

# Starting **U**niversity **C**linical **C**areers **E**fficiently, **S**cholarly, and **S**uccessfully

## **Clinical/Academic Balance in a Busy Subspecialty**

**Aditee Ambardekar, M.D., M.S.Ed.**

**Residency Program Director, Anesthesiology**

**Professor, Department of Anesthesiology and Pain Management**

# Learning Objectives

- Describe the principle of Ikigai and how you can use it to your benefit
- Encourage you to say YES to opportunities
- Emphasize the importance of time management in our busy days

# Perspective



# Ikigai



# Opportunity

”The ladder of success is best climbed by stepping on the rungs of opportunity.” --Ayn Rand

# Simulation and Education

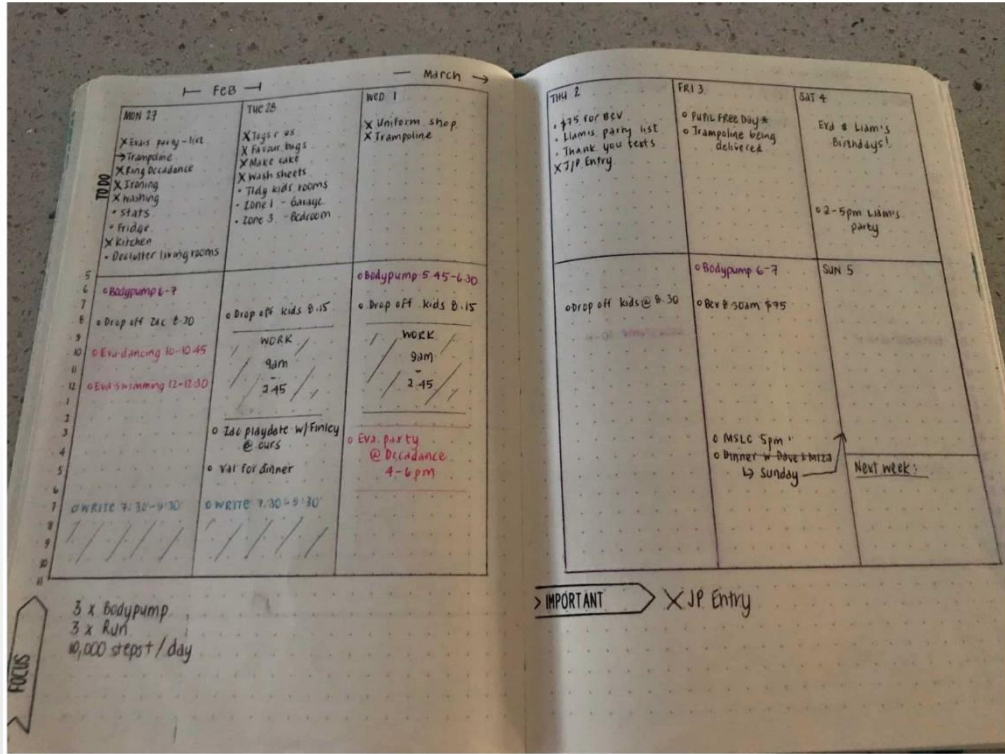




# Time Management



# Expectation and Goal Setting



18	Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday	23	Saturday
	3rd Call/BU2					SEND INTERN SURVEYS		Parkland Pedi Call			
	Parkland Pedi Call										
					ANES Grand Rounds: <a href="https://utsouthwestern-">https://utsouthwestern-</a>			Simulation Governance Microsoft Teams Meeting;			
					ICU Resident Learners Microsoft Teams Meeting;						
					MTG: bi-weekly Microsoft Teams						
								Video Recording Session <a href="https://zoom.us/j/">https://zoom.us/j/</a>			
					Faculty Development Microsoft Teams Meeting;	Canceled: VA Audits Microsoft Teams Meeting;					
							Weekly UH Operations Microsoft Teams				
					POCUS discussion Microsoft Teams Meeting	GME Core Work and the					
						AIG Post-Match Panel - University Lecture Hall				Residency Case Logs Microsoft Teams Meeting	
					Systematic Review Touch						
					March Resident Meeting UTSW A.W. Harris Faculty					Survey Discussion	
						Incoming Chiefs Dinner TBD Microsoft Teams Meeting					





# Clinical/Academic Balance in a Busy Subspecialty

## Summary of Key Points

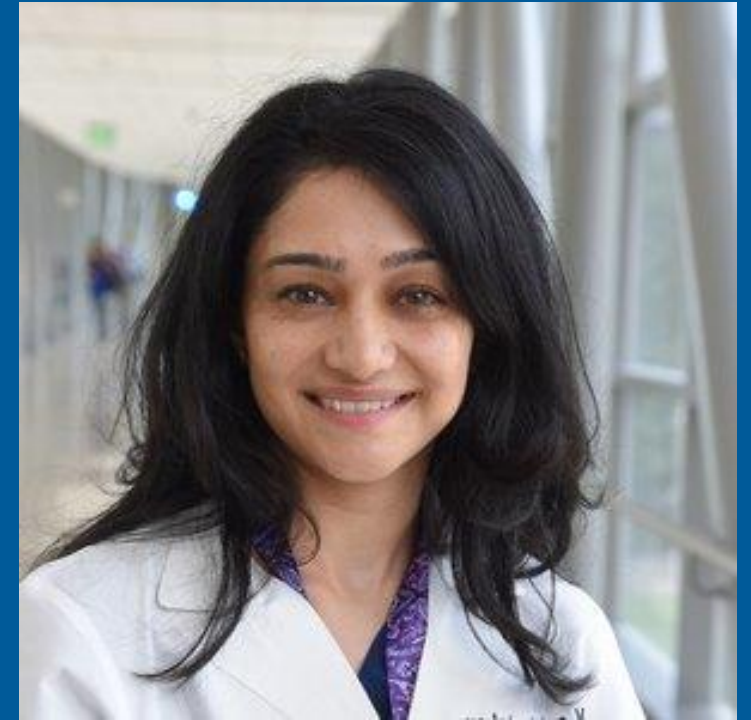
Take the time to find your Ikigai

Find opportunities that will help you identify where you want to focus your time (the conditional yes!)

Plan your week and month to make the most of your workdays

Find your village – at work and at home!

# Starting **U**niversity **C**linical **C**areers **E**fficiently, **S**cholarly, and **S**uccessfully



**Aditee Ambardekar, M.D., M.S.Ed.**  
Residency Program Director,  
Professor, Anesthesiology & Pain  
Management  
[Aditee.Ambardekar@UTSouthwestern.edu](mailto:Aditee.Ambardekar@UTSouthwestern.edu)