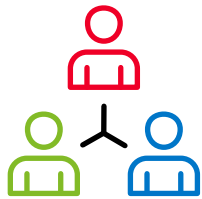


# 10 ways to win the semester ahead ⇒

## 1 Mentor, and be mentored



Gain access to insights and support from experienced professionals who've been where you are and share what you've learned with others to strengthen your own leadership skills.

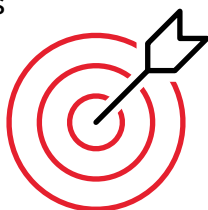


## 5 Rest and reflect

Manage fatigue and burnout by taking time to listen to yourself and share your thoughts and feelings, either by journaling for yourself or talking with others.

## 7 Stay focused

Keep a reminder of why you want to work in the medical profession nearby and refer to it when times get tough.



## 2 Spend wisely and save \$

Avoid financial challenges in the months and years ahead by setting up a budget now - and sticking to it.

## 3 Get organized

Stay on top of your classwork and exams and secure residencies and fellowships with greater ease by organizing your tasks and managing your time.

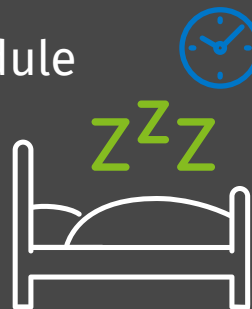


## 4 Study smarter, not harder

Make the most of your study time by determining what type of learner you are - auditory, visual, or kinesthetic - and remembering to take breaks to keep your mind fresh.

## 6 Sleep on schedule

Skip the all-nighters and strengthen your retention of information by getting a full night's sleep - every night.



## 8 Manage your expectations

Remember that even straight-A students struggle sometimes and trust that your workload won't feel so overwhelming forever.



## 9 Find your routine

Learn to retain critical information by relying on continuous learning - not cramming; revisit material regularly and test yourself often.



## 10 Seek support

Don't stress over a difficult topic; when you've hit your limit, ask others for help.

