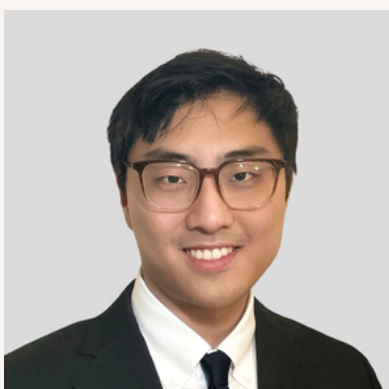


Q&A

with the 4th Years



Top Row (Left to Right): Eesha Sachdeva, Richard Wu, Lilin Tong
Bottom Row (Left to Right): Dylan Genouw, Cindy Hong



How to Maintain Belonging in Clinic





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



Richard Wu

“I drove to my clinical site an hour early and sat in my car, steeling my nerves. I was worried about messing up, looking bad and not being ready for 3rd year. However, I soon realized that these were unfounded fears – our preceptors were once medical students too and generally have two expectations for a first-rotation M3: have a willingness to learn and be enthusiastic!”



Eesha Sachdeva

“My first day in the clinic was a mix of excitement and nerves—I wanted to do well but also felt the weight of how much there was to learn. It was a bit overwhelming at times, but as soon as I remembered to take a deep breath and remember that no one expects you to know everything, I started to find my footing.”



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



Dylan Genouw

“Ask questions. Be honest. The best you can do is tell your educators when you don't know something, and don't be afraid to be wrong while brainstorming. The more honest you are about what you know and don't know, the more your educator will want to teach and work with you. It's helpful for you as a learner, but also to them as a teacher.”



Cindy Hong

“On your first day, take the initiative to introduce yourself to the front desk personnel and medical assistants! Let your attendings know who you might be working with that day, so they can help you find your preceptor. When observing/shadowing, take notes on tasks you can help with in the future and how each attending seems to like things done.”



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



Lilin Tong

“Following up on patients, updating them and the nursing staff, and managing small tasks to keep their care on track made me feel like I was contributing meaningfully. Anticipating the team’s needs—like making my own to-do list and reviewing it with my resident—helped me stay engaged in direct patient care and feel a sense of belonging with the team.”



Eesha Sachdeva

“Presenting on a topic that the team didn’t know much about—or one that could use a refresher—helped me feel like I was contributing. It was a great way to engage in meaningful discussions and feel like an active part of the team.”



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



Cindy Hong

“It’s really important to feel that you as a student have a role in the clinic beyond just being there to learn. At times, it can feel scary to speak up even if you know the preceptors signed up to teach students. I really enjoyed some of my rotations because I was treated like my role was valuable and I was helping the team. I often tried to find my place as someone who can push things along and take up simple tasks.”



Richard Wu

“Belonging is so difficult as you rotate through teams on a near-weekly basis. Identify somebody to be your anchor during each rotation. Perhaps a fellow student who will be with you the entire month, a patient for whom you have become the expert on, or allied professionals whom you have gotten to know well – and embrace that connection! Grab lunch with your peer, and say hi to that nurse who you’ve been Epic chatting for updates every day!



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



Dylan Genouw

“I would tell myself to not be afraid to say what I was thinking in terms of patient care. Even if I didn’t know the answer or was incorrect, my team always appreciated my feedback because they were able to employ their teaching methods.”



Lilin Tong

“Your evaluations are not a measure of your personal worth—they are just one perspective on your growth and learning. Some feedback will be helpful, some may feel unfair, but none of it defines who you are or your future in medicine. Focus on learning, showing up for your patients, and becoming the kind of doctor you want to be.”

Medical School Wellbeing Resources



Medical Student Wellbeing

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



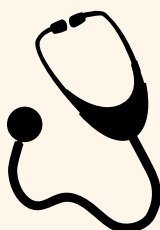
Headspace

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.