



*Time Management as a busy
pre-med student*

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PreMedCC
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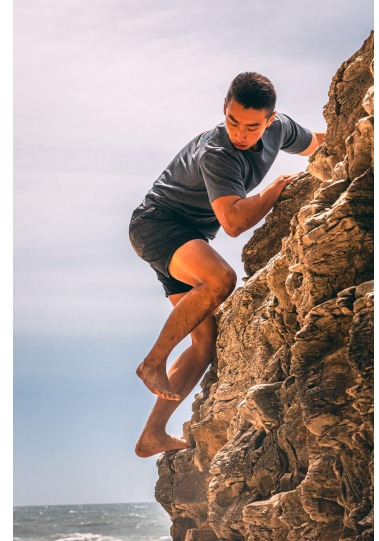
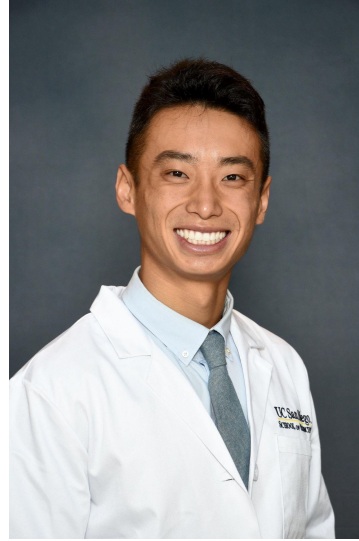
Introduction

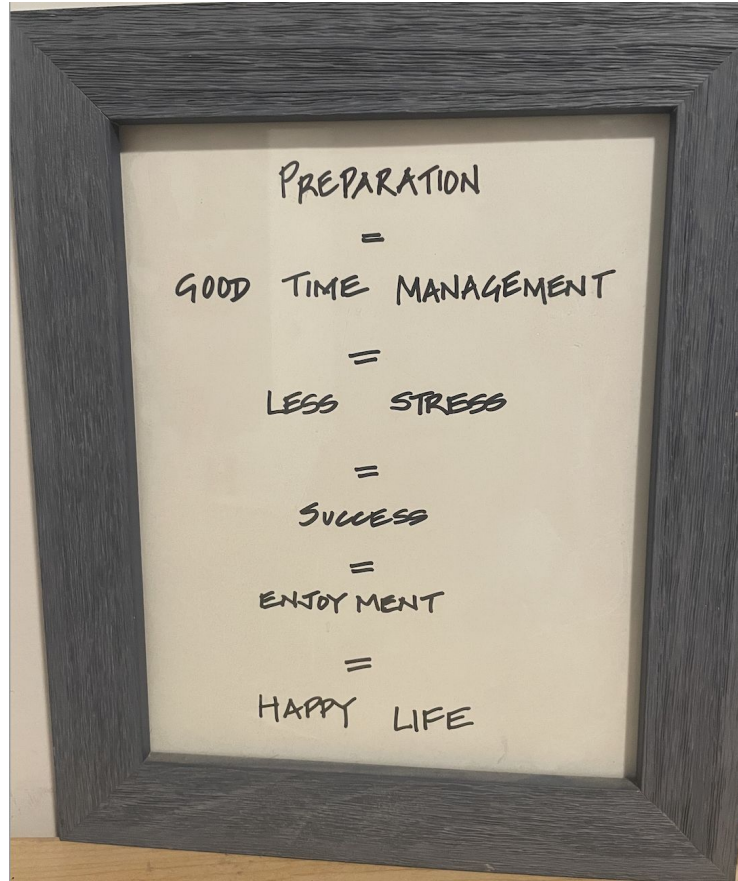
Undergraduate: UC Irvine

Medical School: UC San Diego SOM

Hobbies: Hiking, Climbing, Surfing, Basketball, Running, Weightlifting,

Love doing research!





PREPARATION

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GOOD TIME MANAGEMENT

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LESS STRESS

=

SUCCESS

=

ENJOYMENT

=

HAPPY LIFE

My day today

3AM: Woke up, prepared to present at an international research conference at 3:45AM. **4:30-6AM:** Study

6AM-8AM: Surfing

8-9AM: Breakfast/Study

9AM-10AM: Research Meeting

10AM-12PM: Lecture

12PM-4PM: In ophthalmology clinic

4PM-7PM: Study

7pm-8pm: Basketball

8PM-9PM: Hang out with friends

9PM-11PM: Study, Wrap up

Day in the life while I was a pre-med during the school year

5AM: Lectures (during COVID, lectures were pre-recorded).

7AM: Volunteering

9AM: Work

3PM: Volunteering

5PM: Research

8PM: Relax/Decompress

10PM: Sleep



Day in the life as a medical student

6AM: Study/Workout

8AM-12PM: Lecture

12-4PM: Study/Clinical Experience.

4PM-7PM: Research

7PM-9PM: Workout #2, climbing

9PM-11PM: Wrap up work during the day, sleep



Set realistic expectations for yourself

- USE A REMINDER! If there is something important, make sure you set a reminder for yourself. When you get busy, it is easy to lose track of things.
- Don't overcommit yourself on any given day.
- Ensure you get sufficient sleep - key to being productive
- Nutrition: eating healthy can improve mental and physical wellness

Focus 100% When Working!

- If you've set a time aside to study/work/research, focus 100%! This means putting your phone away, not checking email notifications, and getting into the zone of being efficient with your work. Try to get something accomplished in every work session (finishing a research task, a set of flashcards, etc)

You have to WANT IT BAD ENOUGH

- Pre-med is one of the most stressful times filled with uncertainty. There are so many things you have to balance as a pre-medical student. To be successful with managing school, work, extracurriculars, hobbies, relationships, you must WANT IT. Get after it. If you want it bad enough, you will stay more disciplined and naturally manage your time a lot better and have better work-life balance! Intrinsic motivation!!

What works for me: wake up early!

- Not everyone is an early riser
- For me, I am extremely productive in early mornings. This is a period of time without any distractions and i find myself getting a significantly portion of my work completed during this time. It also sets up for a great mood during the day and a sense of accomplishment.

Importance of Preparation

If you know you have multiple events going on the next day, plan your outfit/food/things to bring the night before. This can reduce a lot of last-minute stressors. Moreover, plan exactly what you will be doing by the hours of the day. If you have 25 minutes between different commitments, can you review your class notes or use that time to respond to emails? Make a checklist for yourself everyday and make sure you don't leave today's task for tomorrow!

How to balance school work with extracurriculars?

- Make a consistent schedule for extracurriculars AROUND school schedule.
 - In the beginning of the semester/quarter, map out exam dates and know when classes start and end.
 - Form a consistent plan for your extracurricular around school work and stick with it as much as you can.
 - For example, say classes are from 9-10AM and 1PM-3PM. Use this gap between 10AM-1PM to volunteer/research, and plan to attend another extracurricular opportunity after 3PM if needed.
 - Communication is key! Make sure your extracurriculars are aware of your schedule

Key to managing your time well

- Stay disciplined! Pre-med life can be very busy and being disciplined can go a long way in ensuring you get all the tasks done for a given day.
- Stay focused when you are working: Maximize your efficiency while working.
- Utilize downtime well: if you are traveling on a bus or walking on a treadmill, you can use this time to go through flashcards and listen/watch lectures

But also don't forget to have fun!

- We all need time to decompress and relax.
- Being good at time management also means you reserve time for your hobbies, people you love, things you care about
- For example, I would reserve at least 30-40 minutes a day for my hobbies, and try to spend time with loved ones at least once a week on the weekends.
- Improved mental well-being can improve your studying efficiency.
- Taking breaks will sometime open new ideas..especially when you are writing papers or doing something that requires creative thinking!

Have a positive mindset!

It can be stressful to balance so many commitments as a pre-med. It can be overwhelming. It is important to reflect on your day and realize how productive and how many positive things you've done! Enjoy the process, it is going to pay off!

Q&A

Have questions? Always happy to answer them!

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