



# Q&A

*with the 4th Years*



Top Row (Left to Right): Grace Jarmoc, Dhanesh Binda  
Bottom Row (Left to Right): Jack Ruske, Kendall Jenkins



## » How to Maintain Social & Intellectual Belonging in Clinic





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



Dhanesh Binda

"I worried about looking lost and getting in the way of my preceptor and team. However, preceptors are generally eager to teach and value students who show enthusiasm, are curious, and actively seek ways to contribute and assist. Remember, everyone starts off as a learner, and your willingness to engage and help out is often seen as a positive addition to the team."



Jack Ruske

"I was an hour early, nervous because I had forgotten my white coat, and totally blanked on a differential for a child with fever during my presentation because I knew nothing about pediatric medicine at that point. The imposter syndrome was very real, but by being friendly, proactive, and helpful, I ended up becoming really close with the staff and felt like a true member of the team by the end of my time there!"



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



Kendall Jenkins

“You can never go wrong with checking back in with your patients. I felt more connected with the team when I talked more with my patients and was aware of how they were doing throughout their day. I also asked the residents how they kept track of their tasks and would make my own list, which allowed me to check in with the residents throughout the day and see what tasks were appropriate for my skill level.”



Grace Jarmoc

“Following up on to do’s that were established during rounds! Helping in this way always made me feel like I was contributing to my team in a way that mattered. Whether it was following up on labs, imaging, or even checking in on a patient, I found my team was incredibly grateful when I was proactive about get these tasks done.”



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



Grace Jarmoc

“You jump from rotation to rotation every few weeks and may even have a new preceptor each day of the week on a single rotation – it is challenging! I found it super helpful to form connections with the students I was rotating with. We could reflect on the highs and lows of each day and support each other with belonging in an ever-changing environment.”



Jack Ruske

“Thinking about being a team player is key to fostering a sense of belonging and improving your performance. Your resident isn’t grading you based on how well you answered your PIMP question or whether you put in your orders 100% correctly. They are grading you on how well you fit into the team, how well you take feedback, and if they could trust you to make a decision.”



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



Jack Ruske

"It is very easy to get bogged down in CSEF's and making the best impression. Make sure to connect with your coworkers. If your coworkers like you as a person and not just as a trainee, the experience will be much more enjoyable for everyone."



Dhanesh Binda

"Set SMART goals that are trackable and shareable with your preceptors to ensure you receive specific, actionable feedback. Tailor these goals to align with the different domains on your evaluation or create personalized objectives to focus on."



Kendall Jenkins

"Reflect on what you know well and where you want to grow. Then, give your educator direct, clear ways for feedback. E.g., "I'm not sure how to do a full neuro exam for the patient in room 4. I've done reflexes before, but can you walk me through the questions you ask to determine mental status?" shows way more engagement and thoughtfulness than asking for general feedback."



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



Dhanesh Binda

“While evaluations are important, they are not the sole measure of your abilities as a clinician. I would feel disheartened by a lukewarm evaluation, especially after receiving several positive ones. Remember, evaluations are subjective and should primarily be viewed as tools for feedback, not for defining your clinical competence or worth.”



Kendall Jenkins

“You learn through failure! Every time you answer a question wrong or you don’t know what to do, try to think of it as a learning opportunity instead of a failure. I stopped dreading going into rotations when I accepted that I wasn’t going to know everything, and I was kinder to myself and my learning journey.”



Grace Jarmoc

“You don’t have to have it all figured out on day 1 of each rotation. The whole purpose of rotations is to learn and to grow! I would always try to prepare as much as I could ahead of time but what I learned is there is truly no prep as beneficial as showing up the first day open minded and ready to work.”

# Medical School Wellbeing Resources



## Medical Student Wellbeing

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



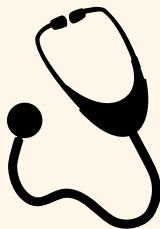
## HeadSpace

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.