Starting University Clinical Careers Efficiently, Scholarly, and Successfully

Clinical/Academic Balance in a Busy Subspecialty

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Learning Objectives

 Describe the principle of lkigai 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



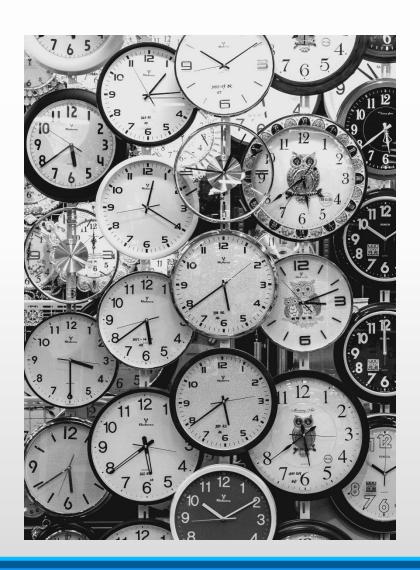
Opportunity

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

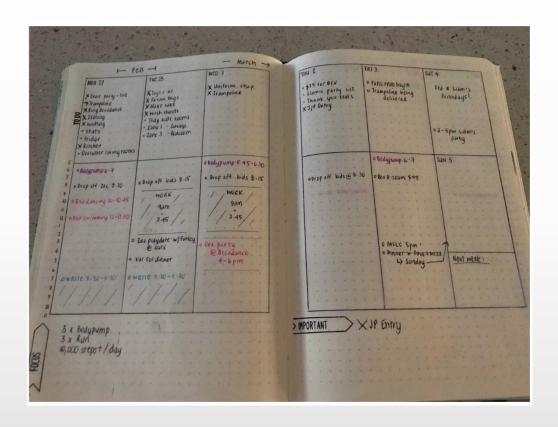
Simulation and Education



Time Management



Expectation and Goal Setting



8	Monday	19 Tuesday	20 Wednesday	21 Thursday	22 Friday	23 Saturday
	3rd Call/BU2			SEND INTERN SURVEYS	Parklan	d Pedi Call
- 1	Parkland Pedi Call					
			ANES Grand Rounds: https://utsouthwestern-		Simulation Governance Microsoft Teams Meeting;	
		ICU Resident Learners Microsoft Teams Meetin				
		MTG: bi-weekly Microsoft Teams	**			
					Video Recording Session https://zoom.us/j/	
		Faculty Development Microsoft Teams Meetin	Canceled: VA Audit: Microsoft Teams Meeting;			
				Weekly UH Operations Microsoft Teams ☆		
		POCUS discussion Microsoft Teams Meetin	GME Core Work and the			
			AIG Post-Match Panel - University Lecture Halll		Residency Case Logs Microsoft Teams Meeting	
		Systematic Review Tou	uch			
		March Resident Meetir UTSW A.W. Harris Facul	ng tty		Survey Discussion	
			Incoming Chiefs Dinner TBD Microsoft Teams Meeting			

Expectation and Goal Setting

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Clinical/Academic Balance in a Busy Subspecialty



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!

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