

Adjusting To Medical School

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Be Prepared for Change: Differences From Undergrad

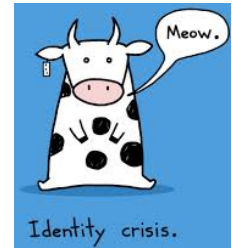
- Extremely high volume at a very rapid pace
 - You will be expected to learn more new information more quickly than you ever have before. Be ready to adjust your schedule and study habits accordingly. Do not get discouraged if it takes a while to find the methods and schedule that works for you.
- Shift from content-driven to time-driven
 - During the undergraduate years, your schedule is more flexible, so you can usually allot enough time for studying everything you need to know for the exam. In medical school, your time is less flexible, and there is so much new information. You will need to adjust to studying what is most high-yield based on what you have time to do.
- Multiple lecturers with different styles
 - Undergraduate classes usually have one professor who runs the course and lectures during every class. In medical school, you may feel that one lecturer matches your learning needs, while the next day's lecturer in the same course leaves you feeling lost. Make sure to reach out to TAs or colleagues if you feel you did not understand the way the lecturer explained a concept.



Be Prepared for Change: Socioemotional Issues

- Be aware that there will be new demands on you in multiple domains that may influence how you feel about yourself.
 - Academic
 - At first you may have a hard time adjusting to the pace and assessments in medical school, which may cause you to question whether you are smart enough to handle the curriculum.

- Professional
 - You may worry about whether you have the professional skills and personality to connect with and optimally help patients
- Social
 - You may get to be so busy that you feel you are losing touch with your friends and family, and you may feel pulled in many different directions about how to best spend your time. Your social relationships will need to be renegotiated, which can take an emotional toll.
- Identity
 - Major life change causes us to question who we are, what we are good for/at, and if we are on the right path in life.



All of these questions and concerns are quite common; you are not the only one experiencing them, and you are not alone! Don't hesitate to reach out for help if you need support in discussing this adjustment.

- Advising Deans
- E4C Faculty
- Dr. Rebecca Smith-Coggins, Associate Dean for Medical Student Life Advising
- Office of Medical Student Affairs Staff
http://med.stanford.edu/student_life/
- Stanford Medical Student Association <http://smsa.stanford.edu>
- Stanford Counseling and Psychological Services
<https://vaden.stanford.edu/caps/about-us> 650-723-3785 (24 hrs)
- Ears For Peers
<http://med.stanford.edu/ears4peers/> 650-736-6145 (8pm-11pm Sun-Fri)
- Professors and TAs
- Friends, colleagues
- Family
- Office of Accessible Education <http://studentaffairs.stanford.edu/oe>
- And of course, your friendly neighborhood Education Specialist!