculously Simple because it was fun.

Lecture notes usually work very well.

TORONTO NOTES! (your new best friend)

Robbins' is the bible of path - everyone should get some version of it. Very useful in other courses too when looking at pathobiology/pathogenesis of disease (used it in Clerkship quite a bit). An immunobiology textbook only if you find immunology hard.

No textbook is required for PBD. Nothing will be asked on the exam that isn't covered in lectures.

The class notes are pretty good.

Study lecture notes...histology comes in more handy here than during 1st year. I think its important to have collections of websites for people to go to that have good pics. Most times we end up e-mailing one person or another, or posting one cool site. We should start a collection and have this on the medicine website

very straightforward...I just followed the lectures.

# UofT Meds Study Strategies & Textbook Survey

2nd Year

**What textbooks do you recommend purchasing for DOCH, ASCM, and Ethics? (choose all that apply)**

Answer Options	Buy	Latest Edition
Bates' Guide to Physical Examination and History Taking (Bickley & Hoekelman)	31%	0%
OSCE and Clinical Skills Handbook (Hurley)	20%	7%
Fundamental Clinical Situations: A Practical OSCE Study Guide (Jugovic)	16%	0%
Textbook of Physical Diagnosis: History and Examination (Schwarz)	16%	2%
Essentials of Clinical Examination Handbook (Butalia)	13%	0%
Designing Clinical Research: An Epidemiological Approach, 2nd edition (Hulley)	7%	0%
Surgical Ethics (McCullough)	4%	2%
Resolving Ethical Dilemmas: A Guide for Clinicians (Lo)	2%	0%
Principles of Biomedical Ethics (Beauchamp)	2%	0%
Introduction to Research in the Health Sciences (Polgar & Thomas)	0%	0%
How to Break Bad News: A Guide for Health Care Professionals (Buckman)	0%	0%
Ethics in Primary Care: 20 Common Problems (Sugarman)	0%	0%

## Other useful books?

JAMA

TORONTO NOTES! Can't live without it - don't need anything else.

Sapira again (from first year). Having an OSCE scenario book was helpful for reviewing. Others not useful

Pre-clerkship Edition  
2007

# UofT Meds Study Strategies & Textbook Survey

2nd Year

## Any other advice for ASCM? Study strategies? Other resources?

Practice, practice, practice. Bates is a good reference, but not necessary. The little white ASCM books and the MedSoc Clinical Exam handbook are usually adequate.

Practice a lot! And use the UofT books, they're useful. And don't stress, the OSCE at the end of the year seems overwhelming but it's not that bad.

go see patients, talk to them, examine them, dont be afraid to do a digital rectal or an msk exam. do some call.

Your not going to learn to examine a patient by reading a book. Honestly, I dont care if youve memorized the term telangectasia...you dont really know what it si until you see the pathology. So go try out your skills on your friends. Then ask a tutor to go and see patients on the wards...shadow an emerg doc for a day or two. Dont be afraid to pack your own gloves at ascm and palpate some pathology when your ascm tutor takes you to the wards. In short, just get right in there.

Be sure to get a study group together and start practicing early.

Study regularly or you're screwed! Once a week practice is best. You don't need any books, just use your ASCM 1 handbooks.

Practice weekly with your ascm group from at least Jan onward.

Make sure you practice a lot with your classmates.

Weekly practice!

I'll admit that either Schwart/Bates is useful for ASCM, though only marginally so.

Hit up the library before ASCM sessions to read bates or schwartz. you don't need to buy one.

Practice ASCM regularly

# UofT Meds Study Strategies & Textbook Survey

2nd Year

## Any other advice for ASCM? Study strategies? Other resources?

Study early. The faculty printed out a handbook like the ASCMI this year - that would be sufficient.

Bates is a good reference, but not necessary to buy

- practice with friends

- practice OSCE cases with checklists

Practice often... all year!

Practice scenerios over and over with friends a few weeks before the OSCE.

practice lots.. in small groups

Any collection (book or from web) of OSCE scenarios is helpful.

The ASCM website!

The 1st year ASCM books

Practice

OSCE book - pretty good, only discovered it this year.

Practice OSCE situations with classmates.

Practise early.

rapid interpretation of EKG's

I love the Hurley book - great scenarios. Just practice LOTS

Bates, Schwarz, etc., are not required to do well in ASCM. Use the student-made booklets, online videos, and practice semi-frequently with friends.

Use the white books that are given out by the University.

A book on physical exam and diagnosis would be a good resource to have (although I never bought one and managed OK)

practice early, don't be afraid to do physical exam each week

# UofT Meds Study Strategies & Textbook Survey

2nd Year

**Any other advice for DOCH? Study strategies? Other resources?**

just read the notes and memorize

Pick a project that interests you and will be (relatively) easy to get ethics approval. Work hard on it early, that will make the second half of the year MUCH easier.

good luck

Good Luck.

Do the online biostats module before writing the ILP. It especially helps with the data analysis section.

DOCH, again, requires almost no studying. Just read the summaries a day or two before the exam and you'll be fine. The online Epi thing is fun.

The manual is pretty confusing at first to understand what they actually want from you. Read the whole thing at least 3 times and then follow it exactly and you'll be fine. What they want is also very academy specific, so find your academy DOCH person and

Don't stress over it. Dr. Johnson is a great deal of help if you have any questions.

Be sure to do a lot of the work during first term. Do a VERY complete job of the learning plan, this will certainly help when writing the final paper and lighten the load during FMP.

Don't buy any books.

Start DOCH project early. Don't wait until March to get your data.

Don't procrastinate!!

- keep the research project simple; get it over with as soon as possible!

Pre-clerkship Edition  
2007

## Any other advice for DOCH? Study strategies? Other resources?

Be patient; expect problems

Pick a DOCH project that you're confident you can complete in the timeline of the course. Make the project as simple as possible and choose a project supervisor you know you can work with.

chapter summaries

Choose project supervisor wisely. Listen to previous students.

Chapter summaries. Get them from upper years.

I'm into research so the Designing Clinical Research was useful.

Start your project early and do not leave it till the last minute.

the book on loan in the library with all of the different questionnaires in it (sorry I can't remember what it's called but I put it on hold for you)

Try your best - it's a crapshoot.

I can't remember much about DOCH, aside from the independent project.

choose a feasible project. don't stress out! just try to learn. don't forget the spirit of doch

What textbooks do you recommend purchasing for <u>Foundations of Medical Practice</u> ? (choose all that apply)		
Answer Options	Buy	Latest Edition
TorontoNotes	69%	31%
Rapid Interpretation of ECGs (Dubin)	51%	4%
Cecil Essentials of Medicine (Andreoli)	18%	2%
Harrison's Principles of Internal Medicine (Braunwald)	16%	9%
Essentials of Obstetrics and Gynecology (Moore, Hacker & Schmitt)	13%	0%
Current Surgical Diagnosis and Treatment (Way & Doherty)	7%	7%
Principles of Surgery (Schwartz)	4%	4%
Evidence-Based Medicine (Sackett, Richardson, Rosenberg & Haynes)	2%	2%
Essentials of General Surgery (Lawrence, Bell, & Dayton)	2%	0%
Rudolph's Fundamentals of Pediatrics (Rudolph, Kamei, and Overby)	0%	0%
Nelson's Essentials of Pediatrics (Behrman & Kliegman)	0%	0%
Evidence-Based Family Medicine (Rosser & Shafir)	0%	0%
Clinical Psychiatry for Medical Students (Stoudemire)	0%	0%
Diagnostic and Statistical Manual of Mental Disorders	0%	0%
Synopsis of Psychiatry (Kaplan & Sadock)	0%	0%
Essentials of Surgical Specialties (Lawrence, Bell, & Dayton)	0%	0%
How to Break Bad News. A Guide for Health Care Professionals (Buckman)	0%	0%



# UofT Meds Study Strategies & Textbook Survey

2nd Year

**What textbooks do you recommend purchasing for  
Foundations of Medical Practice? (choose all that apply)**

**Other useful books?**

ECG by Duban

MD Anderson Surgical Oncology, HSC Paediatrics, Johns Hopkins Obs Gyn, ACS Surgery, Surgical Recall, Advanced Surgical Recall, Sabiston Essentials of Surgery, epocrates, diagnostosaurus, pathophysiology of primary bone tumors, orthopaedic positioning, ort

Sabiston Surgery, DSM IV, HSC Paeds for PDA, Johns Hopkins Obs/Gyn for PDA

\_\_\_\_\_ for dummies series

Pocket DSM, SickKids Peds Handbook

A good physiology review

Dubens, Cardiology

## Any other advice for Foundations of Medical Practice? Study strategies? Other resources?

The notes are very comprehensive. Harrison's is an excellent resource, but can be found online for free through the CMA website (membership req'd).

Again, class notes carried me through.

Study before the lecture, do some observing of the weeks specialty, do your questions and past exams, dont bother with shit...just learn the concepts and some specifics...i dont care if its an icosahedral or dodecahedral molecule, read it from toronto notes and then buy books in stuff your interested in.

Just read Harrisons, Surgical Diagnosis and Treatment, DSM IV, a peads and obs/gyn textbook, and you should be fine through clerkship. Just learn to be a doctor.

Toronto Notes is all you need for FMP. Read up before/after lectures and you'll be flying.

Don't waste time on textbooks in this course. Schreibes is an awesome prof, but a stickler for details you didn't even think were important. You need to review all your notes WEEKLY at a minimum - reading through them twice will not suffice. The smaller the text, the more important. Once you know your notes inside and out, TO notes is a good review (and will contain details not in your notes that WILL be on the exam). If you do not do old exams, you will not do well on these exams. The more you can do the better. Just say goodbye to your life outside med school from Jan-May.

Do not purchase any books for this course. Notes are plenty and as I said before Toronto Notes are key!

Keep on top of your studies. The material seems relatively easy during the lectures, but the volume and ultimately the details of some of the lectures will not become apparent until the entire week of studies is complete.

## Any other advice for Foundations of Medical Practice? Study strategies? Other resources?

FMP basically follows the layout of Toronto Notes, thus get the most recent edition and don't waste your time with other textbooks. TNotes is all you need for the licensing exams and has plenty of detail.

TO notes, class notes, and OLD EXAMS are all you need. particularly the old exams...

Keep with the studying

TorontoNotes a must. Harrison's is a great book and really good if you want a future reference. You really don't need any books for FMP - the notes are really great and in depth. If there's a specialty you're interested in then maybe you might want to buy a textbook in that area

Stay on top of material. Cramming should now be studying 4 weeks before the exam!

TorontoNotes, Dubin's ECG book, and Harrison's Internal Medicine are all texts I used but one doesn't need to buy them. They can all be found in the library (make sure to check the hospital libraries too!) and Harrison's is available for free online through the library.

TorontoNotes PDA version is useful as a skim before PBL  
Most of the specialty specific information can be found on-line.  
The "Secrets" series is quite helpful as it emphasizes the clinically relevant information.

**DON'T NEED ANY TEXTBOOK! JUST STUDY THE NOTES!!**

Use the internet!

## Any other advice for Foundations of Medical Practice? Study strategies? Other resources?

ALL depends on what you want to do with your life, career wise. For surgery keeners: Way is a good reference. Surgical Recall (regular) and Advanced are good books to start reading even early on, but not necessary. I did not buy anything more than the above surgery books mentioned and TO-notes. I bought cecil in 3rd year - opened it like 2 times!!

TO Notes helpful. No books really necessary for Foundations. These notes are very valuable for third year so learn them and love them.

Keep up with the material and everything should be fine.

Keep on top of it. Take good notes, as these are often the foundation for clerkship

Get a good physiology review text +/- The Lawrence essentials of surgery +/- Cecil's Essentials of Medicine if you need it. The most useful/important thing is the Toronto Notes!!! Dubin's ECG interpretation can be useful if you're having trouble (I used a variety of websites to learn).

The TorontoNotes are very useful. Other books are not required. Focus on the past tests to get an idea of what to expect.

Just study the notes from class. There is way too much information otherwise.

The problem with FMP, as we all know is that there is too much information and not enough time. Its hard to get bogged down with reading a lot of textbooks because we are still compelled to study the powerpoint notes.

study early, make your own study notes