

# KIKI M.

## WELLNESS STORY

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Check out the  
tipsheet on  
[Working with a  
Team Even when  
It's Difficult](#)

**"I HAVE LEARNED THAT TO BE SUCCESSFUL, YOU NEED TO FIND THE COMMON GROUND WITH YOUR TEAM AND TO HIGHLIGHT THAT."**

"When I came to medical school, I was a little intimidated by the members of my TBL group. Everyone was a little older, very accomplished, and seemed to have a master's degree.

At first, it was hard to figure out exactly what we were supposed to be doing and how to succeed. I found that the key to bonding as a group was bonding with each other. From sharing study resources and challenging each other to little games on our phones (I won every single game of virtual pool, obviously), to having a pizza night and cat-sitting, it all helped.

**These experiences outside of the classroom brought us closer together and allowed us to function much better as a team.** We were able to recognize each other's strengths and weaknesses and leverage that in a group setting. Being in the same TBL group allowed us to build community, especially within a diverse group.

The experiences in my preclinical years have helped me a lot in my third year. This year has been completely new territory. It's almost as if you're traveling to a new country every week. You don't know the language, or the customs, or even where the bathroom is a lot of the time. **What you do know is how to engage with the people you find there. I have learned that to be successful, you need to find the common ground with your team and to highlight that."**

