

# The best tips and resources for every stage of med school

MAY 27, 2015

Staff News Writer

---

It's that time of year: Classes have ended, the sun is out and students are poised for change. But new transitions also require new adjustments. No matter what year of training you're in, as you move through medical school, here are some of the top resources you'll want to take with you.

## Prepping for the USMLE

You may feel stressed as you prepare to take the United States Medical Licensing Exam (USMLE) Step 1, but not to worry—use this advice to make the most of your preparation:

- 4 mistakes to avoid while studying
- The definitive USMLE Step 1 guide

## Managing finances in school

The cost of medical education is high, but that doesn't mean you have to be crushed by debt. Save money with these resources and tips:

- 5 ways to manage student debt
- The AMA's financial aid Web page lists helpful information about rewards, scholarships and debt management.

## Staying happy and healthy

We know classes and rotations are very demanding. But try not to let the pressures of training make you neglect your personal relationships or well-being. Here are some must-reads to help you avoid burnout and maintain good health in training:

- Student SOS: 7 ways to avoid "distress" in medical school
- How to fit wellness into your busy schedule

- | 4 tips for communicating with a medical student
- | How volunteering has made doctors, students happier and healthier

## Choosing what to practice

Whether you're a first- or fourth-year medical student, choosing your specialty is one of the most crucial decisions you will make in your career as a physician, so make sure you explore a variety of specialties before deciding what to practice. Start with these insights:

- | 5 things students overlook when choosing a specialty
- | How medical specialties vary by gender
- | *AMA Wire's* "Shadow Me" Specialty Series, which features advice from physicians about the pros and cons of practicing in their specialties, insight about their lifestyles and student-friendly tips you don't want to miss.

## Transitioning to residency

As a fourth-year student, transitioning to residency will mark a period of excitement and major change. Follow these tips to prepare for your future as a resident:

- | What families of new residents need to navigate change

Also, try these links to properly plan your next steps after matching to a program:

- | So you matched to a residency program—now what?
- | Thinking about a fellowship? 5 things to consider
- | After you Match, are you ready to pay your loans?