

LCOM Student Council
Words of Wisdom to the Class of 2023
From the Class of 2022

- You deserve to be here. Live in the present and take each day as it comes. Whether or not it is clear to you, no doubt the universe is unfolding as it should. (Also, the coffee at coffee cart is \$1 if you bring your own mug)
- If you don't do well on something, try not to measure it up with your self worth. Use it as a benchmark to guide your further studying. And don't be afraid to ask for help!
- Don't let yourself feel like you need to be doing work just because you see other classmates doing work!
- Learn how you study best, and stick to it. Don't feel pressured or stressed because your classmates are using Sketchy, Anki, or other resources, if those don't work for you. We all learn differently!
- Sometimes I think it's helpful to get off campus to study for a breath of fresh air. There are some great local coffee shops - Scout and Co, Maglianero, and New Moon are some of my favorites for studying! Or even just getting out of MedEd and going to the Davis Center (there's a fireplace on the third floor!) can be nice.
- There is still time to do what matters for you. You'll be healthier and happier if you take the time to take care of yourself, whatever that means to you.
- Find something to do outdoors in the winter, whether it's skiing or sledding or snowshoeing or anything! The winters in Vermont can be really long if you don't find something to enjoy about it.
- Things really do get better after Foundations of Clinical Science.
- Life happens, and not passing a block of Foundations of Clinical Science isn't the end of the world. People are here to help you achieve your goals-communicate early if you're struggling.
- Be confident that you're at Larner for all the right reasons and that there is no single recipe for success in medical school. Study hard, have fun and enjoy this amazing opportunity!
- Be true to yourself and know your limits. Keep wellness, sleep and good mental health a priority.
- I thought I couldn't do it when I first got here and so did a lot of other people. It actually gets easy after Foundations of Clinical Science. Embrace the pass/fail thing and use the time you would've spent studying to do self care.
- Never feel bad about asking for help! Tutors are a great resource and are paid for by the school, so why not?
- It gets better after Foundations of Clinical Science! Don't be afraid to try out new ways of studying. Reach out for help often! Larner is an awesome community that wants to help you succeed.

- Although you feel like there is always something more to do, remember to make time for the things you love each day
- The cheapest and most filling meal on campus is the soup from the coffee cart.
- Don't stress about knowing every last detail! As long as you know at least 70% of the information you will be ok :)
- Foundations of Clinical Science is a really hard course because it is what initiates a major transition in your life and in your study. It will be a lot and you might not do as well as you did in school before but that is okay!! A pass is a pass, learn from your study mistakes and don't linger too long with what doesn't work.
- You were specifically chosen out of thousands of applicants to be here. Your presence is not a fluke. You have earned your way here. Keep that in mind.
- Keep up with studying (everyday!) and take care of yourself!! Remember the curriculum changed to pass/fail for many reasons!
- Pick up a new hobby that takes your mind off of things. Med school should NOT be the only thing you do with your life or you will go crazy! I promise, you can find the time. Your mental health & happiness are worth more than you probably realize right now!
- Think about the kind of future physician you want to become and always be striving towards that. Take care of yourself and support each other along the way of course though!
- Remember that life, and being a doctor, is about more than being the smartest person in the room. Be kind, be well-rounded, and be spontaneous. Try to enjoy yourself rather than just powering through each hurdle. If you're always focused on just jumping the next hurdle (getting through the next class, the next test, the next interview), you'll miss out on how great the present can be. Find balance, take care of yourself, and you will be a great doctor.
- Don't let med school define you. Enjoy your life.
- Trust the process, you're going to make it :)