

Introduction to First Year Seminar

2026-2027

Introduction to First Year - Agenda

1. Who are we, what do we do
2. How to use StudyAid (Structure, Booklets)
3. Navigating Our New Website
4. Anatomy - Glenn André
5. Biochemistry - Zosia
6. Histology - Peter
7. Physiology - Maja
8. How to Study
9. Resources

The StudyAid Board 2026-27



**Maja
Słobodzian**
(MD 3)
**StudyAid
President,
Physiology
Manager**



**Zosia
Gowin**
(MD 3)
**Biochem
Manager**



**Peter
Wikiera**
(MD 3)
**Pathology
Manager**



**Glenn André
Breivik**
(MD 5)
**Anatomy
Manager**



**Michelle
Kaminski**
(MD 6)
**Social Media
Manager**

The StudyAid Team

- Team of 30-40 students from years 2 through 6
- Non-profit
- Free seminars & booklets catered to JUMC
- Here to help you not only pass, but understand
- Everything at: studyaid.pl



A “Typical” StudyAid Seminar

Held over TWO DAYS

- Saturday & Sundays, from late morning to early afternoon

One session includes:

- 2-3 topics from your exam
- 1 presenter per topic
- Covering the most high yield and important concepts
- Presentations include:
 - Mock exams, clinical questions, diagrams
 - We want you to understand and test your knowledge



The Grand Finale: a quiz about anything from the presentation or from the concepts covered by your exam

A “Typical” StudyAid Seminar

Not “Just Another Lecture”

- We’ve written and passed the same exams
- We can provide input and strategies *different* to the ones from professors

Casual & Low-Pressure

- 10-15 min breaks between presentations
- Music, jokes, dirty mnemonics
- Come with your friends, make new ones!
- Ask presenters any questions

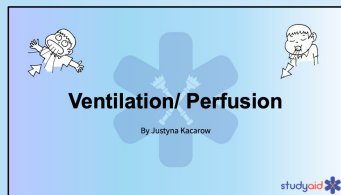
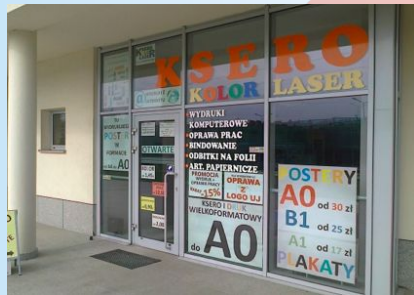
“There’s no such thing as a stupid question, but there is such a thing as a stupid answer”



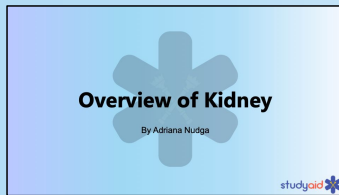
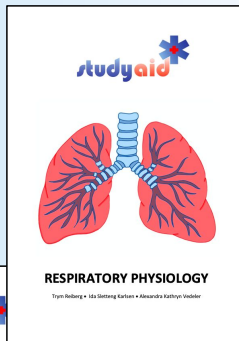
Want to print? Look for “Ksero” lub “druk” ↓

StudyAid Booklets

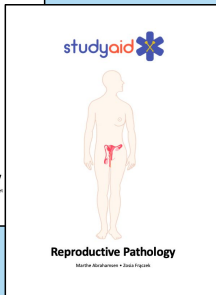
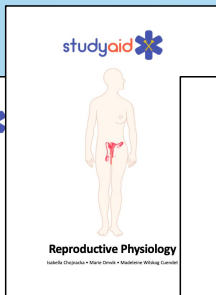
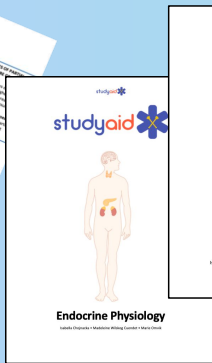
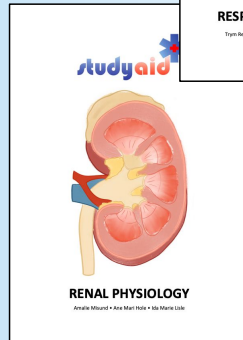
- Catered specifically to JUMC courses
- Booklets accompany many of the StudyAid seminars
- Should be used as a guide
- Available for free on our website



+



+

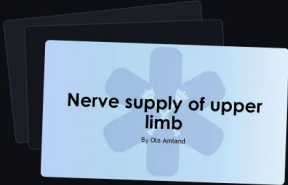


Website: studyaids.com

Library

130 materials in 8 subjects: 119 PDFs, 9 slide decks, 2 recordings

Search by topic or title



Nerve supply of upper limb
By Ole Arntsen

Anatomy

23 decks · last added 29 Apr 2026

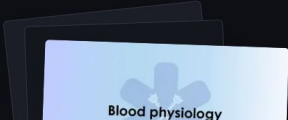
Thorax & Upper Limb 5

Abdomen & Lower Limb 7

Head & Neck 6

Neuroanatomy 5

[→](#)



Blood physiology

Physiology

33 decks · last added 24 Jan 2026

General Physiology & Blood 7

Neurophysiology 8

Cardiovascular Physiology 6

[→](#)

Website: studyaids.com

**Presentations** Booklets Tryouts About

Q Search all materials Ctrl K  

< Library **Anatomy** Physiology Biochemistry Histology Pathology Booklets Other Pre-recorded



Anatomy

 23 seminar decks, 840 pages and 15 slides, from 11 student presenters.

All topics 23 Thorax & Upper Limb 5 Abdomen & Lower Limb 7 Head & Neck 6 Neuroanatomy 5

Thorax & Upper Limb

 5 decks · 155 pages · 15 slides · 5 presenters

Nerve supply of upper limb

By Ola Amiland

Muscles and Bones of the shoulder, upper arm, forearm

Arterial supply, venous and lymphatic

Lungs, Diaphragm &

Website: studyaids.com



Booklets

31 booklets, 1523 pages.

All topics 31

First Year Subjects 13

Second Year Subjects 8

Answer Keys (1st Year) 4

Answer Keys (2nd Year) 4

Assorted Supplements 2

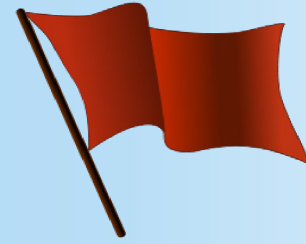
First Year Subjects

13 booklets · 833 pages





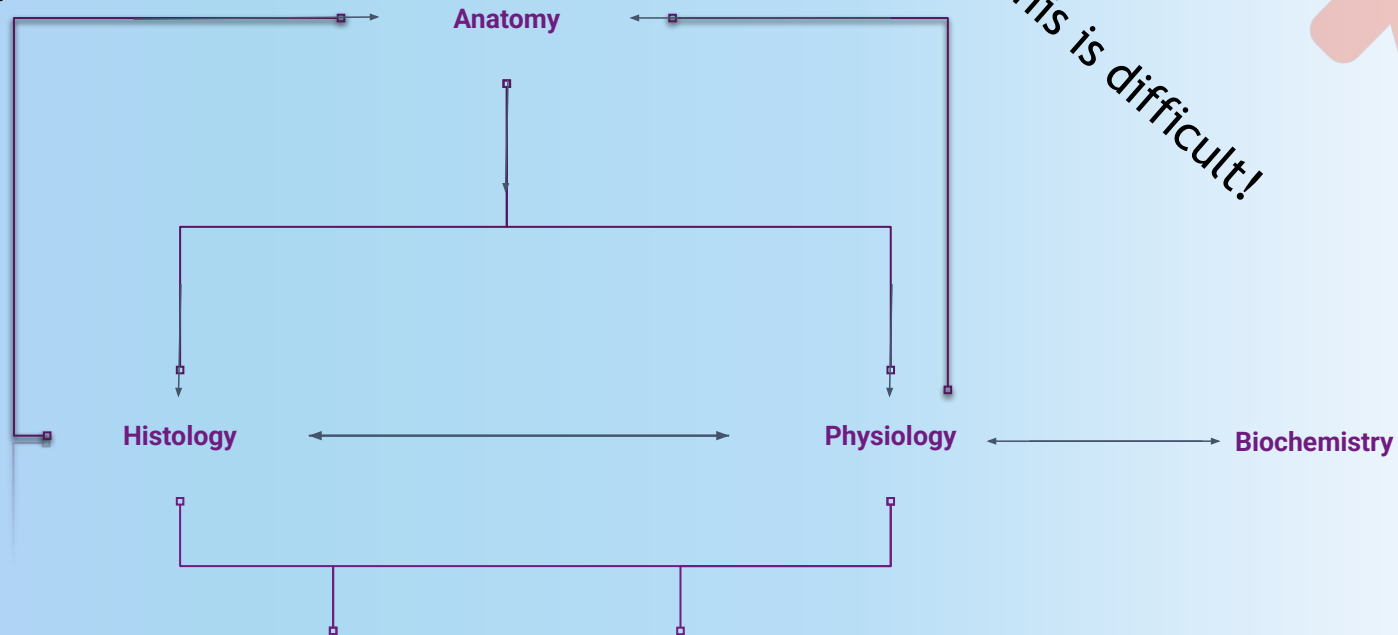
Anatomy



Grandpa Glenn with
StudyAid-friends
is here to support you

This is difficult!

This is difficult!



Pathomorphology

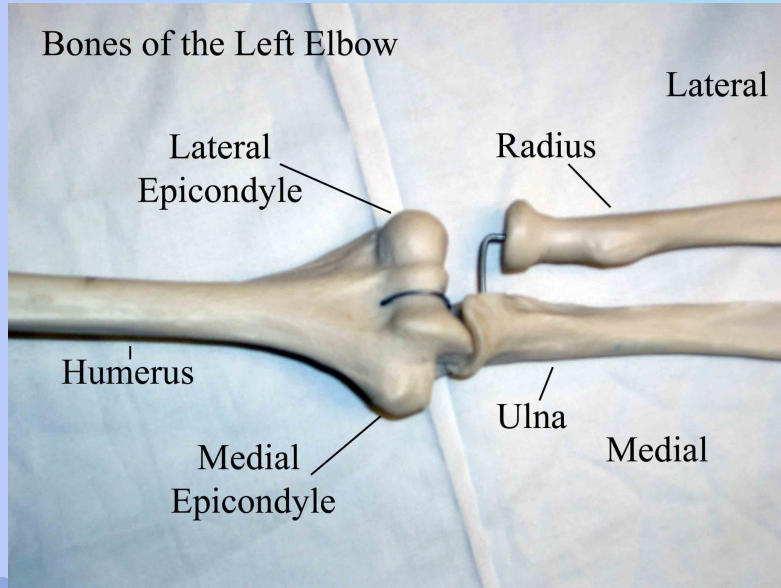
Pathophysiology

2nd year

Pathology

Anatomy

Practical anatomy



Theoretical anatomy



What type of student do you aim to be?

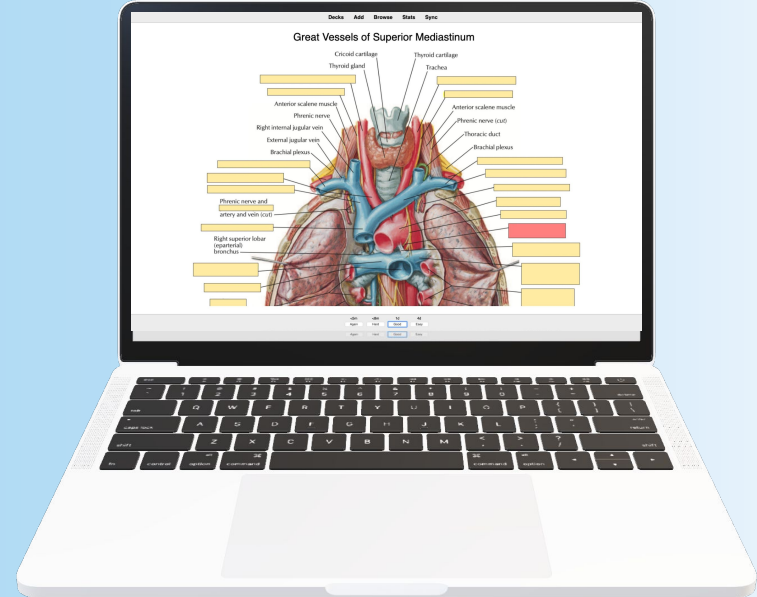
Practical exam

- 4 specimen in each room
- 2 minutes per room
- Bring gloves and TWO pens
- ***You can get exempted!***
- No one really fails twice
- Same exam in 3rd year



Practical exam: Memorising

- Memorisation and touching is everything - repetition
- Use the specimen list in the syllabus
- **Anatomy vocabulary is MUCH more effective than mnemonics!**
- Study the illustrations then practice in the labs
- **App:**
Anatomy Learning or Complete Anatomy
- Anki and Quizlet flashcards (premade?)
- Make flashcards with pictures from the lab



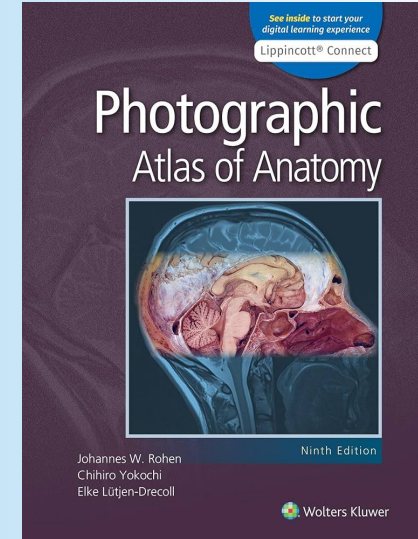
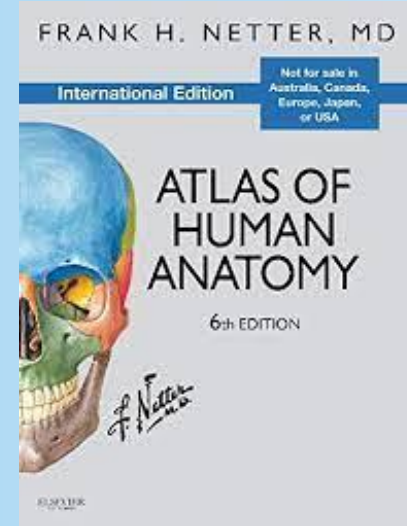
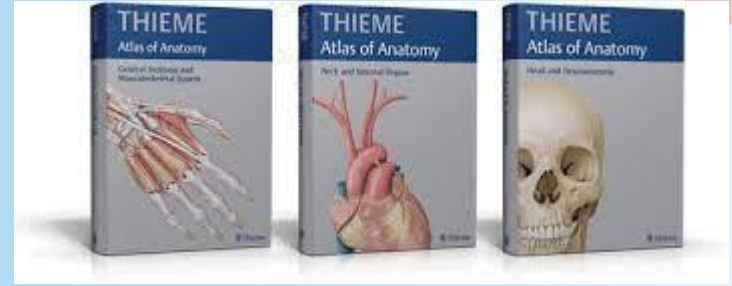
Anatomy books for practical anatomy

Go to lab, with gloves, and
be active!

Atlases:

Thieme, Netter, Sobotta,
Photographic Atlas of Anatomy

Discuss the anatomical structures
with your group family



Theoretical exam

- Devastating. Credit test if under threshold
- Short time to cover "everything".
- 40 questions (credit test), 100 questions (final exam).
- Midterms: 40 questions (in person), with 60 seconds per question).
- People fail the final 2 and even 3 times.
- Students are getting sent home every year for failing this.

StudyAid anatomy manager`s goal:

Build up your general anatomy knowledge in anatomy,
and avoid credit test at all cost!

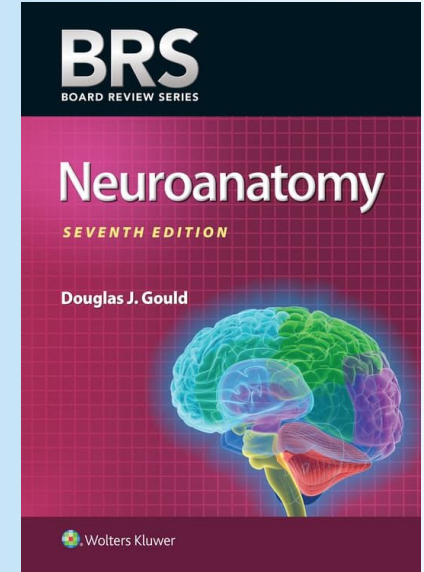
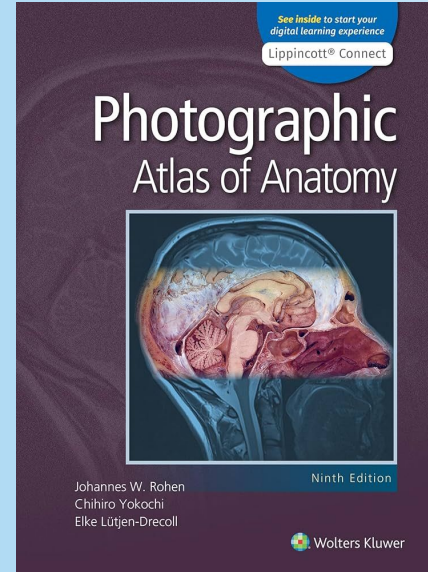
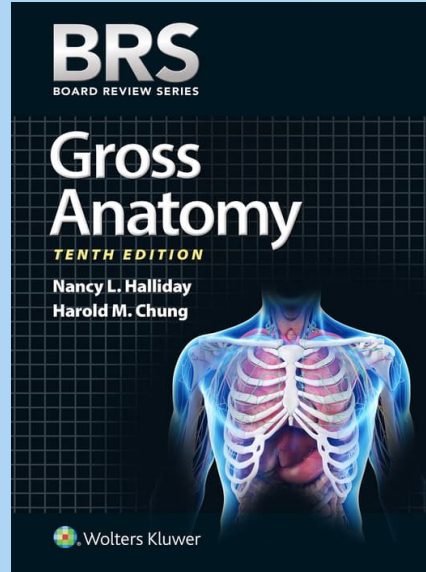
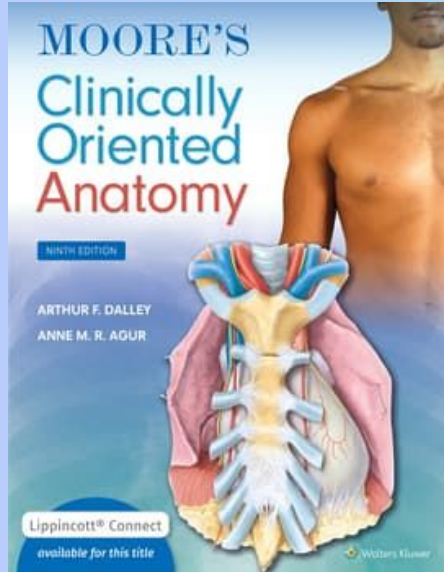
Recommended method to study for both practical and theoretical anatomy:



1. **Sam Webster** on YouTube!
(Use the given specimen list and atlas together with Sam Webster).
2. Use the theoretical list from the professors
(read over it first. Prepare for labs).
3. **Kenhub** (articles) and/or Bootcamp Anatomy (videos)
4. Moore's Clinically Oriented Anatomy book.
5. BRS (for quick review and questions).
6. **2-3 days before practicals (at the latest):**
Use Photographic Atlas of Anatomy for review (or flashcards).
7. Cooperation in the cadaver lab and sharing information between groups **is a must**.

Take care of each other and make each other better! Share information!

The recommended books



Self-made “Mini-midterms” after each anatomy seminar (online on MSform)



Goal: To “train you” for the final exam

1. Thorax & Upper limb

42 questions, 120 min *(can be taken at any time over a couple of days, at your convenience)*

—> Work on sentence formulation and problem-solving

2. Abdomen, Pelvis & Lower limb

85 questions, 85 min *(Must be taken at a specific time and date like the midterms)*

—> Detail orientation + stamina

3. Head & Neck

100 questions, 25 min *(must be taken at a specific time and date like the midterms)*

—> Problem-solving, critical thinking + “struggle experience”

4. Neuroanatomy

130 questions, 130 min *(must be taken at a specific time and date like the midterms)*

—> Problem-solving + stamina

One class rep can contact me and cc the rest:

glenna.breivik@student.uj.edu.pl

Glenn André Breivik (Teams)

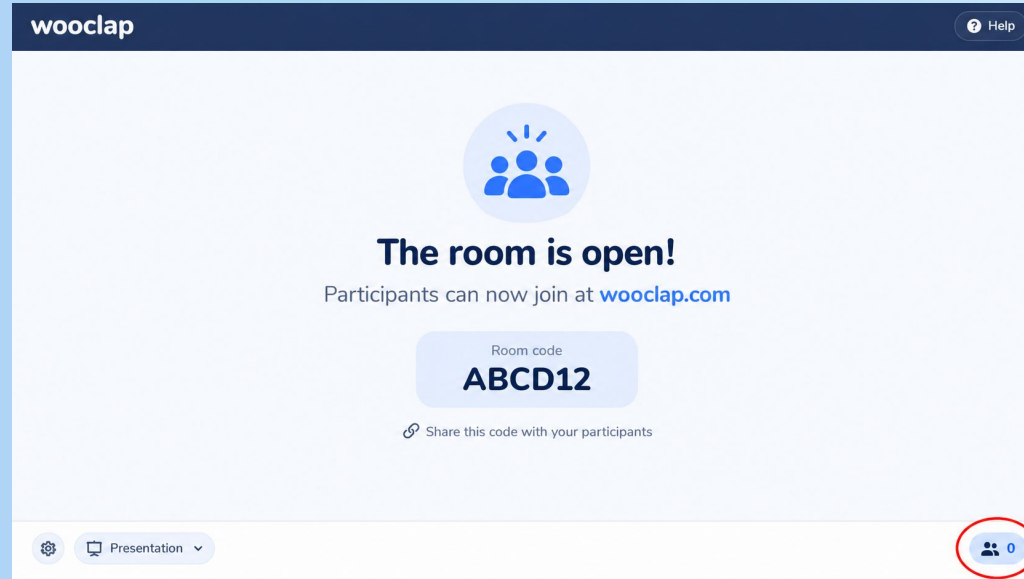
- **Proposition:** Have 1 or 2 of the class reps in charge of anatomy (communication with me and class as a whole)
- Group chat on Teams for everyone where tips and tricks + information about anatomy seminars will be posted for the whole class (turn on notifications)
- **Classreps:** Find a way to share information between the groups, effectively.
- Each group should have 1-2 persons “in charge of” anatomy (work with classreps)



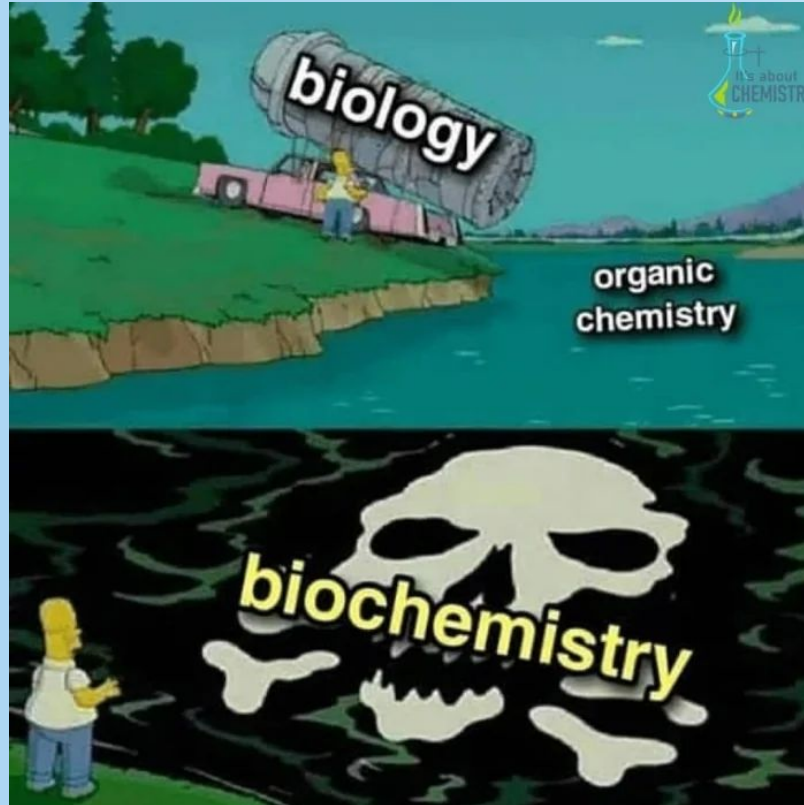


The StudyAid seminars, feedback form

Let`s make a deal:



Biochemistry



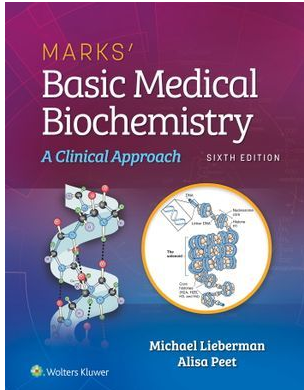
Recap of Classes

Lectures	Seminars and Labs
• Usually online (MS Teams or Pegaz), but check schedule just to make sure! • Note down what you don't understand and study those topics using supplemental resources	• Seminars: Biochemistry clinical correlations • Labs: Fill out lab report to get points
Passing mark Midterms: > 60% (average of all 4 midterms) Final exam: > 60%	

Recommended Materials

Books

Marks' Basic Medical Biochemistry



- Lippincott Biochemistry

Websites/Videos

Ninja Nerd

- Visually satisfying and very informative. The videos are a bit long but highly recommended.

Sketchy Biochemistry

- Perfect for visual learners and those who get bored easily while studying.

Osmosis

- Another great website for anyone who's more of a visual learner.

Lecture

Slides from lectures and seminars

- Other resources may seem like a better option, but the professors like to add details from the slides on the midterms.

Our lecture slides

- Duhhh!

Advice from someone who's been through it all

- 1) **Try to use multiple resources.** Example: Read lecture slides —————> watch a Ninja Nerd video —————> answer some sample questions. Diversification is key to avoid getting surprised by Paulina and her antics (because you always gotta be one step ahead of her).
- 2) **Do NOT procrastinate.** It is so easy to fall into the trap of cramming 30 different pathways the night before the exam. No, you will not suddenly find the motivation to study simply because “you’re under time pressure”. It might work for other subjects, but it doesn’t work for biochem. Trust me.
- 3) **Don’t stress if you mess up.** I know, “easier said than done”. But speaking from experience, it is really not the end of the world if you do worse on a midterm. Try to identify why you messed up and then avoid those mistakes next time.
- 4) **Feynman the hell out of it.** Many of my peers (and myself) have found that studying biochem by explaining it to each other is one of the most effective methods to remember even the most challenging pathways. Plus, you can make it really fun without realizing it.

Good Luck!!

TYPES OF HEADACHES



MIGRAINE



TENSION



STRESS



BIOCHEMISTRY

NEW: EpiGENIUSZ x StudyAid



studyaid 

x



.....


Master the material. Know what to expect.
Reinforce StudyAid's theory by practicing with official exercises made by your professors at the Biochemistry Department (yes, the same ones who make your exams 😊)

WHEN: Available shortly after StudyAid biochem seminar.

- After biochem seminars
- Lists of questions prepared by biochemistry profs
- Optional
- Need help? An EpiGENIUSZ member will assist you privately

Histology



Histology

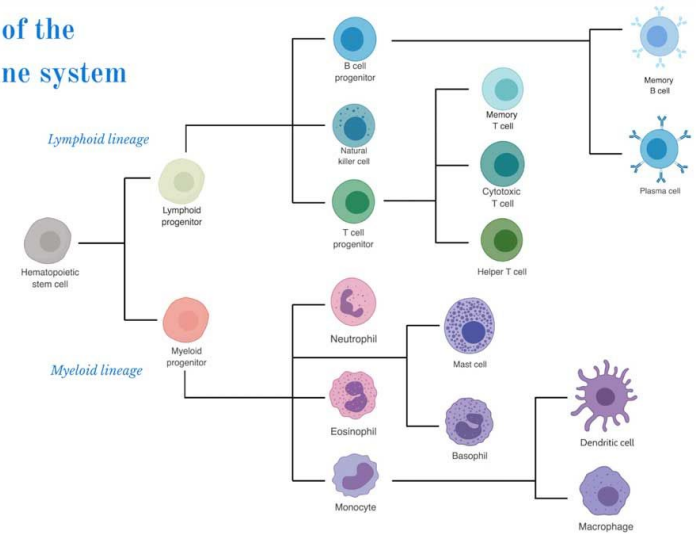
Practical histology

(Part 1 and 2)



Theoretical histology

Cells of the immune system



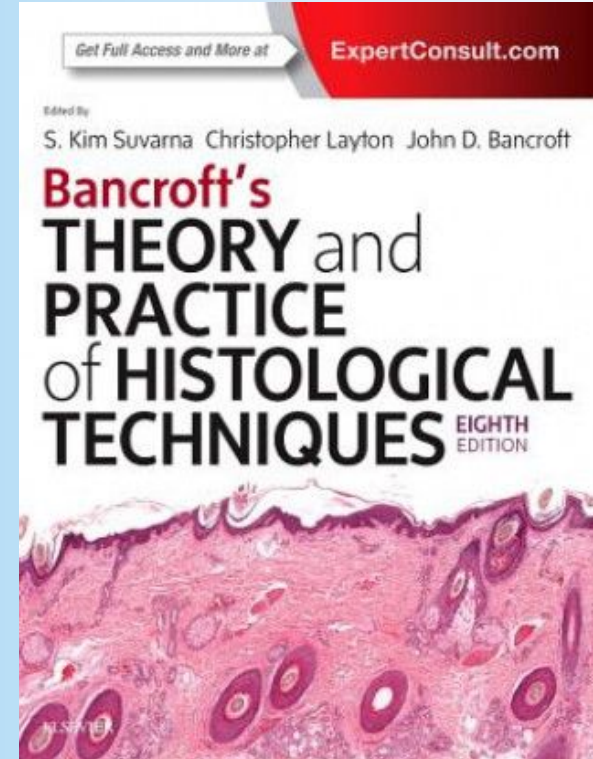
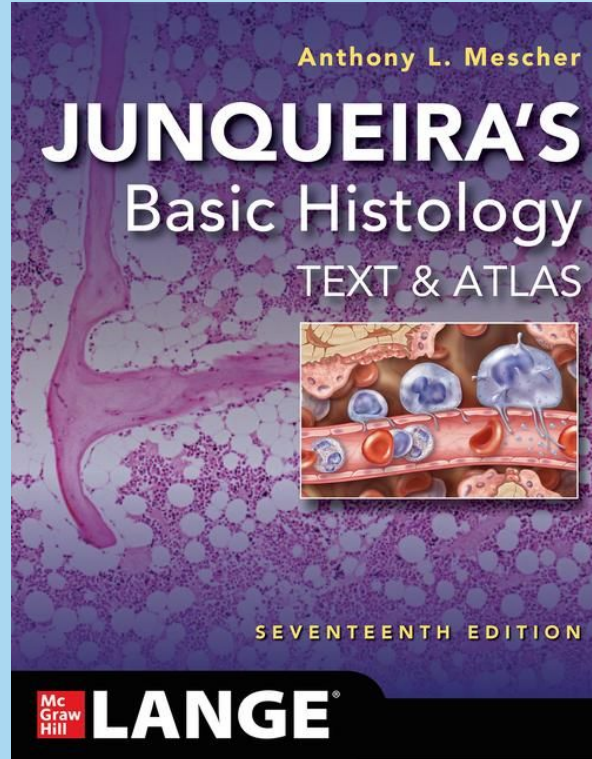
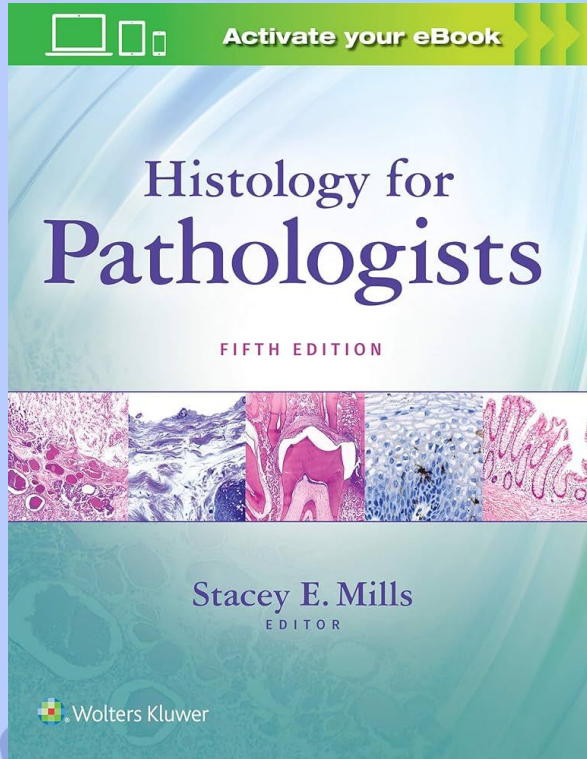
Histology

- What is histology?
 - Histology is the study of cells at a microscopic level
 - **FLAGSHIP COURSE!!!**
- Split into two parts
 - Practical Classes
 - You will get a quiz when you enter class, this will be about the topic you are about to look at. This is a part of theory, but given during practical classes.
 - In class, slides are handed to you and you identify structures
 - Theoretical
 - Theory is on Pegaz and self taught.
 - Videos are posted on Pegaz covering all information that the professors deem to be essential. Some theory will be covered in practical classes, but this is a very slim overview.
 - Quizzes on Pegaz
 - Below all the videos, there will be a quiz that needs to be filled out. YOU MUST COMPLETE THESE TO TAKE THE FINAL.

Histology

- Advice for how to manage histology:
 - First half is fairly relaxed, one class a week, one topic a week.
 - This is general histology, covering cell functions, how they look, how they work, etc.
 - Start theory early!!!
 - Yes, I know everyone tells you this about every class we take, but theory can really creep up on you if you do not plan ahead.
 - Second half is where it gets intense.
 - Organ systems, so say liver and pancreas. Both in the same week on separate days.
 - Two practical classes a week, double the theory to get through.
 - These are two dense sections, and rarely if ever does theory overlap. This will require double the work of the previous half.

Exam preparation for 1st year



Not required at all, but may be worth a look if you want to see what tissues look like in distress. More important 2nd year.

Histology - Final Exam

- Split Into Two Parts
 - Theory
 - This is your standard MCQ style exam. It will consist of purely theory, if you have not covered any theory, you're cooked.
 - 100 MCQs - you must get over 50% to pass. (Meaning 51/100)
 - Practical
 - What it sounds like - practical identification.
 - You will need to identify the tissue (the easiest part), staining, and a key feature (not all are applicable all the time)
 - They will show you slides on the projector, 8 normal histological views, 2 from an electron microscope. Then you will need to identify 5 physical slides in the next room, and name what the structure the little arrow is pointing at.
 - You must get 8/15 correct to pass.

Studying for the Histology Final

- Use the JUMC PowerPoints and Pegaz videos to incorporate important details for the exam - remember to take pictures of slides used in class as well!
- Booklets from StudyAid.
- ShotGun Histology on youtube
- Sam Webster on YouTube (histology section)
- Kenhub's histology section
- Navicularis Histology anki deck
- Practical exam is about recognizing and memorizing cells/tissue!
Review of slides for practical exam:

<https://histologia.cm-uj.krakow.pl/Repetytorium/repetyt.html>

Physiology



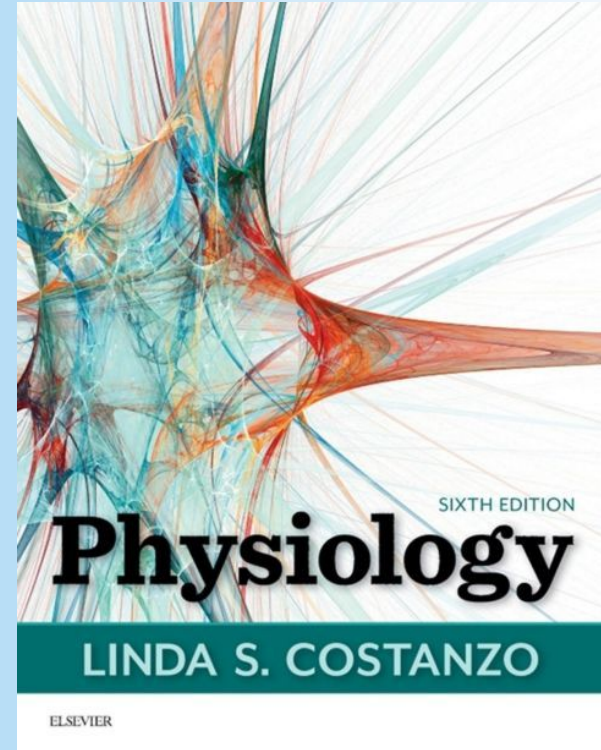
Physiology

Physiology is present in every year and is fundamental - it's better to learn it once well

At JUMC, physiology is taught with a lot of clinical relevance

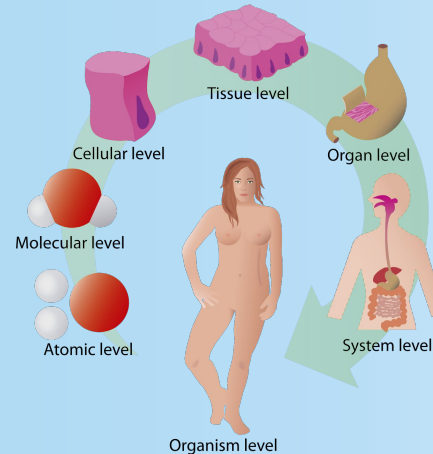
- Easy to remember, even easier to recall
- First part - 2nd semester
- 2nd part + final - 3rd semester (1st sem of 2nd year)
 - In person, 100MCQs, pass = >50% or >60%

Success requires balance (or homeostasis) between memorization and theoretical understanding

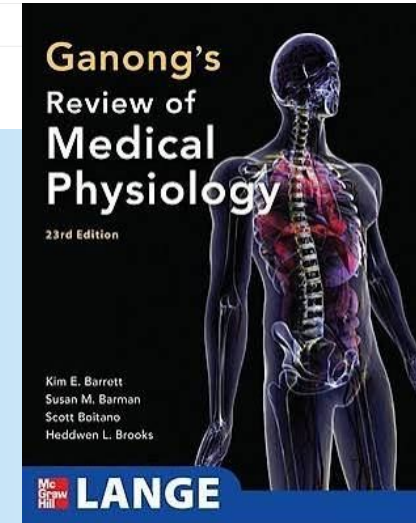


How to Study Physiology

- Start from the bottom: cells, tissues, organs, system
- What is their function? Why?
- Exams are typically 50% lecture-based and 50% lab-based
 - Pay attention!
- Don't like lectures? Try an external resource!
 - My personal recommendation = Osmosis!!!
 - Textbooks: Ganong's, Costanzo, StudyAid ;)



A screenshot of the Osmosis app interface. The left sidebar shows a list of topics under 'Cardiovascular system': Anatomy and physiology, Auscultation of the heart, Blood pressure regulation, Cardiac cycle and pressure-volume loops, Cardiac output, Cardiovascular physiological responses, Electrocardiography, and Hemodynamics. The main content area displays 'Blood groups and transfusions' with a video player and a 'Completed' status. Below this is 'Hemostasis' with four topics: Platelet plug formation (primary hemostasis), Coagulation (secondary hemostasis), Clot retraction and fibrinolysis, and Role of Vitamin K in coagulation. Each topic has a video player and a 'Completed' status. At the bottom is 'RBC production' with a video player and a 'Completed' status.



Ball knowledge

How to Study

- Pomodoro Method
 - 50 min on, 10 min off
- Flowmodoro Method
 - Time how long you study, when you're tired, stop the timer, divide the value by 5, and rest for that amount of time
- Anki
 - The GOAT
 - Be smart and don't do it all the day before
 - Suspending cards to keep information relevant
- Story Telling
 - Link difficult concepts to a story
 - The Hexamethonium Man
- Study Crawl
 - Like a bar crawl, but for studying
 - Start in one location, study until you cannot focus, and move to the next
 - A great way to see more of KRK
- Study Groups + Friends
 - Within reason, don't get distracted
- Caffeine Timing
 - Don't drink coffee in the weeks leading up to your exam
 - Day of the exam, drink coffee and be super energized

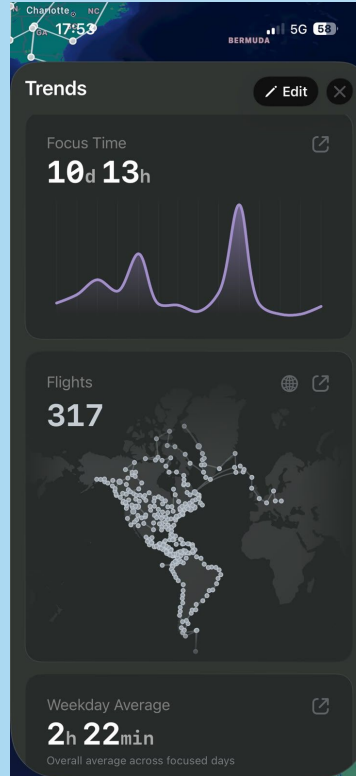
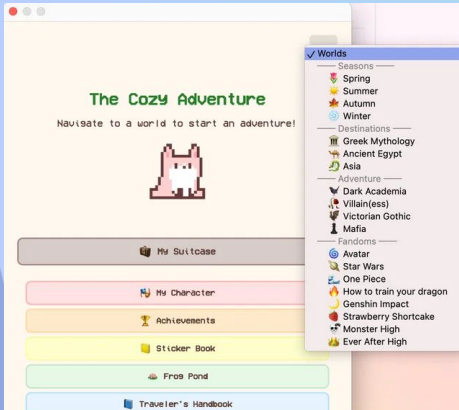


How to Study - Apps



External Resources

- AMBOSS
- KenHub
- Osmosis
- Ninja Nerd
- Youtube
- Medicosis Perfectionalis



Make it FUN!

- FocusFlight
 - Fly around the world
 - Track your Studying
- Flora
 - Grow a tree while you study
 - Compete with Friends
- Competitive Anki Add-Ons
 - Compete with friends
- Anki Add-Ons
 - Build a farm
 - Take care of Pets

Learning Theory Pyramid

AVERAGE
RETENTION RATE

**Traditional +
Passive**

Active

MOST LEARNING
HAPPENS HERE →

Lecture

5%

Reading

10%

Audio-Visual

20%

Demonstration

30%

Discussion Group

50%

Practice by Doing

75%

Teach Others/Immediate Use

90%



Where to Study

Libraries

- Biblioteka Jagiellońska
 - Register with student ID
 - Aleja Adama Mickiewicza 22
- Medical Library
 - Check in with student ID
 - ul. Medyczna 7, top floor
- Biblioteka Wojewódzka
 - ul. Rajska 1
 - Główna Czytelnia na 3 piętro
 - 08:00-19:00 Mon-Wed, Fri-Sat
 - 10:00-19:00 Thursday
 - 10:00-14:00 Sunday
 - Very quiet!!!



Coffee Shops

- Green Cafe Nero
 - Located everywhere in Centrum
 - Most popular: Poczta Główna
 - You will see everyone from school
- MAK Bread & Coffee
 - ul. Przemyska 5
- Kawiarnia Literecka
 - ul. Krakowska 41

Mental Health

Socialize

- Not just parties
- Clubs, sports teams
- Groupmates

Physical Activity

- ZdroFit - student membership
~100zl monthly
- MOOD & CUBE

Health Care

- Private: Znany Lekarz
- ER (SOR) if necessary

Counseling

- Offered by the school
- First 3 sessions are FREE
- [Student Support and Adaptation Center SOWA](#)
- Kristin Jurkowski, MA/EdS, LPC, FAMI
- Louisa von Weiler, phone no.
+48 510 83 44 22
- [medschool.uj.edu.pl/students/counseling-service/](#)

**REMEMBER TO EAT, SLEEP, &
DRINK WATER!!!**

Where to Find Us

FACEBOOK



WEBSITE

studyaids.pl

INSTAGRAM



Questions?

Telling someone you're in medical school starter pack



"Oh wow"



Questions about how many years remaining



Hey Doctor [your name] !

"Oh nice !"



Starts telling you about some vague discomfort they've had since a few weeks and expects you to entirely diagnose them right away

That one chill guy you like because he's simply happy you're studying what you like, but doesn't treat you differently just because of your field



Smug face and that kachiing hand sign
"You're gonna make good money !"



Asks you if you're interested in surgery, never any other speciality