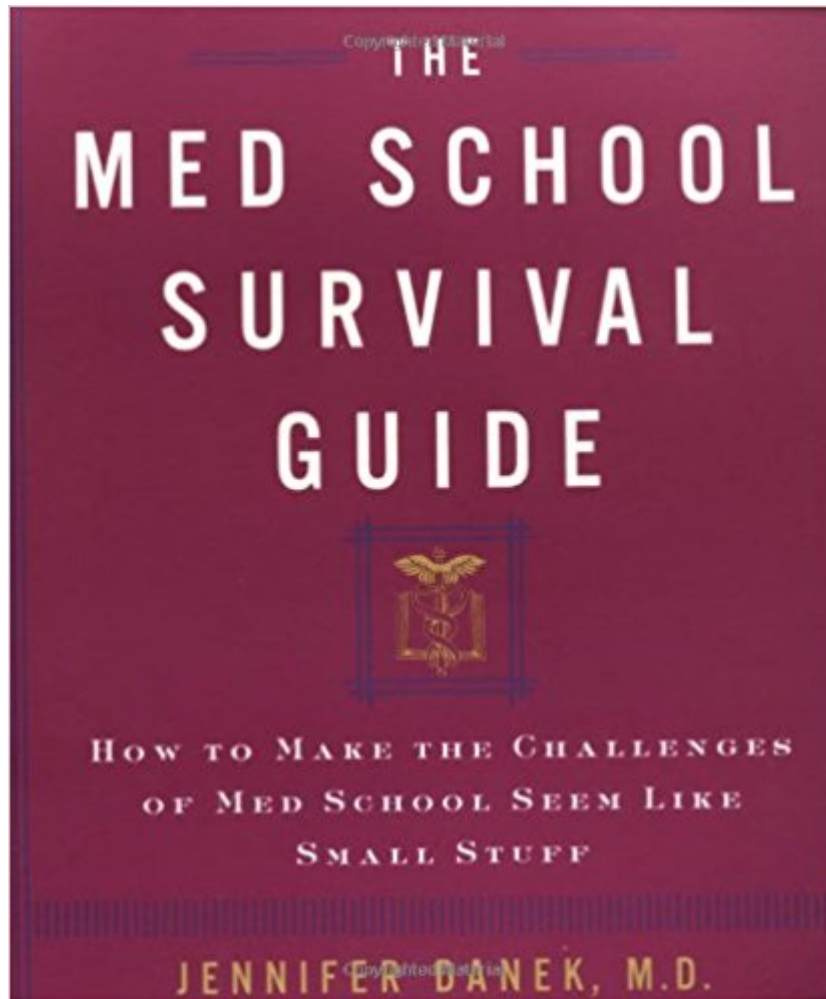


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# The Med School Survival Guide : How To Make The Challenges Of Med School Seem Like Small Stuff



## Synopsis

Whether you're in your first year, doing your rotations, or finishing your residency, medical school is one of the most challenging -- and potentially enlightening -- things you'll ever go through. How do you turn the frustrations of med school into motivation? How do you remain focused on the things that made you go into medicine in the first place? How do you maintain your relationships with others and yourself? And most important, how do you use this education to become the best doctor you can be? The Med School Survival Guide advises readers on how to handle school, home, and the wards: Celebrate the small victories (. . .med school is too long to wait 'til the end to celebrate) Nurture your friendships (. . .they're what's going to get you through) Listen to your patients (. . .they'll tell you their story if you do) Subscribe to two medical journals (. . .having access to the most up-to-date information is critical during the clinical years of med school) Remember who you are (. . .med school is a long experiment in understanding yourself) Here is real-life advice and professional guidance for aspiring M.D.'s. The Med School Survival Guide shows you how to make it through medical school with your heart and soul intact.

## Book Information

Paperback: 192 pages

Publisher: Three Rivers Press; 1 edition (July 25, 2000)

Language: English

ISBN-10: 0609805959

ISBN-13: 978-0609805954

Product Dimensions: 6.3 x 5.5 x 0.5 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (14 customer reviews)

Best Sellers Rank: #636,659 in Books (See Top 100 in Books) #21 in Â Books > Education & Teaching > Higher & Continuing Education > Medical School Guides #25 in Â Books > Education & Teaching > Higher & Continuing Education > Test Preparation > Graduate School > Graduate Preparation #332 in Â Books > Education & Teaching > Higher & Continuing Education > College Guides

## Customer Reviews

This is a small, easily readable book (especially amongst piles of anatomy and physiology texts) containing lessons a medical student should learn vicariously rather than through the exhausting process of trial and error. This book reminds a student to keep the proper perspective on their

journey and not become overwhelmed. It is organized into 101 "tips," each a page or two in length, and easily slips into a backback. It's like the book "Don't Sweat the Small Stuff," but applied to medical school. This book would make a wonderful present for anyone in medical school, especially first year students.

On first glance, it's just a small book with some commonplace advice. You might even read the whole thing in an hour. But don't underestimate the book's power. There are times in med school when you'll stray from the path, this book will save you during those times by keeping you in perspective.

Every time I did poorly on a test (never!), every time I was overwhelmed by the amount of reading, every time I was just frustrated about medical school in general, wondering if it was the right path for me, I turned to this book. Not only does Dr. Danek give you strength, inspiration, and the feeling that you're not alone, but she gives you practical advice and a little \*spark\* of common sense also, something that you desperate need when you feel like you're drowning in medical school. The book is divided into chapters such as "Excel in your studies," or "Live a balanced life," and then subdivided into topics. These include such comical topics as "Imagine your attending placing his or her first IV" as well as several very practical, easily forgotten ones, such as "Sleep," "Exercise," "Accept that you are not in control," and my favorite, "Repeat the manta: P=MD!" This book is a must have for every medical student, and a perfect gift for the medical student in your life. I have given one to every one of my friends who has gone on to medical school, and luckily my school (New York Medical College) included one in our orientation packet (freebie!) This truly is a book that you will never regret spending the \$\$ on...

This book is a very quick read, but the information it has to offer spans everything from learning how to succeed on the wards to taking care of oneself, physically, spiritually and emotionally. It contains 101 survival tips, backed up with vivid and entertaining personal examples. Jennifer Danek helps assuage the fears that medical students may have upon entering their chosen careers. Her carpe diem attitude and incredible humanism permeate the book and help future and current physicians learn how to approach their careers and lives with optimism in the face of death, empathy in the face of despair, and courage in the face of challenge.

I am currently a first-year medical student in Texas. Before I started my medical school this August,

I was searching for some "survival books." The reason I did that was before I went to college, I got a bunch of books with similar titles such as "The Survival Book for College", "College Freshman Pocket Guide." They proved to be very helpful, so I just wanted to find such a book for medical school. It turned out that there aren't many options. That's why I bought this one, sadly. My first reaction after I started reading it was: Disappointed. It wasn't what I was looking for. I was looking for something like "this is how you take notes," "this is how you ace the anatomy class," or "this is how to make yourself not afraid of cadavers." This book is COMPLETELY not about this. But, surprisingly enough, I LIKE this book. Make that "I LOVE it." What's "weirder" is that the more I read the book, the more I love it. I'm not exaggerating. The author didn't pay me so I don't need to lie. This is truly a book of wisdom. I really appreciate the author's wisdom, not in medicine, but in being a decent person and a decent doctor. This book doesn't give you any specific instructions or tips to shine in medical school. It gives you the "directions." It shows you "how to think" instead of "what to think." You must read it to find out. At last, I highly highly recommend this book for pre-med students. Why? Because I think it will help a lot for writing your personal statement! I must tell you that I was sick of the personal statement, and by the end of my AMCAS process I virtually depleted all my mental resources. This book would have filled my brain up, but I didn't know it existed at that time.

This book provides wonderful ideas and motivational words for surviving med school. It provides the pre-med student with a necessary foundation to be successful, and the med student with an important guide to help them focus and capture the most important lessons from their experiences.

I received this book before starting my first year of med school, and I have turned to it again and again. It has helped me to maintain a positive outlook and to face new challenges. I highly recommend "The Med School Survival Guide" for all medical students!

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