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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 1st Deadline

Aggressive

Pre-Write & Reference

Get Help

