



- Have friends outside of PA school.
- You will not be able to learn every little detail of everything. Focus on the big picture.
- Have hobbies outside of PA school.
- You are responsible for how much you learn. You cannot depend on faculty, preceptors, or a book to teach you everything you need to know. This is nothing like undergraduate education.
- There is a lot of memorization involved with medicine, but you also have to be able to apply that information.
- Keep all of your notes about one specific disorder together (whether it be in a single file on your computer or on papers in a three-ring binder). This will help when it is time to study for PANCE.
- Don't procrastinate on anything.
- Exercise and eat well. You will feel better and have more energy.
- Get plenty of sleep.

## The Clinical Year

- Always be on time and be professional.
- There is a lot of leeway in medicine — there are lots of correct ways to do something and there is rarely a hard and fast *right* answer.
- Working hard on your rotations really pays off and brings the textbook knowledge to life. Trust the process during didactic year — it will make more sense during clinicals.
- Don't take yourself too seriously. Have balance and enjoy your time off so you can work hard when it counts!
- You may have more free time than you did during didactic year but don't forget to study. Remember, you have to take the PANCE.
- Don't hesitate to let your faculty know if you're having a problem with anything in your rotations.
- Be assertive, especially if there are lots of other students or residents on your rotations.
- Always send a thank you note to your preceptors at the end of each rotation.

- Carry snacks in your white coat. You may not always have time to eat.
- Start the process of applying for licensure as soon as possible. It can take months for everything to be approved.

## In General

- Join your local, state, and national PA organizations. These will help with networking and keep you up to date on issues within the profession.
- Understanding issues facing the profession and advocacy are responsibilities of any good PA student.
- The Student Academy of the AAPA offers many opportunities to get involved. Send them an email at [students@aapa.org](mailto:students@aapa.org) for information.
- Time flies when you're having fun! At times it will seem like school will never end, but when it does, you will look back and be amazed at how fast these years went.
- Watch your spending — the less you spend in school, the easier it will be to repay your student loans.