

Video Transcript: MD 2018 advice to MD 2022 incoming class

I wish somebody told me when I first got into med school that life is only beginning and the best part of your life has only begun so....

do your best

even when you have those long nights of studying and a lot of exams

work hard be humble and don't forget the help that you've been given

it's not going to be easy but you know if you have to write people around you it makes it easier

I think for anyone coming into med school I just want to let them know that the people I think are the most important thing

you're gonna develop the best friends here that are just going to make this the best four years of your life

you're really growing with your classmates and some of the hardest times you'll go through these are the people who will be beside you and some of the funniest times and the most rewarding times

and work together as a family

that is what makes Medical School so great is just having that camaraderie and those people you can lean on

you're gonna be more than well-prepared you're gonna have the best place to study medicine in the world you're gonna have the best faculty to support you

faculty that are top-notch educators

very much so you're gonna learn everything you need to know the curriculum is great

your staff your faculty all the people your patients are gonna be the people who are helping you so

trust the system and enjoy the ride

man time flies

it goes by really fast Cherish your friends and your family

Be humble because there are other people who are smarter than you other people who are going to help you along the way so don't forget those people

remind them that you love them remind them that they are very appreciated

don't worry it's gonna be alright

have fun

take time to to rejuvenate yourself

don't stress out too much because everything works out

and you'll look back on it and appreciate every single moment

being at JABSOM is a blessing

a once-in-a-lifetime journey

and remember that the patient comes first if you always put the patient first in everything that you do then you can't go wrong so congrats on joining the JABSOM family and we're excited to see you out there on the wards