

Grow With Us: Developing Mental Endurance (Medical Education)

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Developing mental endurance in medical school

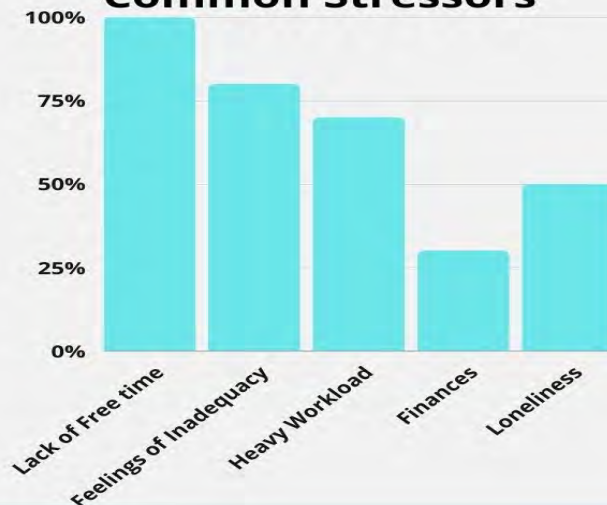
Survey Aims: To use small group reflection and discussion to identify common stressors first year medical students face along with strategies to overcome these shared difficulties

SURVEY RESULTS

Most Difficult Subjects

- 1) Anatomy
- 2) Pharmacology
- 3) Histology
- 4) Biochemistry

Common Stressors



SHARED COPING METHODS



Regular breaks



Exercise



Study Schedules

IMPORTANCE OF GROUP REFLECTIONS

Early group reflection promotes:

- 1) Growth Mindset
- 2) Peer Connection
- 3) Empathy and Understanding
- 4) Self-awareness

Post Survey Group Reflection:

Without strong social support, it is easy to feel like we're on an island. By reflecting with peers, we are able to empathize with one another and offer possible solutions to mutual adversity.

Early and regular group reflections are beneficial in developing a growth mindset and the mental endurance necessary for overcoming common challenges throughout times of transition, especially throughout the matriculation into medical school.

