

Things I've Learned in Medical School so Far

By Meghan Gowens

1. Always try to find meaning in your work.
2. Always remember when things are tough, "If it was easy, everyone would do it." ~Dad
3. Wake up each morning being grateful for the talents God gave you, and give them back to God by working hard and developing them the best way you know how.
4. When you find yourself complaining, stop. Begin counting your blessings.
5. Live for others. It will make you happy.
6. If you start thinking that everyone owes you something, and things are unfair, or could be done better, you're being selfish. Refer to 1 and 4.
7. If you say you are going to volunteer, work in the clinic, or spend time talking to a friend and you begin to get stressed about the volume of work, follow-through with your commitment. It's the right thing to do, it will give you perspective, and remind you that you are to live and use your talents to help others. Refer to number 5
8. Love others. Encourage them, don't judge them, try to see things from their perspective, and offer wisdom if appropriate.
9. Don't compare yourself to others. Try your best, and give your best to God, to His work and not for selfish reasons.
10. Be compassionate, but don't use or accept excuses from your classmates, group members, family members, etc. Once you stop accepting excuses, people will stop using them because they just don't work.
11. When working with others, the goal isn't to be popular, but to be respected. Be kind, but speak your mind.
12. Be kind. Be kind to janitors, secretaries, the person selling you your fancy coffee, and your professors. They have feelings too.
13. If your stress levels are becoming so overwhelming that you find yourself having a hard time thinking of anyone else, stop...remember why you are here, refer to 2,5,7 and 9. My college advisor once told me "A person wrapped up in them self makes a small package."
~ Benjamin Franklin