

Wellness Story of the Month

KENDALL JENKINS



March 2023

Reflections from Kendall, M3

One of the most rewarding assignments I ever did was to write a failure resume. At first I was embarrassed by all the things I hadn't been able to do, but then I realized **these failures had opened up doors for things that I actually enjoyed so much more.** Step 1 studying is very similar.

Everyone studies for Step differently and it all feels so high stakes. You are going to choose a resource or method that a friend swears by, get two days into it, and realize it's not for you. And that's okay. Over time, you'll know what works for you.

Your Step 1 and medical school journey is going to be full of mini failures - things that didn't go according to plan, things that you had to adjust for. **I realized what was woven invisibly through my resume was all the non-academic stuff that kept me going.** I.e., talking to my friend (different major, hated science), going for coffee, making a really nice dinner, building in time to workout.



Check out these **5 Meditations to Cope with Stress**

It can be easy to get caught up in your daily failures. **You have to realize that these little failures are okay, and may be a sign to step away for a moment to take care of yourself.**

If you get stuck, look to a SAO Dean or upperclassman. Don't get hung up on what your classmates are doing - everyone is running their own race.

You are a person outside your academics and it's important not to lose your identity. Most of all, **don't be afraid of your failures, as sometimes they will teach you more about yourself than your wins.**

