10 TIPS FOR RESIDENCY GRADUATES
Emergency Medicine

**LIFE**

**Recharge Your Battery**
Re-discover your hobbies and passions. Re-invest in relationships. See a dentist. Get in shape.

**Assess Your Priorities**
Determine who and what are important to you. Make your life and career what YOU want it to be, and not what society pressures you into.

**Be Smart About Money**
Debt is an anchor -- get rid of it... after going on a well-deserved post-residency vacation. Learn beyond the basics of finance, budgeting, and investing.

**Take Care of Yourself**
Exercise, eat healthy, and get good sleep. Be a sleep expert to make your circadian dysrhythmic shift work more sustainable (blackout curtains, white noise, naps).

**Keep a Positive Mindset**
Shiftwork and caring for emergency department patients can be taxing. Don't forget to smile, laugh, and play outside of work -- that's what keeps us young.

**WORK**

**Be a Lifelong Learner**
Learning does not stop with residency training. Keep current. The first year post-residency is a period of rapid learning and growth.

**Learn to Say No**
Take advantage of the amazing and diverse career opportunities available, but also learn to say no if they do not match your career goals. Choose wisely.

**Invest in Your Work Family**
Get to know your colleagues, nursing staff, radiology technicians, and consultants. You will be seeing a lot of them for potentially many years.

**Be Extra Detail-Oriented**
The first year post-residency is a clinically risky time. Be more conservative. Address every abnormal vital sign before discharging a patient.

**Ask for Help**
Do not be too proud or ashamed to ask for help from your fellow colleagues or nurses.

UCSF Department of Emergency Medicine, 2016