LEARNING RESOURCE CENTER

Office of Professionalism, Accountability & Assessment
The Transition to Medical School

“It’s like standing in front of a fire hose for a drink of water.”

“I had to try a few different, new study techniques in order to learn the material instead of just memorizing for the test... be open to new study strategies and don’t get discouraged when one doesn’t work — use or adjust so it works for you.”

“Make sure you study with classmates, we all come to med school with different backgrounds and we can all help each other out with our different strengths. You worked hard to be here, don’t stress out and let these years pass you by — relax, take a deep breath and enjoy being here!”
Reflect on your learning styles

What strategies will fit you best as a medical student?

- Group Learner
- Individual Learner
- Hand-written note taker
- Computer note taker
- Outline format
- Powerpoint previewer
- Podcasts
- Tablet applications
- Concept maps/diagrams
- Partner quizzing
- Mnemonics, roman rooms
- Be an active learner
“In medical school the material comes at you a million miles an hour, but all of it is interesting and fun. Classmates work together, instructors are very willing to help, and there are ample resources available for students.”
Resources

- Tutoring (it’s free!)
- Learning Resource Center (drop in or appointments)
  - Test taking/study strategies
- Classmates (get help/give help)
- Instructors
- Wellness Services – Dr. Jan Terpstra
- Center for Disability Services (CDS)
Time Management

- Create time by organizing time
- Being organized reduces stress and anxiety
- Prioritize and postpone
- Do time inventories and make adjustments
- Plan time for exercise and leisure
Know what is ahead!

- USMLE Step 1 (taken between your 2\textsuperscript{nd} and 3\textsuperscript{rd} year)
- What can you do now?
  - Get *First Aid for the USMLE Step 1* use as a supplement to curriculum texts and material
  - Study Folder with class resources
  - Identify challenging areas
First Aid for the USMLE Step 1

• Offers high yield information in most subjects covered on Step 1
• It provides an outline-format review in “skeletonized” form
• It requires annotation and supplemental material from Phase 1 and 2 units
• Consider getting it three hole punched or bound
Ask yourself...

Got Balance?
You can do it!
Professionalism / Accountability

Why is it important to talk about professionalism?

Public and patients

Profession

You
Who can you depend on?

What kind of doctor will you be?

Who do you want working at your side in a medical emergency?

Who do you want as your physician or the physician of your loved one?
Where does professionalism fit?

Professionalism

(what you do, how you act)

Clinical Competence

Ethical and Legal Foundations
Medical Knowledge, Communication Skills
Professionalism Tenets

Learning Professionalism – multistage, iterative process

Professionalism = Clinical competence expressed through the tenets of
- Excellence
- Accountability
- Altruism
- Humanism
Excellence and Accountability

Excellence
  Commitment
    to competence
    to exceed ordinary expectations
    to lifelong learning

Accountability
  Self regulation
  Responsibility
  Physician-Patient relationship contract
Altruism

Decisions and actions are guided by the best interests of the patient, not of self

Humanism

Concern for, and interest in humankind
Respect, compassion, empathy, honor, integrity
Applying the Tenets of Professionalism

Adhere to the highest standard of integrity, honesty

Fulfill your responsibilities

Seek help when necessary

Be on time, dress professionally

Treat everyone with respect, be respectful in all communications
Learn to deal with high levels of complexity and uncertainty

Learn to manage stress—demands on your time and talents will increase

Reflect upon your experiences, actions & decisions
It is necessary

When a student fails, appropriate constructive criticism is necessary

A painful evaluation is not, by definition, abusive

Feedback should promote learning and avoid humiliation
Patients and Medical Students

Tell patients that you are a medical student

Maintain patient confidentiality and that of faculty & colleagues

Do not exploit patients
Be that Physician

Your behavior = profession’s contract with community
adhere to highest ethical & moral standards

Continuous commitment to excellence & scholarship
honesty, integrity, compassion, empathy, respect, trustworthiness

Exercise accountability for yourself and colleagues
Remember – you are going to love this next bit....

School’s not bad, but the bits between playtime are a bit annoying

Work hard
Work consistently
Maintain high standards
Maintain a sense of humor
You can’t fail if you don’t try
You will make mistakes
You will fail
You will succeed
You will learn from all of it (but mostly from the mistakes)