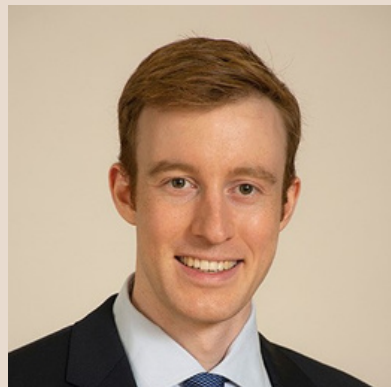


Q&A

with the 4th Years



Top Row (Left to Right): Maddie Stewart, Ke Xu, Kirsten Mojziszek
Bottom Row (Left to Right): Kenya Homsley, Michael Groot

»» How to Maintain Social & Intellectual Belonging in Clinic



Chobanian & Avedisian School of Medicine
Student Affairs

How to Maintain Social & Intellectual Belonging in Clinic

WHAT WAS YOUR FIRST DAY IN CLINIC LIKE? HOW DID YOU FEEL?



Michael Groot

"On my first day, it felt like everything was up to me. I needed to find the location within the hospital, figure out what to do with my backpack, where to sit, etc. In reality, residents, nurses, and the attending were all helpful and understood that it was my first day. When I told someone it was my first day, they immediately eased up and made me feel relaxed."



Kirsten Mojzisek

"I was incredibly nervous! I didn't know what would be expected of me, I was worried about not knowing answers, and I am chronically lost when it comes to navigating new buildings. When I got there, my attending was kind and didn't really expect anything from me other than showing up and being ready to learn! Just showing a little enthusiasm for learning will go a long way and the rest will fall into place as you get more experience."

How to Maintain Social & Intellectual Belonging in Clinic

HAVE YOU THOUGHT ABOUT HOW SOCIAL AND INTELLECTUAL BELONGING ARE IMPORTANT?



Maddie Stewart

"Third year is a really difficult time to feel like we belong; we are constantly switching clinical sites and specialties. We are working with so many different people who have different capacities to invest time into us. I think it's really helpful to build relationships with your classmates who are on the rotation or at the site with you - get lunch together, vent, make a new friend :)"



Ke Xu

"As an MD/PhD student, I would always stop by my lab to update my mentors and lab members after finishing shelf exams or having a hard day on rotation. This helped me feel right at home and kept me grounded, particularly after many of the most memorable/gratifying/challenging days."

How to Maintain Social & Intellectual Belonging in Clinic

WERE THERE SPECIFIC TASKS THAT HELPED YOU FEEL VALUABLE TO THE TEAM?



Kenya Homsley

"Identifying "medical student friendly tasks" that I could take on gave me a sense of belonging, whether that be following up on labs, imaging, paging consult teams, looking up info/guidelines etc. As you are rounding it is helpful to make note of what needs to be done for not only your patients, but all the patients on your list and then take the initiative to take on the tasks that you can do."



Kirsten Mojzisek

"One of the amazing things medical students can do that not a lot of other providers can do, is take extra time with the patient and their families. No matter what rotation you're on, you can take that extra moment to answer questions from the patient and their family or get to know the patient as a person. Not only will it mean a lot to the patient, it can help build a sense of trust between the medical team and the patient."

How to Maintain Social & Intellectual Belonging in Clinic

ANY ADVICE ON HOW TO GET THE MOST OUT OF YOUR EXPERIENCE WITH YOUR EDUCATOR?



Michael Groot

"Talk to the resident/attending about your goals before clinical session when possible. By making your goals clear, it allows the preceptor to give you real-time feedback about your goals after the session. Otherwise, you might get more general feedback that may not be as helpful."



Ke Xu

"1. **Set expectations early.** Observe tasks 1st year residents are assigned and ask if you can help (e.g., making patient lists, pre-rounding, updating the family).
2. **Be ready.** If the team is busy, stay with the team, step aside, and be ready to help. Help everyone – physicians, PAs, NPs, MAs, social workers, etc.
3. **Stay curious.** Sometimes the nature of the specialty may be overwhelming, busy, and exhausting. Stay open-minded and go through each rotation as if you were doing that for the rest of your life."

How to Maintain Social & Intellectual Belonging in Clinic

WHAT IS 1 THING YOU WOULD TELL YOUR EARLY 3RD YEAR SELF IF YOU COULD DO IT AGAIN?



Maddie Stewart

"I tried to write down things in a Notes app on my phone. I'm so glad I did this, but I wish I did this more consistently. From difficult conversations, to encountering patients who needed abortions, to funny little jokes, I would really recommend having a system where you jot down a few thoughts each day. It will be such a gift for your future self when you have more time to look back at all of the experiences."



Kenya Homsley

"Take that Break, it is okay to do so. Not only do you need it, but you deserve it.' You are always going to have something on your to-do list or something that you could be doing, which can make it hard to make time for yourself. However, you have to be intentional and give yourself grace to cater to YOU."

Medical School Wellbeing Resources



Medical Student Wellbeing

One-stop hub for all wellness events and resources for medical students.



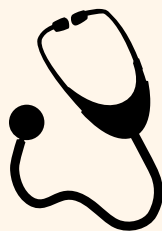
Headspace

Research-backed app for mindfulness and meditation.



Behavioral Medicine

Wide range of mental health services to students including assessment and diagnosis, brief treatment, 24/7 on-call line, referrals and more.



Primary Care

Find a PCP from Internal Medicine or Family Medicine at BMC.