

dear residents

Connecting the Dots

October 20, 2024

Dear Residents,

How would you answer this question: Is there something you believe in for which you don't have evidence for?

I expect that your answers will range from life after death to winning the lottery. Or perhaps they will be related to moral justice or fairness or the preservation of the planet. All these answers will be based on hope of one kind or another.

Adam Grant is reframing resilience as hope

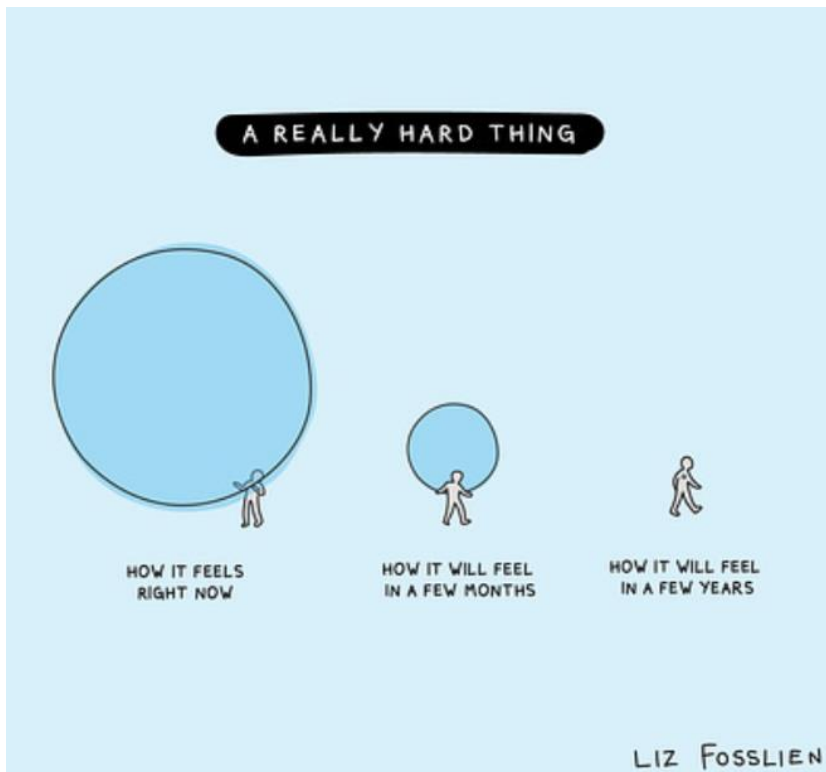


Adam Grant ✓
@AdamMGrant

The attitude that helps most with intense stress is not mindfulness. It's hope.

In hard times, it's overwhelming to live only in the present. What brings strength is anticipating a brighter future.

Resilience lies in remembering that today's burdens may be lighter tomorrow.



The world seems like it's in a precarious place with a consequential election in the US, unending global conflicts, and unrelenting climate events. The practice of medicine seems primed for an AI-driven reset. Grant addressed that too:

"The hallmark of expertise is no longer how much you know. It's how well you synthesize.

Information scarcity rewarded knowledge acquisition. Information abundance requires pattern recognition. It's not enough to connect facts. The future belongs to those who connect dots."

I left medical school in 1987 armed with acquired knowledge that I thought would be sufficient for the rest of my working career. My task was to recall it effectively and add to it incrementally. Information abundance has changed the game. Competing "facts" have added to the conundrum. Facts now seem to have sub-particles. Connecting these dots and recognizing patterns seems like the new skill to master.

I took a working vacation this week, to refresh for the upcoming recruiting season. Nearly 4000 candidates have applied to our programs and their quality and depth remains as strong as ever.



Sunset in Bonaire

Wishing you a wonderful week,

Dino Kazi