

# **Milton L “Chip” Routt, Jr, MD**

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## **Getting the Most Out of Your Fellowship**

### **1. Make A Great Career Decision - Trauma**

#### **2. Know Yourself**

**Honesty – Integrity – Respect**

**Sudden Change – Adaptability**

**Communication**

**Develop Relationships & Friendships**

**Be Better When You Finish**

#### **3. Program Selection**

**Reputations – Rumors – Reality**

**Past – Present – Future**

**Variety – Individualize**

**Clinical – Research – Other**

**Phase One – Springboard**

**Put Back In**

#### **4. Go To Work**

**“The Big Buffet” - Eat Up!**

**Don't Waste A Minute**

**Primary Goal/Role - Serve Your Patients**

**Labor Exchange - Knowledge Acquisition and Assimilation**

**Control What You Can Control**

**Energy – Effort - Availability – Affability – Alert – Aware**

**Expose Yourself To Failure**

**Seek Disease Don't Hope For Wellness – Hunt**

**Make Decisions – Write Them Down – Why**

#### **5. Educate Yourself**

**Acknowledge & Accept Schizophrenia**

**Shed Arrogance – Mistake – Never Forget**

**In Your Face: Attendings – Faculty – Subspecialists**

**Learning – ER, Clinic, OR, Research, Teaching, Other**

**Learning – Encourage - Teach - Expand**

**Beg For Genuine Helpful Critique: Routine Monthly**

**Medical Education Department**

**Write Everything Down and Review It**

**Read Every Single Night/Day**

**Ask “Why” - 5x/d and prn+**

**Attend 2-3+ Courses**

## **6. Start and Finish Your Research**

**Calendar**

**May 1<sup>st</sup> Deadline**

**Aggressive**

**Pre-Write & Reference**

**Get Help**

