

Co2022, co2023, and co2024 Words of Wisdom to Incoming First Years (2025s)

Words of Wisdom on Distributed Cards:

Setbacks can and will happen. Being disappointed is OK. Learn from your mistakes and always be your own best friend.

Congratulations and welcome to the LCOM Community!! As a first year I remember it can be easy to be overwhelmed by all the material and newness, but don't forget to take time for the things you love to do. Whether that's cooking, hiking, yoga, or napping-- there is time, and it is worth it, I promise!

Find what works best for you, it will be different for everyone, and just because everyone else uses Anki, doesn't mean you have to if it doesn't work for you. Believe in yourself, you are here for a reason, you got into LCOM for a reason, and you will do great!

It might take you a second to adjust to life in medical school, Vermont, etc. This is a huge life change so be kind to yourself! M1 flew by and I wish I knew that I didn't need to be so worried for it at the start of the year :)

Make time to find your people in your class. The first year of medical school can be especially overwhelming in the beginning, but the connections you make will help keep you present during the transition into being a med student.

Practice forgiveness -- for others, but also yourself. Things can get tough, and work can pile up, but sometimes you need to take a moment away from school, and that's okay, don't stress about it.

Although there are many journeys in medical school, I hope you find each equally rewarding and challenging - appreciating both makes the experience a journey worth undertaking. Best of luck and, in the wise words of Dory, "Just keep swimming."

A little bit of summer is what the whole year's all about -John Mayer

Try out Anki! Try the Anki Step 1 + 2 combined deck! It helped me out so much during my first year!

Be yourself and try not to compare yourselves to others, we are all on this crazy ride together and you are meant to be here

People are going to tell you a million different ways to stud, but in the end, you have to do what works for you!

Congratulations and welcome to LCOM! Enjoy the process and know that you are MEANT to be here! Don't doubt yourself.

"Sometimes you gotta work a little, so you can ball a lot." ~Tom Haverford"

Remember you belong here! It can be really challenging to just focus on yourself and your own personal growth throughout the year and especially first semester! Try not to pay attention to what others are doing or what you aren't doing. Do what makes you happy and what works for you!

You may find yourself feeling frustrated and tired at many points during year one, but I challenge you to remember why you chose this field and think about the positive impact your hard work will have on others! Make sure to make time for yourself and enjoy the process :)

Co2022, co2023, and co2024 Words of Wisdom to Incoming First Years (2025s)

Do not worry about feeling pressured by all the study resources that start flowing your way! Everyone has their own strategy for success, and you will find what works for you. If Anki, Boards and Beyond, Sketchy, etc. does not work for you that is totally okay!! Also find time to enjoy the outdoors :)

It is normal to feel like you everyone around you has already "found their people". I can assure you that everyone finds their people, take a deep breath, be yourself, and do the things you like to do. Your people will follow!

Focus on things that make you happy or help you shed some stress from day 1! Whether it be cooking, exercising, or listening to music -- find those things early in the year and hold onto them. As the year ramps up it is easy to lose those happy stress relievers but keeping them as a daily or weekly part of your life helps so much!

Don't forget all the amazing things you accomplished just to get here. Also, you were specifically selected from a huge pool of applicants to be part of this class. Don't sell yourself short.

Congrats and welcome! Med school is a blast. Remember to take time for yourself, don't sweat the small stuff, and don't lose sight of the endgame. Think about the process as a journey, and not a series of hurdles that need to be jumped. It is easy to fixate on the next test, block, Step exam, etc., but I found that keeping perspective and thinking longitudinally to be very beneficial. It's truly a blessing to be here, soak up every opportunity!

Getting into medical school is an incredible feat that you should be so proud of. Now that you're here, enjoy the ride. Be courageous! Be curious! Have fun!

You made it! You deserve to be here. Take time to reflect on what is important in your life. Take time for joy, friends, family, and yourself.

have FUN and don't take yourself too seriously in medical school! you will find that the pressure you put on yourself is often greater than the expectations of those around you, which will set you up for frustration and disappointment for no reason. You will be a better learner, person, and teammate if you find the joy in medicine and embrace it often.

Be kind to yourself; Seek help often; Do not let medical school consume your personality, enjoy the activities and life that you lived before medical school; Seek a mentor; Find your people and encourage each other; YOU BELONG HERE!

You are smart enough to be here, and you can still give yourself the space to enjoy other parts of your life that bring you joy! Medical school requires a lot of work, but you will be a better medical student if you are happy and whole which means finding time for things other than studying.

Were too long to fit onto the cards, but still worth the read!

The work will always be there; make sure you take as many opportunities as you think you can balance well to explore the area, spend time with new friends, reconnect with family, and just do whatever feeds your soul. Time away from work may seem like a very deliberate choice but to me it has always been one that rewards my mental and emotional health and it's worth it every time. This is an amazing community; don't hesitate to reach out and asked for support. We're so glad you're here! Congrats on making it into medical school, this is not an easy process to get here. You did it; be super proud of yourself.

Co2022, co2023, and co2024 Words of Wisdom to Incoming First Years (2025s)

Don't let imposter syndrome get in the way of you taking actual steps towards actualizing your medical training as a prospective doctor. Have tunnel vision and keep your eye on the prize, whatever that may be for you in this journey. NEVER be afraid to ask questions whenever you need help. There are people and resources at your disposal for a reason. Take advantage. Lastly, this phase in your medical career will not always be smooth but that is okay. If you fall behind, keep trudging along. It's not over until it's over. Be prepared to put your ego to the side because you will likely have humbling experiences. You are qualified like everyone else so there's no need to compare yourself to others. Follow your own path and make the most out of this opportunity as possible. Good luck and welcome aboard :)

First step - take a deep breath! You made it over one of the largest hurdles there is to get into medicine, you did the work required, shown the resilience and ability to succeed - many people saw that in you too which is the reason you are here! Remember how far you've made it and the challenges you've overcome in the past and use that to get you through the struggles you face during first year. There is a lot happening during this year, don't forget to stop occasionally, and "smell the flowers", it moves quickly and it's important to enjoy the small moments/wins. There is a new definition of success here and that is continuing to make the choice in staying through and working hard. Even if there are slip-ups (they happen to everyone) and failures, that's part of the process! Pushing through is success, not traditional methods of measure like raw grades or rankings. You've got this, good luck and have fun!