

Citations and revelations: inside our Journal Club

Anjali Rameshwaran and Freya Hanson

Year 1, Medicine, University of Bristol

Email: Anjali qg24185@bristol.ac.uk & Freya bs24895@bristol.ac.uk



In a world where deadlines loom and group projects haunt our dreams, INSPIRE Bristol student ambassadors said *no more* to isolated reading and *yes please* to lively debate, collective eye-rolls at dodgy research design, and bonding over baffling abstracts.

That's how our Journal Club was born — part think tank, part therapy session, part pizza-fuelled chat fest.

Who are we?

An eclectic group of Bristol med, dental and veterinary students who gather on a monthly basis to discuss a chosen article, combined with some pizza and controversial opinions (follow our insta @inspirebristol to stay up to date with journal club dates).



What do we do?

- Pick a journal article
- Break it down: methods, results, analysis etc
- Ask big questions like "Was this even proofread?!"
- Leave knowing a bit more about critical appraisal, different methodologies and what the paper actually adds to the world

We realised that motivating oneself to sit down and read an academic paper alone in a uni room for fun, was a feat harder than climbing Everest. Because reading alone is fine. But reading together? That's where the magic (and laughter) happens.

- Love research but hate reading in isolation
- Have ever wanted to embrace your inner nerd and want to read research papers but could not be bothered
- Want to build confidence in understanding complex ideas
- Appreciate good banter and rogue research topics
- *And to sweeten the deal*, we have some exciting speakers coming along to some of our future sessions...



**Anjali
Rameshwaran**



**Freya
Hanson**

Hi! Our names are Anjali and Freya, and we are currently first-year medical students at the University of Bristol! This first year of getting immersed into university life and all things medicine has been incredibly exciting and really piqued are interests into all the different avenues and possibilities that medicine encompasses. One of the highlights of this year has been joining the INSPIRE student ambassador team as the INSPIRE Bristol social media reps. This has been a lovely creative outlet, and it's wonderful to promote all the great events and opportunities happening this year. Another highlight was helping to set up and run the INSPIRE Bristol journal club. In fact, we ran the first session where we read a riveting article about the use of AI in answering public health questions. We would love if everyone followed INSPIRE Bristol along and joined the journal club!

Photos provided by Inspire Bristol Journal Club

The Inspire Podcast

ACADEMIA IN A LANGUAGE EVERYONE CAN UNDERSTAND

Tune in!!

Eunice Pak
Senior Editor of the Inspire Journal

Patty Rivera
Co-Founder and Director of the Heart at Play Foundation