



## All American Institute of Medical Sciences - Jamaica

Medical Education Par Excellence



### Inside this Edition

This issue of the Pulse Magazine features updates across the Institute ranging from the Pre-Clinical Sciences to the Clinical Sciences. It also highlights the extracurricular activities hosted by the Student Guild Association and the AAIMS Administration.





## All American Institute of Medical Sciences, Jamaica

### MISSION

To coordinate resources necessary to deliver excellent medical education leading to generating physicians that will serve the community, and to form lifelong learners committed to excellence, faith, leadership and service.

### VISION

Attain an international reputation as an outstanding medical institute distinguished by excellence, leadership, research and innovation in the quality of our teaching, in student learning and achievement, and in engagement with our communities.

### CORE VALUES "LLIIFERS"

- ❖ Leadership
- ❖ Lifelong Learning
- ❖ Innovation
- ❖ Integrity
- ❖ Faith
- ❖ Excellence
- ❖ Respect
- ❖ Service to Community



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# Announcements - New Staff Members



**Dr. Sabrina Clarke**  
BSc (Hons), M.B.B.S (Hons)

Dr. Sabrina Clarke is a highly motivated medical professional who joined the AAIMS family recently. Graduating from the University of the West Indies, Mona, Jamaica in 2016, she was recognized as the Medical Intern of the Year during her tenure at May Pen Hospital. Dr. Clarke gained valuable experience as a Senior House Officer in various specialties at the Mandeville Regional Hospital and further honed her skills in internal medicine at the May Pen Hospital and the University Hospital of the West Indies.

As the director and owner of the Maluby Rose Medical Centre in St. Elizabeth, Jamaica she is dedicated to providing holistic healthcare and to offering outreach services to her community. Alongside her primary responsibilities, Dr. Clarke actively engages in voluntary services and demonstrates her passion for teaching by mentoring and guiding medical students and interns. With her exceptional skills, unwavering dedication, and compassionate patient care, she has become a highly respected healthcare professional making a positive impact in the field.



**Miss Jodi-Ann Allen**  
Admissions and Marketing Coordinator

Jodi-Ann Allen has always had a passion for Communication Studies. As a recent graduate of the University of Technology with a Bachelor of Arts in Communication Arts & Technology, Miss Allen serves in the capacity of Admissions & Marketing Coordinator since March 2023. Her main role is to communicate with prospective and new students about specific programs as well as the application and registration process. Another important role is that of ensuring the school's marketing objectives are achieved. She is a language enthusiast and enjoys researching learning strategies to assist in students' engagement and social responsibility.

# 2023 Classe 365

April to June

## Announcements - New Academic Term

The new Preclinical Sciences academic term for April-June 2023 commenced using a blended learning approach (classes conducted via online and in-person). Behind the scenes, members of the administration have been preparing and introducing students and faculty to the Class E 365 platform. The administration, faculty members and support staff have been constantly adapting, and evolving since the viral outbreak began in mid-March 2020. The introduction of the Class E 365 platform is one such adaptation. This platform offers many advantages such as greater organization and access to the learning resources, it is user friendly and enables lecturers to easily track student progress and performance and information can be transferred more efficiently from staff to students and vice versa. stay healthy and well.

Between government-issued directives, recommendations from public health agencies, and our own internal policy-and-procedural updates, we have upgraded our method of delivering academic and non-academic services constantly and dramatically. Finally, the administrators, faculty members and support staff commend all students for your efforts to-date during this quarter. You are persevering in the pursuit of your educational dreams in the midst of truly trying and extraordinary circumstances. So, we not only commend you, we admire you immensely. Continue to study and work hard but, most importantly, stay healthy and well.



## **Clinical Sciences Updates**

### **Case Presentation & Discussion (CP&D #63&64)**

The following Clerkship Case Presentation & Discussion (CP&D #63&64) session was held on Wednesday, May 31, 2023. Interesting cases were presented by the AAIMS Clerkship students Ramya Vallepu and Sameer Khan.

Case: Cholelithiasis by Ramya Vallepu  
Moderator: Dr. Kirby, General Surgery, May Pen Hospital

Case: Cervical Lymphadenitis by Sameer Khan  
Moderator: Dr. Morris, Pediatrics, Savanna-la-mar Public General Hospital

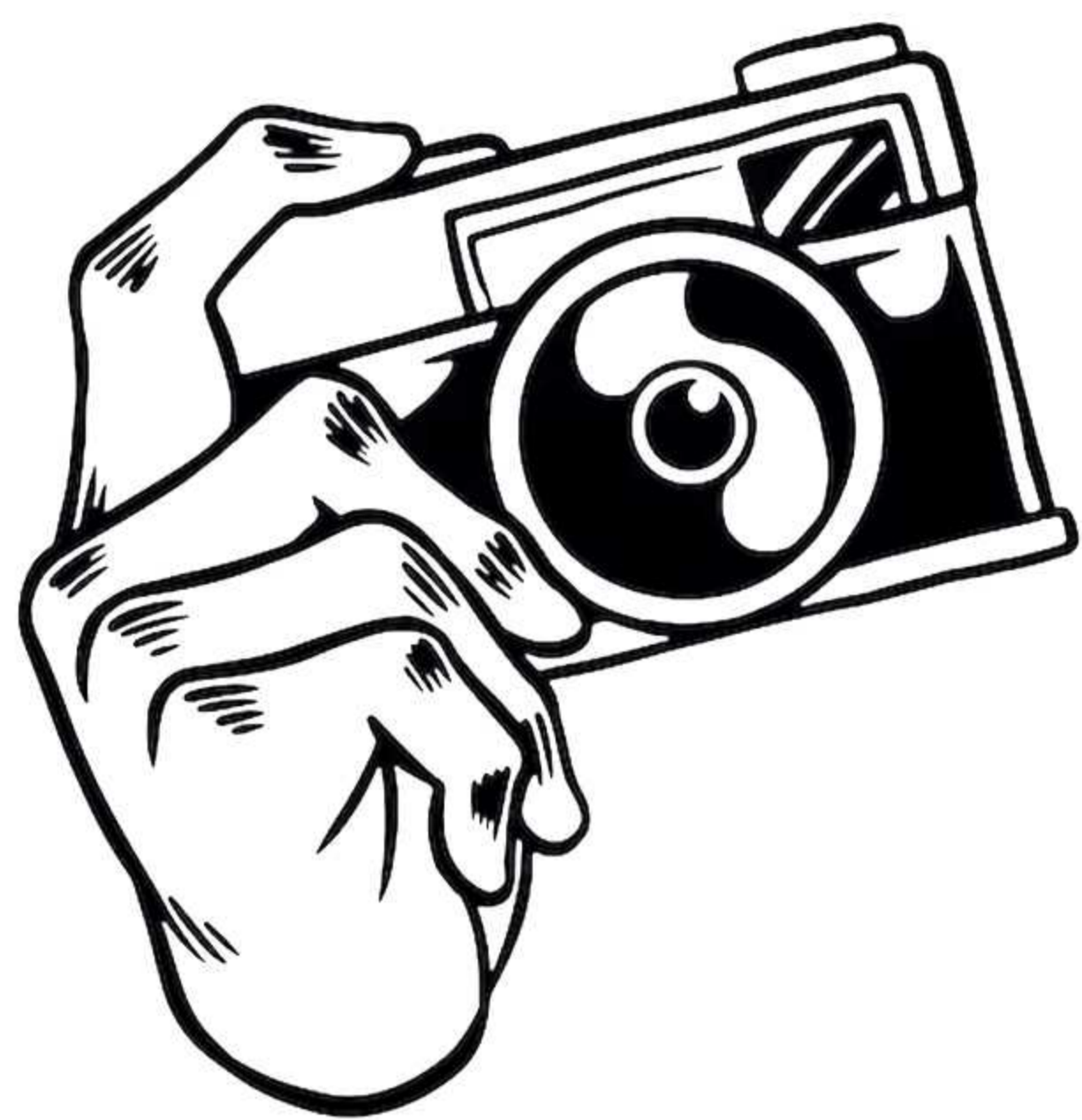
### **Case Presentation & Discussion (CP&D #65&66)**

The following Clerkship Case Presentation & Discussion (CP&D #65&66) session was held on Wednesday, June 21, 2023. Interesting cases were presented by the AAIMS Clerkship students Halcion Ford-Taylor and Silene John.

Case: Thyroid Storm by Halcion Ford-Taylor  
Moderator: Dr. Andrea Johnson, Emergency Medicine, May Pen Hospital

Case: Rhabdomyolysis by Silene John  
Moderator: Dr. Lincoln Cox, General Surgery, Savanna-la-mar Public General Hospital

# Clerkship Photo Gallery



**ClinicalKey Student** is an interactive education platform with a tremendous assessment capability that supports students and faculty by enhancing the learning experience with tools tailored to develop and assess the medical knowledge of aspiring professionals. The reasons to use ClinicalKey Student as a learning resource are outlined below:

**1. It provides access to the most complete and trusted medical content through:**

- ⇒ 200+ acclaimed textbooks covering 50 medical specialties, including Gray's Anatomy for Students and Medical Physiology
- ⇒ 1,500+ quick access summaries of common diseases and topics.
- ⇒ Access to 85,000 high resolution images, unlocked and discoverable for visual learning.
- ⇒ Copyright cleared images
- ⇒ Access to 850+ videos ranging from practical demonstrations of anatomical dissections to instructional clinical examination examples.
- ⇒ Access to 4200+ questions (1,800 in basic science and 2,400 clinical medicine).

**2. It turns information into knowledge by:**

- ⇒ Providing a personalized bookshelf.
- ⇒ Offering flashcard tools.
- ⇒ Note-taking (with OneNote integration) and highlighting.
- ⇒ Sharing notes and learning with students around the globe.
- ⇒ Saving Faculty and student time through the use of the presentation maker tool.
- ⇒ Enhancing lectures using copyright cleared images.
- ⇒ Study anywhere, anytime using the App (online & offline)
- ⇒ Text to Speech to learn on the go.

## Reasons to use **ClinicalKey Student** as a Learning Resource

**3. It improves the learning outcomes of students as:**

- ⇒ Students can self-assess at their own pace.
- ⇒ Get personalized feedback and bench mark themselves with their peers.
- ⇒ Students can customize their tests to focus on their weaknesses.
- ⇒ Students can access weak topics matched to additional learning resources (links to Foundation capabilities).

**4. It gives faculty time back for teaching/research/practice as:**

- ⇒ Faculty can identify struggling students earlier by setting assignments.
- ⇒ Every question comes with in-line remediation, written and vetted by an Editorial Board.
- ⇒ There is instant access to data-driven insights to proactively pinpoint specific areas where students are weak.

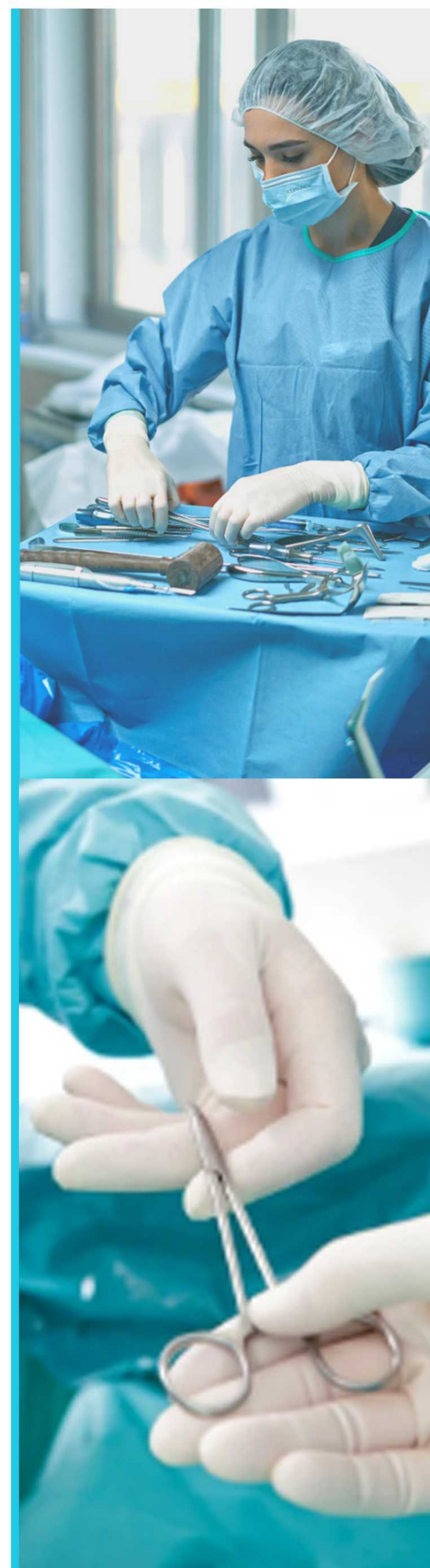
# ClinicalKey<sup>®</sup> Student





## Clinical Faculty

Designation	Preceptor Name	Hospital Location	Department
Chair, IM	Dr. Keith Campbell	May Pen Hospital	Internal Medicine
	Dr. Callistus Lawal	May Pen Hospital	Internal Medicine
	Dr. Lisa Kervin Dawes	May Pen Hospital	Internal Medicine
	Dr. Curtis B. Yeates	Cornwall Regional Hospital	Internal Medicine
	Dr. Maria Walwyn	Cornwall Regional Hospital	Internal Medicine
Chair, Surgery	Dr. Xenophon Kirby	May Pen Hospital	Surgery
	Dr. Dwayne Evon Hall	Cornwall Regional Hospital	Surgery
	Dr. Milton Harry	Cornwall Regional Hospital	Surgery
	Dr. Lincoln Cox	Savanna-la-mar Hospital	Surgery
	Dr. Clive Lloyd	Mandeville Hospital	Surgery
Chair, OBGYN	Dr. Vincent Williamson	May Pen Hospital	OBGYN
	Dr. Aleith Hermans-Keen	May Pen Hospital	OBGYN
	Dr. Wayne Anthony Harvey	Cornwall Regional Hospital	OBGYN
	Dr. Judith Neathly-Roberts	Cornwall Regional Hospital	OBGYN
	Dr. Jefferey Gordon	Cornwall Regional Hospital	OBGYN
	Dr. Dennisford Scarlett	Cornwall Regional Hospital	OBGYN
	Dr. Orlando Russell	Savanna-la-mar Hospital	OBGYN
	Dr. Dwayne Wright	Savanna-la-mar Hospital	OBGYN
	Dr. Orlando Cunningham	Savanna-la-mar Hospital	OBGYN
	Chair, Peds	Dr. Curtis Pryce	May Pen Hospital
Dr. Reem Al-Johar		May Pen Hospital	Pediatrics
Dr. Anona Griffith		May Pen Hospital	Pediatrics
Dr. Carleene Grant-Davis		Cornwall Regional Hospital	Pediatrics
Dr. Kwayne Errol Whyte		Cornwall Regional Hospital	Pediatrics
Dr. Trudy-Ann Thomas		Savanna-la-mar Hospital	Pediatrics
Dr. Ludrick Morris		Savanna-la-mar Hospital	Pediatrics



# Clinical Faculty

Designation	Preceptor Name	Hospital Location	Department
	Dr. Kerry-Ann Barrett	Savanna-la-mar Hospital	Pediatrics
Chair, FM	Dr. Ameya Okori	LightHouse Health Center, May Pen	Family Medicine
	Dr. Soe Nuang	SOE HTWE Medicare, Montego Bay	Family Medicine
	Dr. Tanique Bailey-Small	Cornwall Regional Hospital	Family Medicine
Chair, Psych	Dr. Roger Roberts	May Pen Hospital	Psychiatry
	Dr. Hope Iballaboh	May Pen Hospital	Psychiatry
	Dr. Lisabeth Crossman	Cornwall Regional Hospital	Psychiatry
Electives	Dr. Racquel Gordon	May Pen Hospital	Cardiology
	Dr. Clare Pascoe	May Pen Hospital	Cardiology
	Dr. Andrea Johnson	May Pen Hospital	A&E
	Dr. Gillian Bent-Grandison	May Pen Hospital	A&E
	Dr. Natoya Hall	May Pen Hospital	A&E
	Dr. Brian Masters	Mandeville	Radiology
	Dr. Gavin Harvey	Mandeville	Ophthalmology
	Dr. Selbourne Hemmings	Cornwall Regional Hospital	ENT
	Dr. Clive Mannings	Mandeville Hospital	ENT
	Dr. Roy McGregor	Cornwall Regional Hospital	Urology
	Dr. Mark Sanderson	May Pen Hospital	Anesthesiology
	Dr. Delroy Fray	Cornwall Regional Hospital	Site Coordinator
	Dr. Bradley Edwards	SMO, May Pen Hospital	Site Coordinator
	Dr. Kerry-Ann Barrett	Savanna-la-mar Hospital	Pediatrics
Chair, FM	Dr. Ameya Okori	LightHouse Health Center, May Pen	Family Medicine
	Dr. Soe Nuang	SOE HTWE Medicare, Montego Bay	Family Medicine
	Dr. Tanique Bailey-Small	Cornwall Regional Hospital	Family Medicine
Chair, Psych	Dr. Roger Roberts	May Pen Hospital	Psychiatry
	Dr. Hope Iballaboh	May Pen Hospital	Psychiatry
	Dr. Lisabeth Crossman	Cornwall Regional Hospital	Psychiatry
Electives	Dr. Racquel Gordon	May Pen Hospital	Cardiology



# Clinical Faculty

Designation	Preceptor Name	Hospital Location	Department
	Dr. Clare Pascoe	May Pen Hospital	Cardiology
	Dr. Andrea Johnson	May Pen Hospital	A&E
	Dr. Gillian Bent-Grandison	May Pen Hospital	A&E
	Dr. Natoya Hall	May Pen Hospital	A&E
	Dr. Brian Masters	Mandeville	Radiology
	Dr. Gavin Harvey	Mandeville	Ophthalmology
	Dr. Selbourne Hemmings	Cornwall Regional Hospital	ENT
	Dr. Clive Mannings	Mandeville Hospital	ENT
	Dr. Roy McGregor	Cornwall Regional Hospital	Urology
	Dr. Mark Sanderson	May Pen Hospital	Anesthesiology
	Dr. Delroy Fray	Cornwall Regional Hospital	Site Coordinator
	Dr. Bradley Edwards	SMO, May Pen Hospital	Site Coordinator
	Dr. Alicia Armstrong	May Pen Hospital	Psychiatry
	Dr. Deron Reid	Cornwall Regional Hospital	Cardiology
	Dr. Rafael Fonte Villalon	Cornwall Regional Hospital	Cardiology
	Dr. Brenda Barnes	Cornwall Regional Hospital	Radiology
	Dr. Adriana Hamilton	Cornwall Regional Hospital	Anesthesiology
	Dr. Geoffrey Williams	Cornwall Regional Hospital	Plastic Surgery
	Dr. Harvey Crawford	Cornwall Regional Hospital	Haematology/Oncology
	Dr. Omar Munroe	Cornwall Regional Hospital	Anesthesiology
	Dr. Debbie Tyghter	Cornwall Regional Hospital	Anesthesiology
	Dr. Leighton Perrins	Cornwall Regional Hospital	Anesthesiology
	Dr. Garfield Badal	Cornwall Regional Hospital	Paediatric Surgery
	Dr. C Henny Harry	Cornwall Regional Hospital	Paediatric Medicine
	Dr. Kay Rodgers	Cornwall Regional Hospital	Radiology
	Dr. Bert Rodney	Cornwall Regional Hospital	Orthopaedics
	Dr. Llorenia Muir Green	Cornwall Regional Hospital	Dermatology
	Dr. Preci Hamilton	Cornwall Regional Hospital	Neurosurgery
	Dr. Suman Vemu	SMO, Savanna-lamar Hospital	Site Coordinator
	Dr. Charmaine Scarlett	Cornwall Regional Hospital	Ophthalmology



**Social & Other Events Coverage**

**Triathlon Held on April 27, 2023 Where Our Students Provided Healthcare Services to Participants.**



**Maggotty High School Careers' Day on April 19, 2023**

**Holmwood Technical High school Careers' Day on April 26, 2023**



**Calabash Event head on May 26-28th in Treasure Bach, St. Elizabeth.**

**Social & Other Events Coverage**

Careers' Day at Bigwood Primary School on June 15, 2023.  
School is Located in Mountainside, St. Elizabeth.  
MD Students Vinton and Victor Spoke with the Students about a Career in Medicine.



**Medical Camp  
(BMC Col-  
lege-Santa  
Cruz )**

**Welcoming Freshers**



**Congratulations to Aafiz on winning the Chess Tournament**



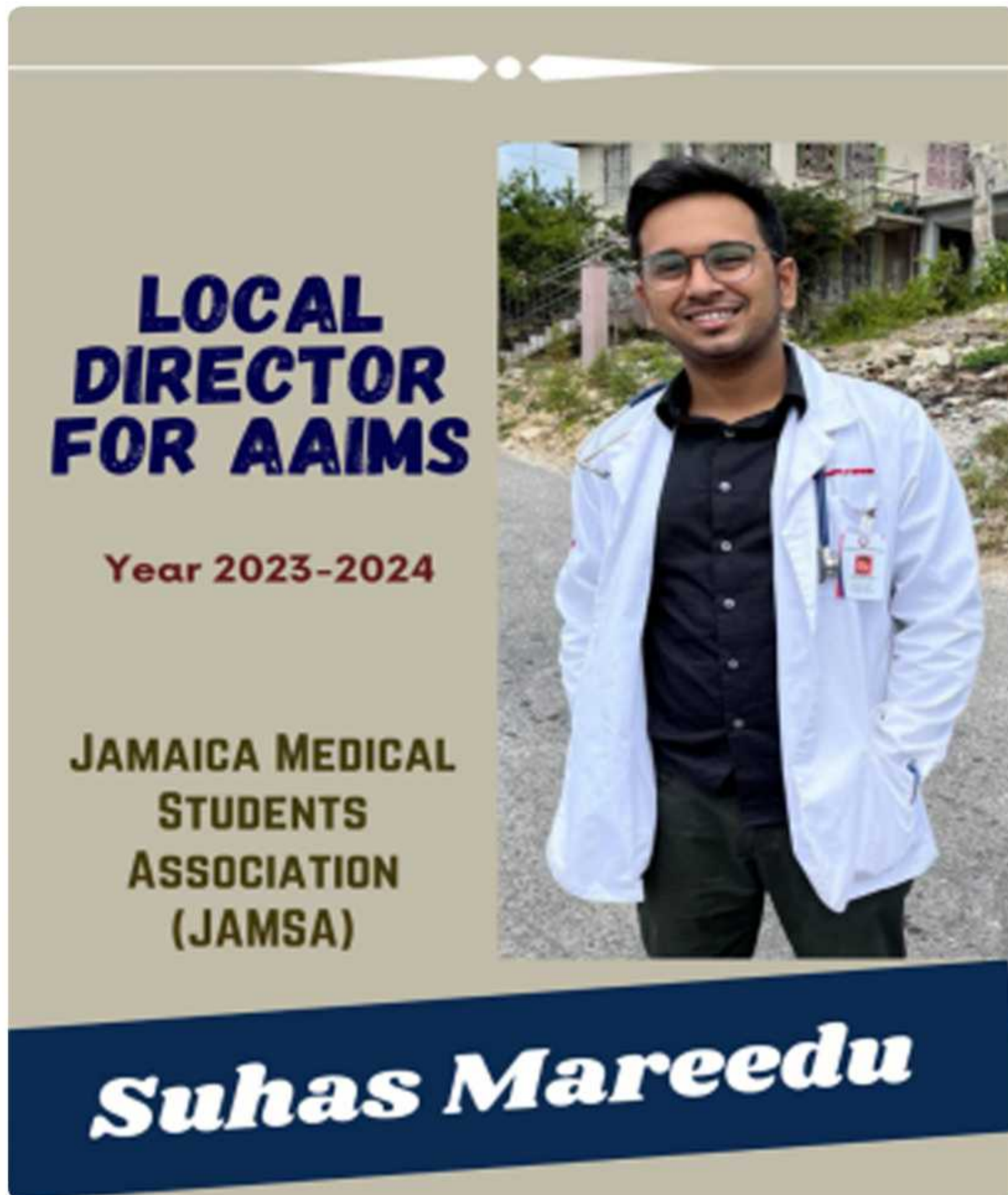
**Labor Day  
Project on  
Campus**



**3-day Camp at Calabash Festival**

Social & Other Events Coverage

JAMSA new Local Director



Medical Camp at St Theresa Catholic Church



Moment of Silence for 8-Year-Old Killed



Surgical Camp on Campus





## Student Guild Association Election Ceremony 2023

The annual Student Guild Association election was held in both virtually and in person on April 13, 2023. The ceremony was streamed live from the auditorium on the campus. During the ceremony, the opening remarks were given by Ms. Tulasi Bommaboyena, Outgoing SGA President. Ms. Brown was the moderator for the evening and she allowed each candidate to deliver their election speech based on the portfolio they were vying for as follows:

Student Guild Association Election Portfolios	Name of Candidates
Presidential Candidate	Deva Kumaran Raj
1 <sup>st</sup> Vice Presidential Candidates	Vinton Vaz, Dhillip Dhamodharan
2 <sup>nd</sup> Vice Presidential Candidate	Melvin Xavier
Executive Secretarial Candidate	Jerold Prabhahar
Treasurer	Dharun Sivabal
Public Relations Candidate	Zenita Klass
Entertainment & Cultural Affairs Chairperson	Rohitha Shibu
Sport's Coordinator Candidate	Jayanth Vimal

In this election, None of the Above (NOTA) was placed beside each portfolio having only a single candidate. After the candidates gave their campaign speeches, the closing remarks were then given by Sri Vaishnavi Deshmukh, the outgoing 2nd Vice President. The voting forms were then emailed to each student. There was a fifteen (15) minute intercessory period during which all students were allowed to vote virtually for the candidate of their choice. After the voting had subsided, the ceremony resumed in real time and the results were announced by the moderator to the student body. After the newly appointed SGA office bearers were announced, they were all sworn in by Ms. Tulasi Bommanaboyena by reciting the oath written in the Guild Constitution.

Kindly See the Newly Appointed Office Bearers Below :



**WE THANK YOU**



## **Introducing the SGA Executive Body 2023-2024**

1st Vice President / Acting President  
**Dhilip Dhamodharan**

2nd Vice President  
**Melvin Xavier**

Executive Secretary  
**Jerold Premkumar**

Treasurer  
**Dharun Sivabal**

Public Relations Officer  
**Zen Klass**

Entertainment & Cultural Affairs Chairperson  
**Rohitha Shibu**

Sport's Coordinator  
**Jayanth Vimal**

Thanks for Choosing us to Represent You

We will be working collectively to enhance the students experience at AAIMS.  
Looking forward to serving you.



# The Science of Successful Learning

## Embrace difficulties

The more effort required to retrieve, the more learning takes place.

STEP 01



## Avoid illusions of knowing

Familiarity is not mastery. We are drawn to immediate, short term gains, not slower, effortful, long term retention.

STEP 02



## To learn, retrieve

Periodic practice and testing strengthens retrieval routes. Test yourself rather than constantly re-reading notes.

STEP 03



## Space it out, mix it up

When testing yourself, variety, and a little time to forget, raises the challenge of retrieval and results in greater retention.

STEP 04

## Move beyond learning styles

We have multiple intelligences and by drawing on a wide variety, you improve retention.

STEP 05



## EFFECTIVE LEARNING METHODS

If you want to remember six super-effective learning strategies, just think of RIVERS.

<p>1</p> <p><b>RETRIEVAL</b></p> <p>Repeatedly retrieving concepts from memory is one of the best ways to learn them.</p>	<p>2</p> <p><b>INTERLEAVING</b></p> <p>Switching between related learning tasks in a single session can help solidify learning.</p>	<p>3</p> <p><b>VARIED PRACTICE</b></p> <p>Practicing the same skill in different contexts, and at varying levels of difficulty, can enhance learning.</p>
<p>4</p> <p><b>ELABORATION</b></p> <p>If you want to learn something in depth, try explaining and describing ideas with many details and multiple examples.</p>	<p>5</p> <p><b>REFLECTION</b></p> <p>Reflecting on new learning and questioning what you think are how you build new knowledge.</p>	<p>6</p> <p><b>SPACED REPETITION</b></p> <p>When you learn a new concept or fact, make sure to revisit it every once in a while to make sure that it sticks in your memory.</p>

## STUDY HABITS AND TIPS !

### ❖ Prepare a Proper Study Place !

The place might be anywhere which is rid of unnecessary items around you. Make sure you are having a natural light.

### ❖ Shorter Study Sessions !

Instead of sitting for longer hours, short study sessions help in a way to learn better. It helps to relax your brain and helps to retain more information.

### ❖ Make a Routine !

Whether you are studying for 30 minutes or 40 minutes or 1 hour, make sure that you are doing it daily. The routine will become your habit and your brain responds to routine works well.

### ❖ Set a Goal !

Write on a piece of paper what exactly what you are going to study today and focus on that specific area or subject. This way of doing will gives you more energy to complete it.

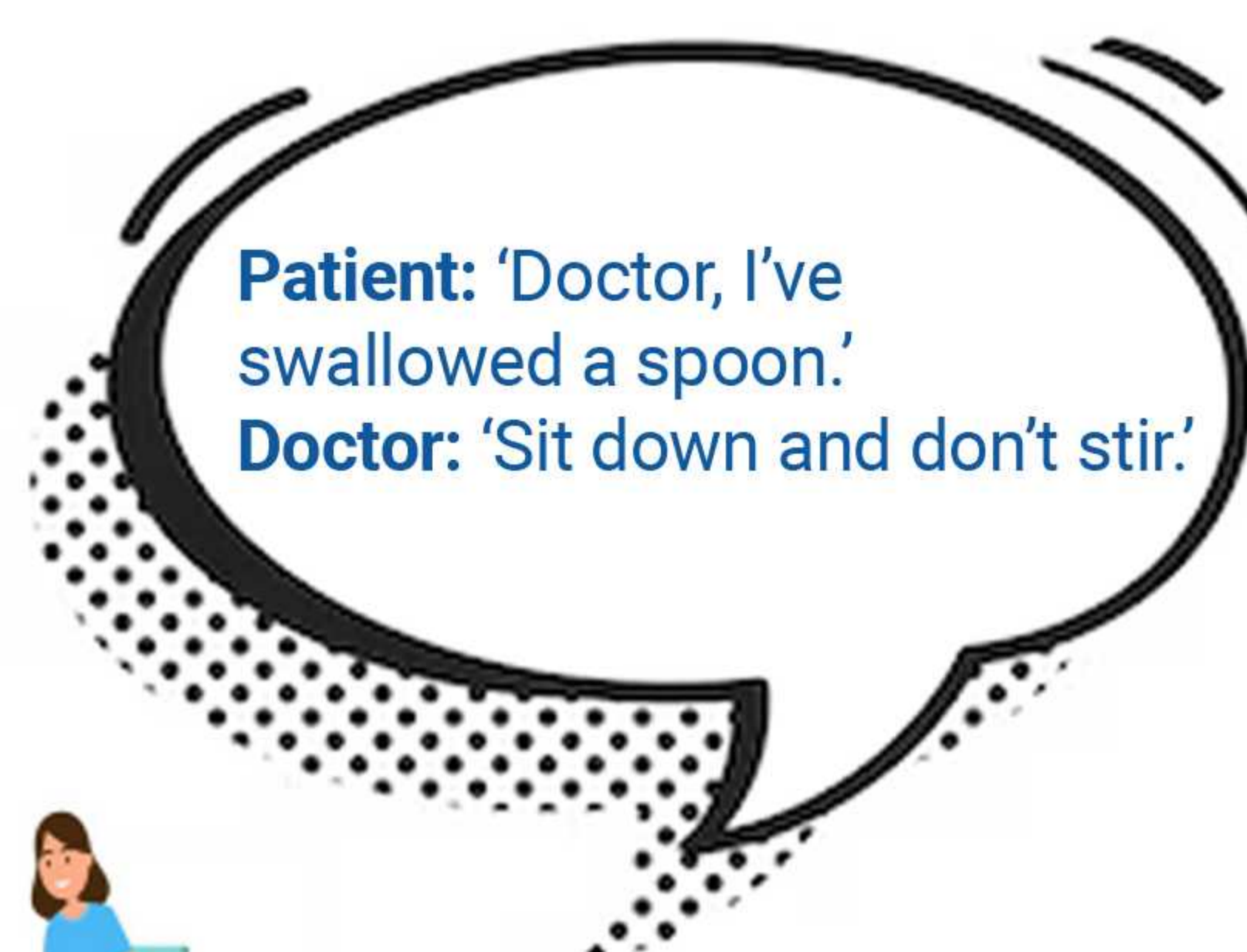
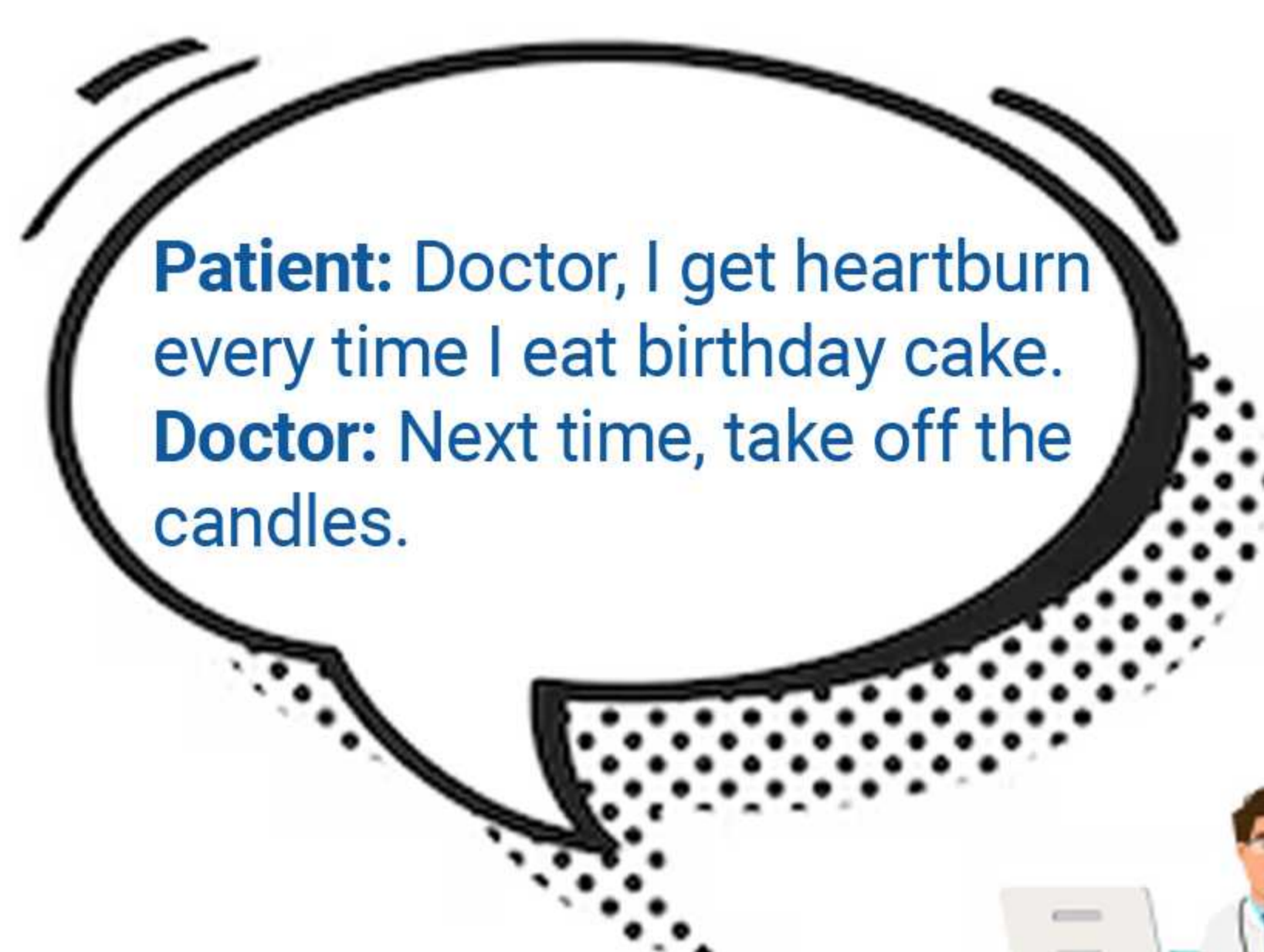
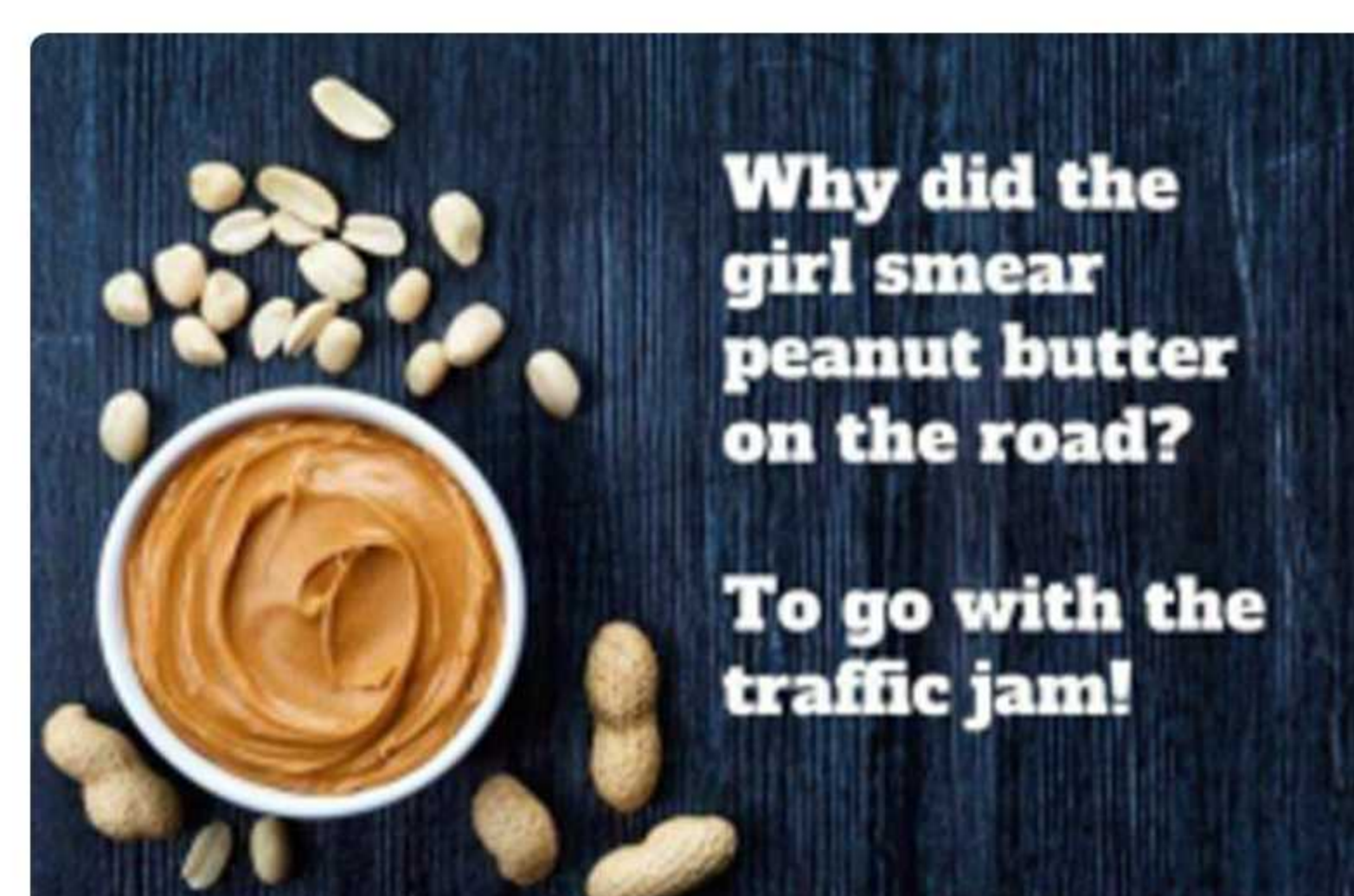
### ❖ Use Flashcards !

Make flash cards while studying. This will take less time when you want to revise a topic with in short study sessions with greater results.

### ❖ Teach Others or Yourself !

After learning each topic, try to teach yourself by looking at the mirror or teach a friend. Talking out loudly about the topic makes our brain to retain information better.

## JOKES AND FUN CORNER !



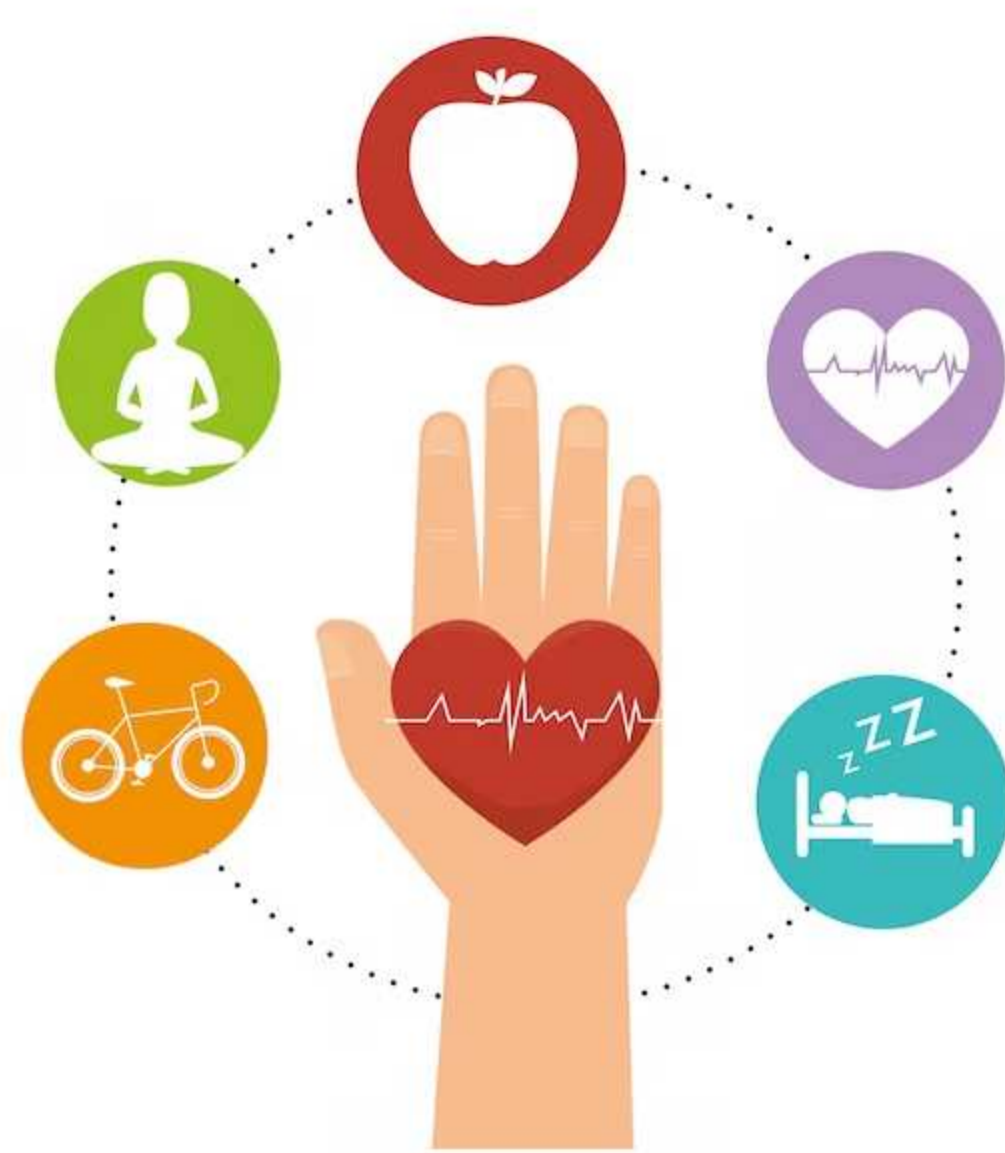
### Preclinical Questions

A 68-year-old female makes an appointment with her family physician for evaluation of right areolar pain and nipple discharge for 2 weeks. On physical examination, the nipple has multiple fissures and mild erythema, but is otherwise normal in appearance. A firm, non-tender, fixed 1 x 1 cm sub-areolar mass is palpated. A shave biopsy of the nipple revealed large cells with pale-staining cytoplasm and prominent nucleoli. Histologic evaluation of the shave biopsy revealed what cell type that is the hallmark of this disease?



While playing football with neighbors, a 43-year-old male was struck in the chest by the football and had the sudden onset of dyspnea. He was transported to the hospital by ambulance. In the ED the physical examination revealed diminished breath sounds on the left, absent tactile and vocal fremitus, and hyper-resonant percussion. The laboratory findings, including D-dimer and troponin levels, were normal. An upright radiograph revealed a white visceral pleural line. What is the most likely diagnosis?





## HEALTH TIPS !

### Exercise !

Keeping your body healthy and in shape is important. It doesn't have to be extreme either! It might be walking to a class, cycling or jogging. It not only keeps your body active but also your brain.

### Eat right !

Without proper food, your brain would not work properly. For this reason never skip a meal that would be breakfast/ lunch/ snack/ dinner.

### Keep your nutrition up !

Good nutrition is an important part of a healthy life to protect you from sickness. Eat Vitamin C-rich foods to boost your immune system to help repulse flu and infection.

### Try to stick to your typical sleep schedule !

Sticking to your sleep schedule will improve your quality of sleep. Studies have shown that irregular sleep schedules can lead to poor sleep quality, fatigue, poor eating habits, and daytime sleepiness that can take time to reverse. Avoid this by going to bed and waking up as close to the same time as you usually do.

### Drink plenty of water !

Hydration is a very important part of being healthy. Keep your hydration levels up by drinking 6 to 8 cups of water a day. Warm water gets your blood circulation going, which leads to a strong immune system that can protect you against getting infections and allergies.

### Relax !

Hectic schedule makes you stressed out easily. Relaxing yourself by taking breaks from your work is necessary for you to work more efficiently. Meditation is the best way to relax. It provides peace of mind improves concentration, memory power and helps to cope up with your stress.



	APRIL
Mukesh Lal	2 <sup>nd</sup>
Earl Samuels	5 <sup>th</sup>
Cecile Anderson	12 <sup>th</sup>
	MAY
Isheka Walters	20 <sup>th</sup>
Neckeisha Abrahams	23 <sup>rd</sup>
	JUNE
Rupert Miller	24 <sup>th</sup>



The Journal Club meets once every three (3) weeks to critically evaluate articles in the academic literature, such as the scientific literature and medical literature. The main objective of the Journal club is to educate the students to make them become more familiar with the advanced literature in the medical field. The journal topics of the club sessions and presenters for the months of May to June 2023 are outlined below:

**May 2023**

Imposter Phenomenon in US Physicians Relative to the US Working Population by Chad-Solomon Dixon.

**June 2023**

Polypill Strategy in Secondary Cardiovascular Prevention by Diksha.



**Lecturio is a leading international e-learning platform for medical video education, serving students as well as universities and medical institutions.**

Dr. Peter Horneffer,  
of the Executive Dean of the All American  
Institute of Black River, St. Elizabeth, has been  
instrumental in introducing this

**flipped-classroom approach to the  
curriculum.**

It provides an advantage for medical students preparing for the USMLE and includes features such as:

Video lectures, extra reading material, and question banks with a wide range of MCQs. Video lectures are conducted by the professors in a simple and understandable format. The extra reading material provided by Lecturio can be used for revision, as well as the questions, which are given after each video lecture. The question bank also provides video links for each question, so that students can learn from previous mistakes. This platform is a valuable asset for any aspiring medical student.

## What is Flipped learning?

### The Four Pillars of F-L-I-PTM

**F-Flexible Environment**

**L-Learning Culture**

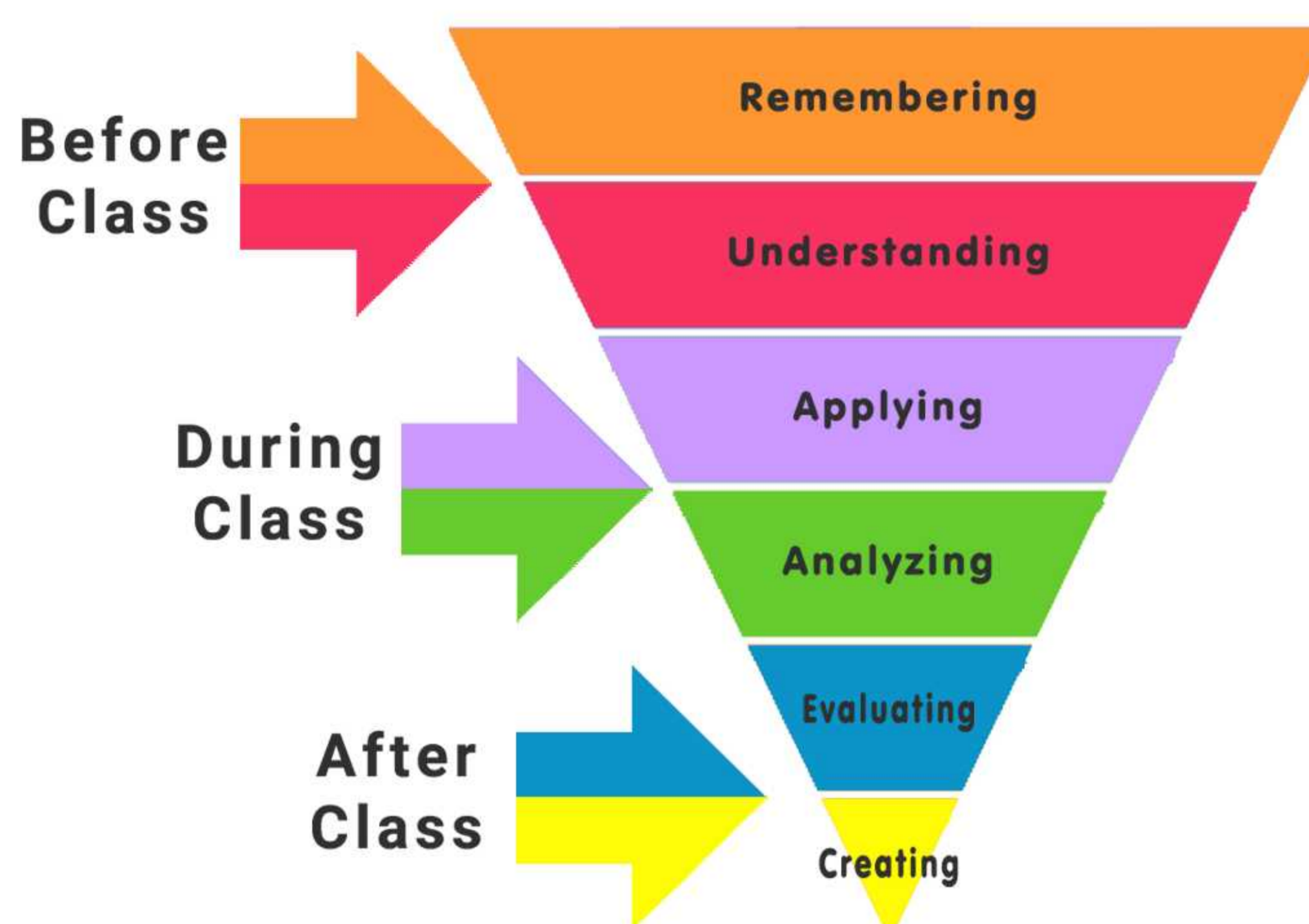
**I-Intentional Content**

**P-Professional Educator**

### Fitting with the revised Bloom's Taxonomy

In traditional learning, a lower level of learning such as remembering and understanding happens in the classroom, while students are usually left to work on activities that involve a higher level of learning outside of the classroom. However, in the flipped classroom model, learning is flipped. As you can see from the pyramid, students can finish the lower level of cognitive work before class. Then, when they come to class, they can engage in higher cognitive levels of learning with their peers and teacher present.

### Bloom's Taxonomy



Sources:  
1. <https://omerad.msu.edu/teaching/teaching-strategies/27-teaching/162-what-why-and-how-to-implement-a-flipped-classroom-model>  
2. <https://cdn.vanderbilt.edu/vu-wp0/wp-content/uploads/sites/59/2010/06/12092513/BloomsTaxonomy-mary-forehand.pdf>



**Elaborate by:**

- 👉 Synthesizing ideas in your own words.
- 👉 Teaching them to someone else.

**Generate by:**

- 👉 Attempting to solve a problem before being shown the solution. Giving your best guess – then correct.

**Reflect on your learning experiences, by determining:**

- 👉 What went well
- 👉 What could have gone better

**Calibrate by :**

- 👉 Using tests to objectively and periodically gauge your level and progress.
- 👉 Treating calibrations like actual tests, do them – don't skate over them.

Author : *Peter Brown*

**Use Mnemonics:**

- 👉 Find or create mnemonic devices to learn information.
- 👉 Learn mnemonic systems to greatly increase your ability to memorize new things.

**Be optimistic, as:**

- 👉 Learning needs striving, striving leads to setbacks and set-backs lead to learning.

**Spaced Repetition by:**

- 👉 Establishing a regular, low-stakes, self-quizzing schedule, by adjusting gaps from a few minutes, to a few days, to once a month.

**Interleaving by:**

- 👉 Studying more than one type of problem within a topic at a time and scattering new problem types throughout your practice schedule.



**Upcoming Events - AAIMS Academic Calendar**

AAIMS Academic Calendar	
2023 Quarter 2: April 11, 2023 - June 23, 2023	
Activity	Date(s)
Final Registration & New Student Orientation	Monday - Wednesday, April 3-5, 2023
Public Holiday: Good Friday	Friday, April 7, 2023
Public holiday: Easter Monday	Monday April 10, 2023
First Day of Classes	Tuesday, April 11, 2023
<b>First Cumulative Exam</b>	<b>Monday, May 8, 2023</b>
<b>Public Holiday: Labour Day</b>	<b>Tuesday, May 23, 2023</b>
Second Cumulative Exam	Monday, June 5, 2023
<b>Registration Opens for the Next Term</b>	<b>Tuesday, June 6 - Monday June 19, 2023</b>
<b>Diploma Date for MD</b>	<b>Friday, June 16, 2023</b>
Last Day of Classes	Friday, June 16, 2023
<b>Coursework Grades Finalization Deadline</b>	<b>Monday, June 19, 2023</b>
<b>End Term Exams</b>	<b>Tuesday - Friday June 20-23, 2023</b>
<b>End Term Break (1 week)</b>	<b>June 24-July 2, 2023</b>
Final Registration for the Next Term	Monday - Thursday, June 26-29, 2023
<b>Next Term Begins</b>	<b>Monday, July 3, 2023</b>

Shedule of Major Exams & Progressions 2023 Quarter 2	
Internship Application Window	April 1-15, 2023
IFOM 1 Exam (CS Students)	Monday, April 24, 2023
OSCE	Wednesday, May 24, 2023
IFOM 2 Exam (CS Students)	Monday, June 12 2023
IFOM 1 Exam (Newly Completed BS Students)	Monday, March 13, 2023
<b>Transitions to Clerkships Starts</b>	<b>Monday, June 26, 2023</b>
<b>Transitions to Clerkships Ends</b>	<b>Friday, July 7, 2023</b>
<b>IFOM 1 Exam</b>	<b>End June, TBD</b>
Hospital Rotations Start for New Clerkship Students	Monday July 24, 2023

AAIMS Academic Calendar	
2023 Quarter 3: July 3, 2022 - September 15, 2023	
Activity	Date(s)
Final Registration & New Student Orientation	Monday - Thursday, June 26-29, 2023
First Day of Classes	Monday, July 3, 2023
Public Holiday : Emancipation Day	Tuesday, August 1, 2023
<b>First Cumulative Exam</b>	<b>Monday, July 31, 2023</b>
Public Holiday: Independence Day	Celebrated Monday, August 7, 2023
<b>Second Cumulative Exam</b>	<b>Monday, August 28, 2023</b>
<b>Registration Opens for the Next Term</b>	<b>Tuesday, August 29 - Monday, September, 2023</b>
Last day of Classes	Friday, September 8, 2023
Coursework Grades Finalization Deadline	Monday, September 11, 2023
<b>End Term Exams</b>	<b>Tuesday - Friday September 12-15, 2023</b>
<b>End Term Break (1 week)</b>	<b>September 16-24, 2023</b>
Final Registration for the Next Term	Monday - Thursday, September 18-21, 2023
<b>Next Term Begins</b>	<b>Monday, September 25, 2023</b>

Shedule of Major Exams & Progressions 2023 Quarter 2	
EBSCE (BS + CS Students)	Monday, July 3, 2023
<b>Transitions to Clerkships Starts</b>	<b>Monday, July 17, 2023</b>
<b>Transitions to Clerkships Ends</b>	<b>Friday, July 28, 2023</b>
Hospital Rotations Start for New Clerkship Students	Tuesday, August 8, 2023
<b>ECSCE Exam</b>	<b>Friday June 30 or Monday July 10 or 17th</b>
<b>EBSCE - BS Students (+ any CS Students)</b>	<b>Tuesday August 29, 2023</b>
<b>Transitions to Clerkships Starts</b>	<b>Monday, September 18, 2023</b>
<b>Transitions to Clerkships Ends</b>	<b>Friday, September 29, 2023</b>
Hospital Rotations Start for New Clerkship Students	Tuesday, October 17, 2023



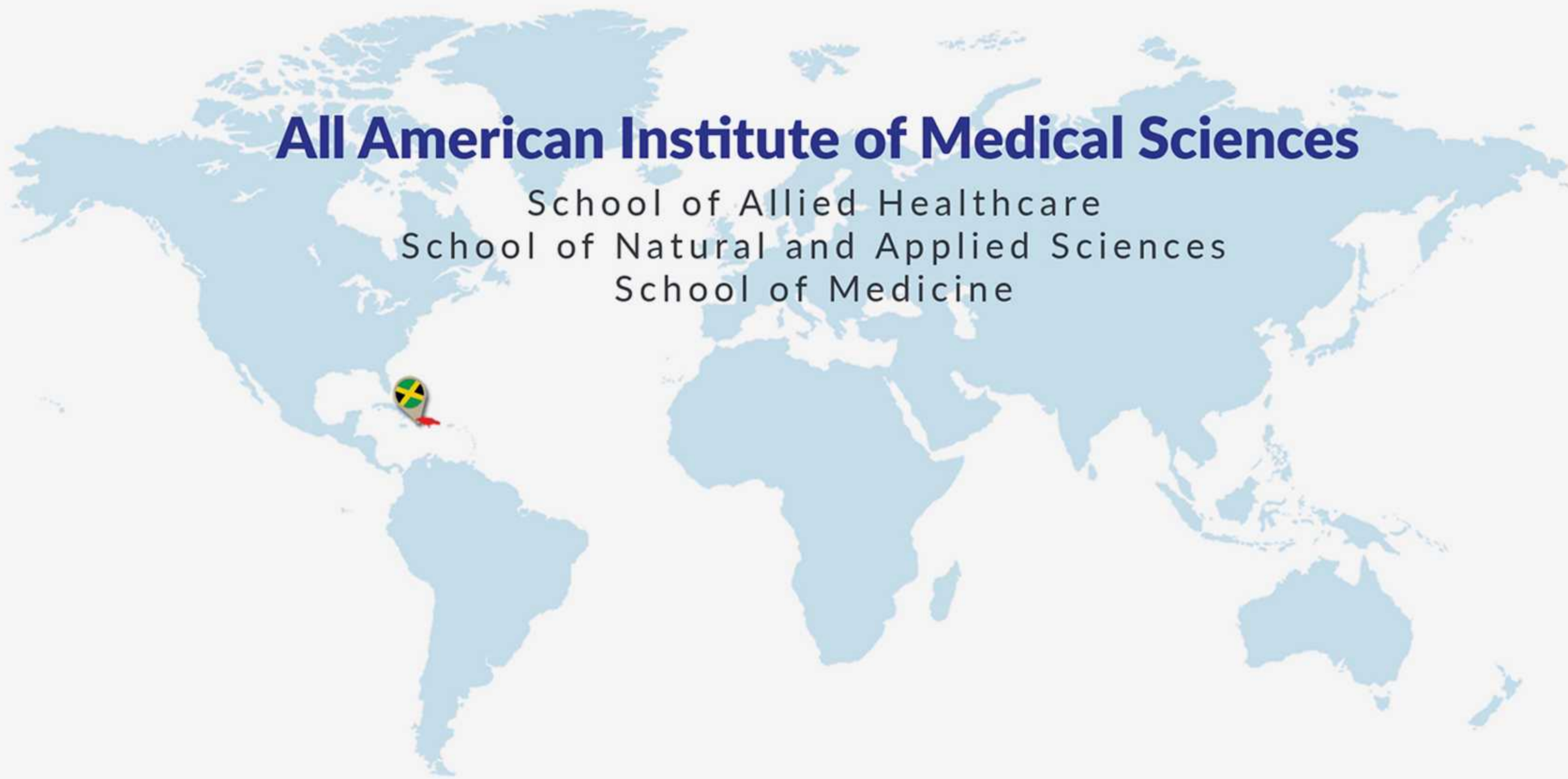


**Upcoming Events - AAIMS Academic Calendar**

AAIMS Academic Calendar	
2023 Quarter 4: September 25, 2023 - December 8, 2023	
Activity	Date(s)
Final Registration & New Student Orientation	Monday - Thursday, September 18-21, 2023
First Day of Classes	Monday, September 25, 2023
Public Holiday : National Heroes Day	Monday, October 16, 2023
First Cumulative Exam	Monday, October 23, 2023
Second Cumulative Exam	Monday, November 20, 2023
Registration Opens for the Next Term	Tuesday, November 21 - Monday, Dec, 2023
Last day of Classes	Friday, December 4, 2023
Coursework Grades Finalization Deadline	Monday, December 4, 2023
End Term Exams	Tuesday - Friday December 5-8, 2023
Graduation Day (Diploma Date)	Sunday, December 10, 2023
End Term Vacation Break (5 weeks)	December 11, 2023 - January 14, 2024
Final Registration for the Next Term	Monday - Thursday, January 8-11, 2024
Next Term Begins	Monday, January 15, 2024

Schedule of Major Exams & Progressions 2023 Quarter 2	
Internship Application Window	October 1-15, 2023
ECSCE	Monday, October 2, 2023
OSCE Exam	mid - November 2023 - TBD**
Hospital Rotations Start for New Clerkship Students	Tuesday, October 17, 2023
EBSCE (Newly Completed BS Students)	Tuesday, November 21, 2023
Transitions to Clerkships Starts	Monday, December 4, 2023
Transitions to Clerkships Ends	Friday, December 15, 2023
EBSCE 6-Month Ending Exam	Monday, December 18, 2023?, or Allow them to do it in Late Jan/Early Feb Along with those for the Regularly Scheduled EBSCE
Hospital Rotations Start for New Clerkship Students	Monday Monday, January 8, 2024

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66 High Street,  
Black River,  
Jamaica,  
West Indies.  
Tel: 1 876-634-4068

### Kingston Campus

30 Shortwood Rd,  
Kingston 8,  
Jamaica, West Indies.  
Tel: 1 876-924-0952

### Mandeville Campus

Horizon Bldg, 3 1/2 Caledonia Rd,  
Mandeville,  
Jamaica, West Indies.  
Tel: 1 876-616-7799

