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WELLNESS STORY

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Read "[Social and Intellectual Belonging during Clinical Years](#)"

"THE CLINICAL YEARS CAN BE INTELLECTUALLY AND SOCIALLY CHALLENGING...."

"You may often feel like you're playing catchup with your knowledge, and the friend group meetups that came so easily in the first two years are now a much bigger deal. That's why it so important to **set clear boundaries** as you make this momentous transition from 2nd to 3rd year.

As I started my first rotation, I decided that protecting my weekends and seeing my family regularly was crucial to my wellbeing. I learned how to schedule school around those priorities, and made sure to close UWorld when I promised myself that I would, even if it was only noon and it definitely made me a tad anxious. Get quality sleep. Go see that show. Have that brunch. Attend that school event! Taking the time to recharge can be just as valuable as that extra Anki review.

Likewise, be careful not to equate your self-worth with your percent correct on practice questions, exams, and your ability to answer questions in the wards. Know that there are 150+ other people in your class struggling through the same material, and give yourself grace. This stuff is hard. Lean on your advisors, peers, upper class students, and support structures for help, advice, and a listening ear. You've made it this far. Know that you can make it through what comes next as well!"