

Personal Awareness and Self-Care

Our graduates will demonstrate the capacity to self-reflect on their acculturation to medicine, to assess the impact of their medical school experiences on their evolving personal and professional values, and to tend to their own physical and mental health.

FSM graduates will:

1.	Demonstrate awareness of their personal values, of values conveyed by the medical practice environment, and of the changes in perspective that accompany their entry into the medical profession.	Personal and Professional Values
2.	Take steps to maintain their own physical and mental health, using coping strategies and seeking appropriate assistance as needed.	Self-Care
3.	Create a plan for identifying areas of medicine that fit with their personal goals and abilities, incorporating appropriate advice and career counseling.	Professional Goals