

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 how entry into the medical profession changes one's frame of reference, and work to bridge the gap between medical and non-medical perspectives.
2. Identify and describe their own learning styles, personal values, and cultural considerations – along with their interests, strengths, and limitations – as they relate to medicine.
3. Identify and describe values conveyed by their medical education and by the medical practice environment.
4. Describe how experiences in medicine affect their personal and professional perspectives.
5. Demonstrate efforts to maintain personal and professional balance.
6. Take steps to maintain their own physical and mental health, using coping strategies and seeking appropriate assistance as needed.
7. Articulate their roles and responsibilities as a member of the healthcare team, and behave accordingly.
8. Demonstrate mindfulness in terms of reflecting upon their work with peers, faculty, patients, families, and all members of the healthcare team.
9. Participate honestly and constructively in group discussions of educational experiences.
10. Create a plan for identifying areas of medicine that fit with their personal goals and abilities, incorporating appropriate advice and career counseling.