

Reflection

Description:

We recently had a university session that covered important topics for success in medical school. The lecture wasn't about one thing; it was about integrated several pivotal domains: time management, stress mitigation, and critical thinking. Key strategies introduced included manage our time using methods like the Eisenhower Matrix and the Pomodoro technique. We also talked about the stress we experience during exam weeks and how it affects us. The professor introduced the RED model for thinking, which is about checking our assumptions before accepting information. We also looked at the "Student Toolbox" which compared study habits like practice testing and distributed practice against bad habits like highlighting textbooks or cramming.

Feelings:

During this session I felt guilty and relieved at the time. When the professor showed a case scenario of "Ahmad" a student who was anxious and sleep-deprived I felt like they were talking about me. It was uncomfortable to realize that my study habits are the reason I feel overwhelmed. I felt bad about wasting time on methods like rereading notes.. When we started talking about time blocking and APA resilience steps I felt hopeful. It made me realize that being organized and managing stress is a skill that I can learn.

Evaluation:

The best part of the session was that it focused on tools that I can use. For example learning how to separate tasks using the Eisenhower Matrix was helpful. The challenging part for me is breaking my old routine. It's hard to stop cramming because its what I'm used to. I also realized that I often fail at "Recognizing Assumptions" because I tend to trust study guides without questioning them.

Analysis:

After thinking about it I understand that my academic stress isn't because the modules are impossible. Because I didn't have a clear system. I was studying hard. Not smart. By ignoring distributed practice I was forcing my brain to cram much information. My procrastination isn't because I'm lazy; it's a reaction to feeling overwhelmed. The session

made me realize that professionalism in medicine starts with self-care and managing health.

Conclusion:

The lesson I took away is that my mental well-being and university grades are connected. I used to think that sleeping less and drinking coffee meant studying more but now I see that wellness and resilience keep me productive. I have learned to be critical about how I spend my days and study. This session changed my mindset; I now see that becoming a physician starts today by being an organized self-aware and resilient student.

Action Plan:

To fix my habits I've put together a plan. Every Sunday evening I'll use time blocking to schedule my week making sure I block time for rest and exercise. I'll use the Pomodoro technique during study blocks. Replace passive highlighting with active recall and practice quizzes. I'll use the Eisenhower Matrix every morning to sort out priorities. To build resilience I'll stay connected, with classmates to support each other through exam weeks. I'll review this routine every two weeks to stay accountable in my medical journey.

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