

Navigating the final stretch of your medical degree



The last lap

As you approach the end of your fourth year, it's natural to feel a mix of excitement and anxiety. Recognize that you've come a long way, and the finish line is within sight.



Resist the pull of collective fear

Understand that collective fear of failure can be especially strong during this phase. Remind yourself that you are well-prepared and have the knowledge and skills needed to succeed.



Maintain confidence

Reflect on your accomplishments and the challenges you've overcome throughout your medical journey. Trust in your abilities and believe in your capacity to complete your degree successfully.



Celebrate progress

Take moments to celebrate your achievements, no matter how small they may seem. Recognize that each step you've taken has brought you closer to your goal.



Lean on support

Seek encouragement from friends, family, mentors, and peers. Share your concerns and excitement with them, and let their support bolster your confidence.



Stay focused

Keep your eyes on the prize and maintain your dedication to your studies. Develop a study routine that works best for you and stick to it. Prioritize sleep and have strong boundaries. You do not need to be everything to everyone right now. Time for that later.



Visualize your future

Picture your life in the future, the impact you can make, and the opportunities that lie ahead. This can be a powerful motivator to propel you toward the finish line.



Embrace the unknown

Understand that the transition from student to medical professional is a significant step into the unknown. Embrace the excitement rather than buy into imposter syndrome. No one is expecting you to be more than a new intern. There will be loads of support for you.

The final stretch is an opportunity to showcase your dedication and determination, and there's no reason to worry—you've got this!

