

### Role changes

Many students are used to being in the top of their class. Medical school requires changes in study habits: students may have difficulty adjusting to an “average” or lower score.

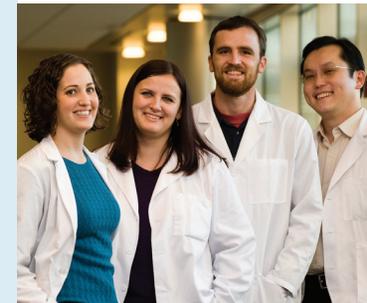
Many are also seen by family members as a “go-to” person, but will not be as available as before to listen or try to help from a distance. Understanding and accepting these changes are important for students and family members alike.

### Student wellness

An essential aspect of becoming a physician is learning to take care of one’s own health and well-being. We can do this by maintaining a healthy work-life balance, recognizing and addressing challenging situations and knowing when to seek support. What we learn to do for ourselves we can teach our patients.



Supporting your medical student



Resources for families

### Student resources

The Office of Student Wellness sponsors seminars throughout the school year. The office can also connect your student to the many on-campus resources available to help them manage stress and improve wellness. Services available to students include:

- Counseling and Psychological Services (CAPS)
- Academic support
- Spiritual support
- Peer support
- Fitness center

CAPS: 530-752-0871

National Suicide Prevention  
Lifeline: 1-800-273-TALK



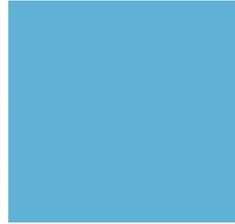
**UC DAVIS**  
SCHOOL OF MEDICINE

OFFICE OF STUDENT WELLNESS  
UC Davis School of Medicine  
916-703-WELL

[healthsystem.ucdavis.edu/mdprogram/student\\_wellness](http://healthsystem.ucdavis.edu/mdprogram/student_wellness)

**UC DAVIS**  
SCHOOL OF MEDICINE

# Resources for families



## Overcoming the challenges of medical school

The physical and emotional demands of medical school can be some of the toughest your student has faced to date. Students can experience:

- Long hours
- Overwhelming workload
- Academic pressure or difficulties
- Changes in relationships
- Loneliness
- Financial debt

The challenges of medical school can leave students feeling stressed, irritated, tired, anxious, even depressed, affecting their performance and well-being. You can offer invaluable support to your student by:

- **Listening** • **Encouraging** • **Understanding**

### Increasing pressure from:



FOUNDATIONS BLOCK August – December
Gross and Developmental Anatomy
Human Physiology
Cell and Tissue Biology
Molecular Medicine
Doctoring 1

MECHANISM AND DISEASE BLOCK January – May
E.N.R.G. – Endocrine / Nutrition / Reproduction / Genetics
Microbiology
Immunology
Pharmacology
General Pathology
Doctoring 1

**First year medical student curriculum.** For a detailed calendar – including dates for instruction, exams and breaks – visit [medschool.ucdavis.edu](http://medschool.ucdavis.edu). Under Education choose M.D. Program, then Curriculum, and select the academic calendar for the current or upcoming year.

Common medical student stressors	How you can help
Not being able to take trips home or visit out-of-area family	Ask ahead of time if they can participate in events, instead of expecting them to participate Make it clear that it's okay if they are unable to attend
Academic pressure, no longer feeling "special"	Remind them that they are talented, intelligent and that you love them unconditionally, independent of their grades
Insomnia or sleep deprivation	Encourage them to set regular schedules whenever possible, including breaks and sleep time
Long work and study hours, even on weekends	Set aside 15 minutes every day to talk Understand that being too busy to talk is not personal, it's the nature of medical school
Lack of exercise	Help them develop an easy exercise routine they can incorporate into their class and study schedules
Unhealthy diet	Make home-cooked meals that can be reheated and eaten over a number of nights Go grocery shopping and fill their refrigerator with healthy snack, beverage and dinner options
Unable to address the medical problems of family members	Understand and accept that they are not the family's doctor
Unable to discuss patient-related issues	Respect patient confidentiality; your student is adhering to federal regulations
Feeling overwhelmed, anxious, or depressed	Remind them again that they are loved and of resources available to them on campus; they only have to call 916-703-WELL