



“Streamline your life at home! De clutter your possessions, have a clear list of outfits, meal prep! Buy a freezer. Cook a few huge meals. Freeze them - eat for months!”



“Clerkship is VERY manageable. Exercise some discipline to ensure you meal prep and sleep 7 (or more) hours. These little things will ensure you perform on your rotations each day while maintaining your health.”



“Humility humility humility. You're gonna make mistakes. Full stop, no exceptions. You're gonna say things that are wrong and sometimes even dumb. Accept it, learn from it, try to be good humoured about it. You're there to learn first and foremost. You learn the most by being wrong. If you can avoid it, don't beat yourself up. If you're beating yourself up, consider looking into CBT and Mindfulness to learn some ways to be kinder to yourself.”



“Do the random assignments like reflections and whatnot early. As soon as they're assigned if you have the energy. Your future self will thank you and it'll mean a lot less stress when exams come around and the rotation is coming to a close.”



“Find physical activities that you enjoy and easily fit in your schedule- go as often as you can. It's amazing what exercise can do for you.”



“Establish healthy habits (stress management, healthy eating, physical activity, etc) BEFORE clerkship starts so they are already habits by the time you hit the huge learning curves associated with being a clerk.”



“Water > coffee after a certain point when you are trying to stay up all night for call (for me, that is around 8pm) - staying hydrated is a huge part of staying focused and awake, and that way you won't have as much caffeine on board if you are told to go get some sleep between cases.”





“Don't drive, make important decisions, or even do groceries immediately post-call. Go home, have a shower, and sleep.”



“Studying: Pick at max 2 topics to look up each day - usually something you've seen that day or know you will be seeing the next day. Doing more than that ends up being exhausting and knowledge retention isn't as great.”



“Preparation and hard work will take you a long way, I often found my preceptors cared less about me knowing the answer to every question and more about working hard and being engaged. Be on time, be focused and rested. Try to get a sense of what things work for you to manage stress, and take time to do those things. It may often feel like doing things for yourself means sacrificing time to study/work, but taking time for this will improve your mental wellbeing and help you continue to do well throughout the year. Be honest with your preceptor/residents about learning goals, ask for help when you need it! Always take time to eat (even if you don't see your colleagues/residents doing so). Have fun - clerkship is a great year with lots of learning and you can really start to feel like a doctor. It will be challenging but I think it's important to take time to appreciate the journey.”



“Clerkship is challenging, no doubt. Between call, studying for exams, trying to impress preceptors for evaluations, and actually learning to be a doctor, you will go through days where you feel like it's not worth it or you can't do it. But know that you CAN. You ARE good enough. You WILL pull through. Reach out to your friends even though it seems like you're going through it alone. I cannot emphasize this enough! Also reach out to faculty and academic/personal counselling supports. They are there to help you achieve your goals, so don't be afraid to call on them. All the best, and congratulations to teaching this stage!”





“Always have pen and paper on you. When your staff or resident is teaching, write down a few salient points. This shows to them that you're keen and excited to learn AND the act of writing things down will help you remember these points in the future.”



“People will give you the impression that having lots of knowledge will ensure you do well on the rotation. This is only part of it. Your ATTITUDE is the biggest thing that counts. Have the right attitude plus some knowledge of the speciality and just watch how staff/ residents warm up to you. They will teach you more and give you more opportunities to practice skills and manage patients independently.”



“Sometimes senior members on your team might be too preoccupied to fully acknowledge you. Try not to take this personally; this isn't on you!”



“OnlineMedEd has great free videos that summarize approaches to a lot of issues in almost all specialties. It isn't all the info you need, and it is American, but it is an excellent exam resource and great way to get a general understanding about approaches to diseases.”



“Arrive early enough to do a through chart review of your inpatients before your preceptor arrives. Don't show up to make a good impression on your preceptor, but to make a good impression on your patients. The rest follows.”



“If your resident/staff asks about a particular history or physical finding that you forgot to do, say you forgot rather than making something up or saying it was normal. Having to go back and do further assessment is better than compromising patient care - see it as a learning opportunity for next time. Also, your team will trust you to be honest, which is sometimes just as important as the medical knowledge. That said, try to plan your history/physical ahead of time (e.g. as you are heading down to do a consult) so that you can be systematic and get as many important details as you can the first time.”



“ALWAYS give an assessment and plan as part of your oral reports no matter what, and don't be afraid to use resources to help you work through it ahead of reviewing with your resident/staff. Even if you are wrong, you will learn more by making an attempt, and you will develop a good plan (or at least the start of a good plan) more often than you think.”