



## MEDICAL STUDENT // ACTION ITEMS

After completing your Self-Assessment and watching the Video Tutorial, you should have a good sense of the areas you want to address and improve for ultimate career satisfaction and life enjoyment. This checklist of Action Items consists of priority “to-do” items across WMDR’s 6 areas of success. Prioritize your challenges and fill in the gaps. WMDR can help you along the way.

Good luck!

### DRIVE YOUR CAREER

- Learn to build a complete and representative Curriculum Vitae (CV).
- Sharpen listening, speaking and written communication skills.
- Find a coach, a women student’s group, or others who can help you stay grounded in your values.
- Reassess your satisfaction with your career choice often and honestly.

### NEGOTIATE YOUR WAY TO A BETTER CAREER

- Learn how you are graded during your pre-clinical and clinical courses.
- Be prepared to negotiate for your own needs without compromising your education.
- Choose a career because you love it and make the lifestyle fit your needs.

### SOLVE WORKPLACE ISSUES: PEOPLE, POLICIES AND PROCEDURES

- Know the graduation requirements of your institution... (Visit American Council for the Accreditation of Graduate Medical Education <http://www.acgme.org/acWebsite/home/home.asp> for more information.)
- Know, understand and abide by your institution’s policies and procedures.
- Make use of your institution’s guidance systems.
- Get to know your Dean of Students as well as the Chair and other faculty of the department of the specialty you are going to choose.

### OVERCOME CAREER DIFFICULTIES

- Learn to recognize and overcome career obstacles such as choosing a specialty, investing in test-taking courses, finding friends and future colleagues, and so on.
- Think carefully about what kind of doctor you want to be.
- Develop professional relationships with professors who will be able to write letters of recommendation and counsel you through the application process.

### HAVE IT ALL: ACHIEVE WORK-LIFE BALANCE

- Create multiple options for work-life integration.
- Implement your values into the context of a demanding medical school schedule.
- Get over being an “E Woman”—one who does Everything for Everyone, Everywhere, Every time and in Every situation.

### DEFEAT GENDER POLITICS

- Learn to recognize gender bias, gender stereotyping and gender discrimination.
- Learn when and how to (and when not to) respond to unfair/biased situations.
- Learn to leverage your gifts as a woman physician—and how to view them as strengths, rather than weaknesses.