# **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 75% 50% 25% 0% Largings of treated treatment to the street of the street

# SHARED COPING METHODS Regular brea Study Schedules Emotional support WHAT Camaraderie CANIASK FOR FROM OTHERS? Empathy **Study Groups**

# 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.

Reference: Madan, Saranya; Bybee, Erin; Ghafouri Abbasabadi, Mehrnoosh; Graifman, Madison; Hough, Isaiah; and Morrison, Chase, "Resiliency Storyboard: Developing Mental Endurance" (2022). *Patient Education Projects*. 265. https://digitalcommons.wayne.edu/pat\_edu\_proj/265