

Wave over Wave – A MED School Survival Guide

Are you a new medical student? Do you want advice from current students, residents, instructors, faculty and more? Then this book is for you!

My name is Melissa Tobin and I am a medical student in the Class of 2023. I decided to create this book to help new students transition into medical school. When I started med school, I was excited, nervous, and bursting with questions. My hope is that this book will answer some of those questions and provide you some encouragement that you CAN do it! Most importantly, I hope you will recognize that finding a balance and taking care of yourself is one of the best ways to be successful in medical school. Med school isn't always easy but I believe in each and every one of you. Over the next two years, you will learn more information than you ever imagined was possible. Remember, you deserve to be here and you were chosen for a reason. Almost, if not every student will encounter some stormy water throughout the program. Take time to take care of yourself and reach out for support when needed. There are so many people that care about you and want you to succeed. Celebrate every small victory and enjoy the experience!

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