



## ON BECOMING A PHYSICIAN - A PERSONAL ASSESSMENT

### Desired Qualities in a Physician

#### **Leadership**

Able to Communicate  
Able to structure a successful outcome  
Aware of individual and group needs  
Able to establish credibility  
Presents a positive attitude about life  
Gives evidence of charismatic traits  
Able to elicit cooperation  
Able to display confidence  
Gives evidence of being well-liked

#### **Responsibility**

Able to set priorities  
Able to complete tasks  
Able to maintain high standards and personal integrity  
Demonstrates:  
Honesty  
Perseverance  
Dependability  
Initiative  
Loyalty  
Independence  
Enjoys and actively seeks new learning experiences

#### **Enjoys challenges**

Willing to take risks  
Is intuitive about life  
Has courage to fail occasionally  
Pushes oneself to be the best  
Is creative and doesn't always accept status quo  
Uses intuitive skills in solving problems  
Demonstrates analytical reasoning

### Academic Development

Has broad range of educational exposure in and out of the classroom  
Contributes to group/class projects  
Constantly strives to improve oral and written communication skills  
Receives recognition for accomplishments  
Takes pride in one's work  
Open to new ideas

Meets deadlines in a timely manner  
Realistically assesses abilities  
Able to establish reasonable goals  
Willing to work hard to succeed  
Unwilling to compromise standards for recognition (grades, etc.)  
Constantly seeks to understand limits

Provides oneself with experiences which test skills in:  
Independent study  
Research  
Oral and written communication  
Honors course work  
Non-major subjects  
Working with a "difficult" instructor

### Personal Development

Chooses activities to express talents  
e.g.:  
Resident Advisor, Fraternity/Sorority  
Big Brother/Sister, Tutor, Student government, Church Activities, Community organizations  
Finds experiences which aid in understanding self and career e.g.:  
Hospital environment where doctors and patients are accessible  
Long term care facility  
Health Maintenance organizations  
Community health projects  
School health projects

Finds time to learn about oneself in non-academic setting  
Sustains motivation in working in areas where tangible rewards may not be evident  
Aids others in meeting their goals  
Understands the meaning of personal sacrifice  
Able to balance competing activities, schedules, and demands

Widening horizons to include some of the following experiences:  
Traveling both abroad and in U.S.  
Investigate something of interest in an in-depth manner  
Pursue hobbies  
Pursue talents in sports, music, art, drama  
Consider developing technical skills in CPR, EMT, other

## Desired Qualities in a Physician

### Resourcefulness

Adapts to changing situations  
Works hard  
Demonstrates enthusiasm  
Makes critical judgments  
Able to investigate something thoroughly  
Can identify support system  
Demonstrates independent thinking

### Coping Skills

Acknowledges and accepts one's limitations  
Able to be flexible  
Possesses a sense of humor  
Constantly strives to develop ego strength  
Develops ability to handle anger and frustration  
Develops ability to accept criticism

### Tolerance

Develops personal maturity  
Aware of personal values, attitudes and biases  
Develops a caring attitude for others  
Gains an appreciation of individual differences  
Learns to listen to others  
Develops a sensitivity to the needs of others

## Academic Development

Able to seek assistance from faculty or tutorial program  
Takes initiative and creative thinking to solve one's own problems as well as calling on others for help  
Develops appropriate study methods, goals, etc. for oneself

Completes a demanding course-load while doing other things  
Refines and develops better academic skills including management of time  
Sustains effort in academic program, even if the going gets tough  
Seeks to improve reading skills

Undertakes coursework which challenges one's understanding of different cultures, religions, and ethnic origins  
Writes papers in areas which demand further exploration of attitudes and values

## Personal Development

Learns to budget money, time and resources for a balanced life  
Spends time "debriefing" oneself to determine what has been learned  
Tries to understand one own personal needs in choosing a medical school and determining if the school can meet these needs  
Seeks out information about the application process, financial aid, curriculum, etc.

Evaluates life situations which have been stressful e.g.:  
Conflicts with friends  
Complex family situations  
Experiences in living away from home  
Difficulties in emancipating from parents  
Challenge in financing college education  
Knows strengths and weaknesses in solving problems where solutions are not clear-cut  
Finds time to meet responsibilities and needs of others, even when one's own demands are high

Works in areas which challenge attitudes and values:  
Care of the elderly  
Care of the handicapped  
Care of the mentally retarded

Works with people from different backgrounds in a help related setting – community clinics, inner city health projects, Rural areas, etc.