

Medical Education Interest Group Newsletter

MBChB Students Share: 3 Things They've Learned During the First Year of Medical School!



April, 2021

Notes from Meeting

Thank you to the seven first year MBChB students who spoke at our April 2021 Medical Education Interest Group meeting! The meeting was an incredible opportunity to hear their thoughts on 3 Things they have learned during the first year of medical school. All who attended were deeply impressed by the articulate, thoughtful, reflective and insightful thoughts each of our first years shared. Below you will find a brief summary of what each student shared with the group, and a link to the meeting's full recording:

Lucas



1. **Adapt.**
I am more adaptable than I thought, and if life gives you lemons, at least you won't get scurvy!
2. **You get out, what you put in.**
The effort you make pays off and opens doors.
3. **Save your best for when you need it.**
Pace yourself, and don't let your motivation be fuelled by fear!

Isi



1. **Have commitments outside of medicine, this is important! It not only gives balance but is vital to your mental health.**
2. **Everybody has a unique way of learning, so do your own thing and have confidence in it!**
3. **Being a patient in hospital yourself, shows you the importance of listening and making the most out of the time that one day you'll be spending with patients.**

Stan



1. **Teachers MATTER! (Especially in medical school)**
A good teacher does not simply deliver material, but they inspire.
2. **Medicine is far from where I would want it to be, and that needs to change...but how?**
Always try to go out into the world and tackle health inequalities and implement change.
3. **What does it actually mean to listen?**
How can we ensure our patients feel listened to?

Flora



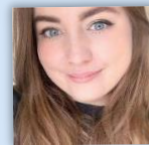
1. **Adaptability and self-regulation are key! You must learn how to go with the flow.**
2. **Importance of community and support. Put in the effort to find 'your people' and connect.**
3. **REST can be very productive! Don't punish yourself for relaxing – and know when to stop.**

Nivekkah



1. **It is OKAY to fail. Do your best, and what comes is what comes. Your anxiety can drive fear of even trying. So, don't let your fear keep you from trying.**
2. **I have learnt to learn from people around me. My peers come from a variety of backgrounds which inspire and drive me.**
3. **Tending to your mental health is VITAL. Notice if changes are happening in yourself and take steps to help yourself.**

Julia



1. **There has been a positive paradigm shift in how diversity and equality is being embraced – which is very refreshing!**
2. **WMS has represented the real diversity in that being a doctor is, and who becomes doctors.**
3. **I don't have to stop being a humanity student at heart in order to become a doctor.**

Rachel



1. **It is OKAY to work with others, and not do everything on your own as an 'independent learner'.**
2. **Teamwork is important.**
3. **You can't learn everything, and that is okay – this can be frustrating, but learn to be okay with doing your best, and leaving it at that.**



**MS Teams
Recording of the
Session!**