Academic Resources Para Ponerte Las Pilas

My story

My name is Lesley Chapa, and I am a valley native and a first-generation Mexican American student pursuing a career in medicine. When I started university, in 2017, I struggled with feelings of self-doubt and imposter syndrome because I did not know anyone or anything about the medical field. I had never met a doctor that looked like me or shared in my *experiencias.* I did not know how to study effectively or what it would take to achieve my goals. Overtime, I strengthened my self-confidence and learned to advocate for myself within the academic space. I graduated with my B.S. in Biological Sciences from UTRGV in the Fall of 2020 with honors (Summa Cum Laude). I am also preparing to matriculate into our UTRGV School of Medicine, as a member of the Class of 2025, and I hope to carry on my *aprendizaje* by honoring and engaging diverse perspectives within the medical sphere. But this success did not happen overnight! It took a lot of trial & error and support from my UTRGV community along the way. I am sharing my academic journey with you to emphasize the idea of "*Si otros pueden, porque tu no!"* (If others can do it, why not you?)

I have curated this document with the hopes of facilitating your academic journey by providing tools that can enhance your study methods, time management skills, and productivity. These are all things that I wish I would have known earlier and would have saved me a lot of time/hassle. I hope they serve you as much as they served me!

Ponte las pilas, tu puedes!

Lesley L. Chapa
UTRGV School of Medicine, Class of 2025

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For each topic, I will provide relevant videos/resources that can explain the concepts better than I can ever attempt to. That way, you can reference an engaging source rather than reading a boring Word Document.

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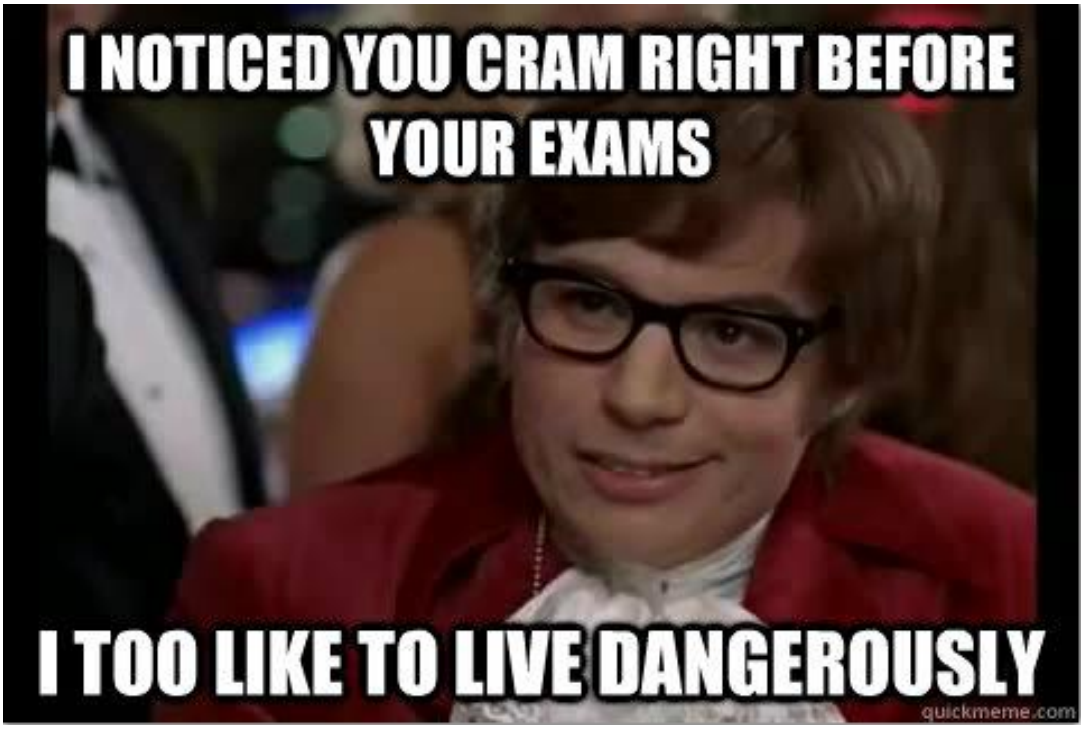
Effective Study Tips

- *What does it mean to study effectively?*

Let's face it, not all study techniques were created equal. You can spend all day reading and re-reading your notes and not get anywhere! And then, you will ask yourself, why?! Why am I not learning anything or acing my exams? Am I dumb? The answer is NO! You are just not studying in the most effective way, which would allow you to maximize your efforts and achievements.

If you are still a bit confused, please watch Med School Insider's: The Good, Bad, and Useless to learn more about what effective study techniques look like.



- *Active Learning vs. Passive Learning*

The video above, and other resources, will label different study techniques as "Active" or "Passive" forms of learning.

To understand the difference and learn more about active recall/why it works please watch: How my friend ranked 1st at Medical School – The Active Recall Framework. This video was created by Ali Abdaal; he is a doctor that graduated from Cambridge University. He shares many videos on effective study habits and techniques for university/medical students!

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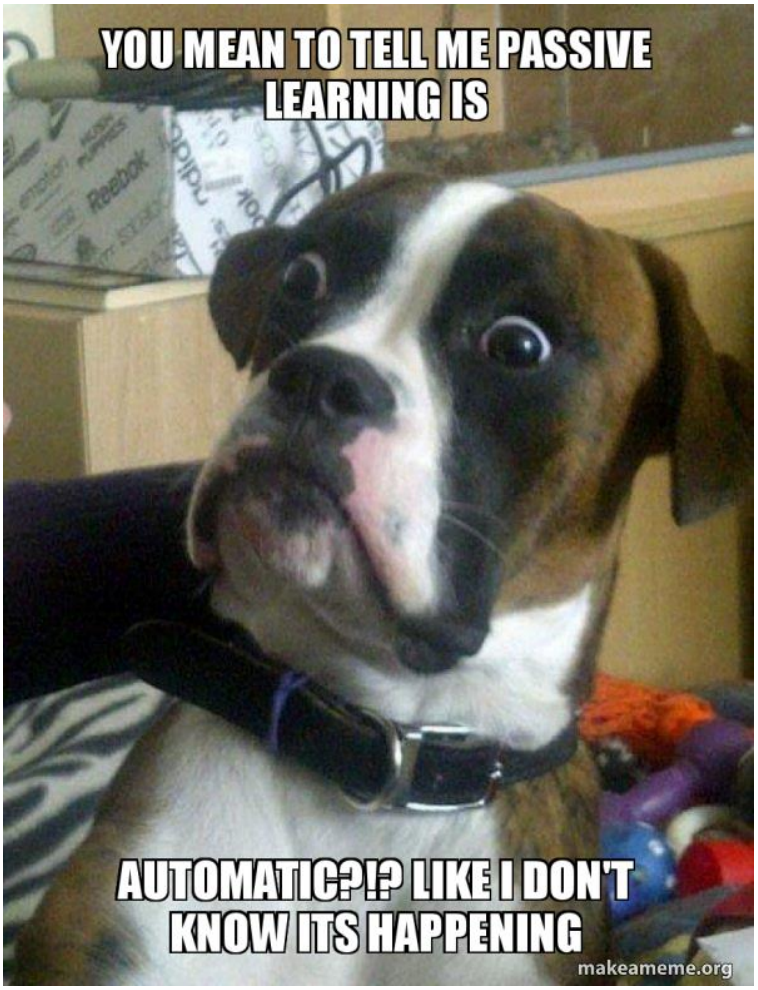

- *Tools for Active Learning:*
  Now that you know what active learning looks like, here is how you can implement this into your notes using Notion. This is a note-taking platform, that is free for students when you sign-up with a working ".edu" e-mail. Since Notion is a fairly unique software, the following videos will help you set up your app and use it to its full potential.
    - Notion App: Full Notion Tutorial for Beginners
    - Using Notion for Active Recall – Ali Abdaal

- *Spaced Repetition*
  The idea of spatial repetition and active recall completely go hand in hand! To learn more about what that is and why it works, please watch Ali Abdaal's video How to Study for Exams – Spaced Repetition | Evidence Based Tips

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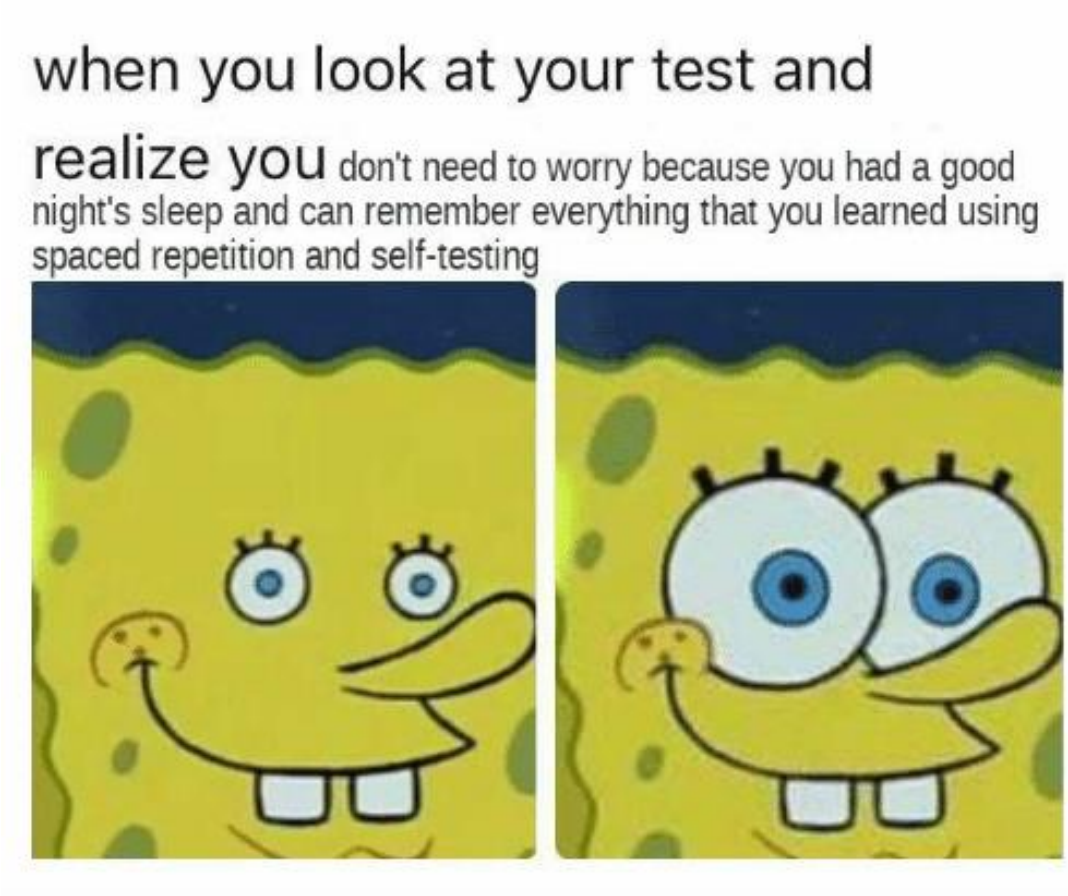

Lady Luck favours the one who tries!

- ***Tools for Spaced Repetition***

  Anki. If you are watching the videos in the order listed above, you have already heard of anki. Anki is the holy grail of studying. The resources of resources. If you take ONE thing away from this document, and nothing else, let it be ANKI!

  Anki is a flashcard software that combines both spatial repetition and active recall. It is used by high performing students and advocated for in almost all medical school programs. It is free to download on Mac/Windows and there is a $20 fee to download on your mobile device.
  However, Anki can seem very… intimidating… because it looks very outdated.

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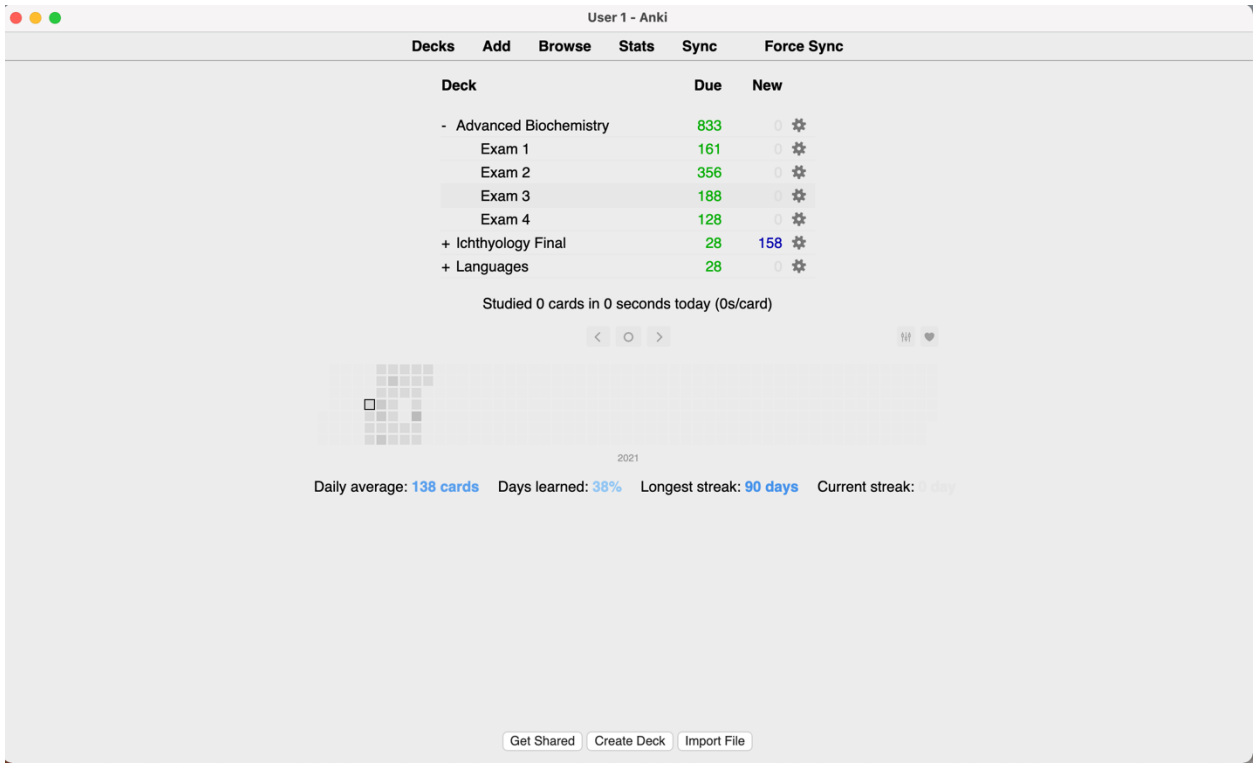

But Anki directly integrates both active recall and spaced repetition in your reviews so that you are always working with concepts you struggle with (rather than reviewing what you already know). Anki has helped me practice and **retain** challenging material every day. Especially in classes with a high volume of content (ex: Adv. Biochem), anki makes it easy to keep up!

Here are some videos to help you get started:

- Anki Tutorial – Getting Started | Basic Cards | Cloze Cards | Image Occlusion Cards
- How to Use Anki Effectively
- How I Use Anki to Memorize
- Anki Tutorial (High Yield)
- The 5 MUST HAVE Add-Ons for ANYONE using Anki
- Anki 101: How to use Premade Decks

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Once you get the hang of Anki, this meme will make more sense.

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- ***Motivation and Procrastination***

  So, if after all this, you are sitting there thinking – "That's great Lesley, but the problem is I just don't feel like studying"

Translation: When you are too lazy to do your homework, but you already helped Someone else do theirs – "*Why are you like this?"*

Well, I hate to break it to you buuuuut --- you aren't always going to feel like studying!! Whaaat?!

Here are some videos that have helped me to understand "motivation" and be more consistent with my studies… even if I didn't feel like it. [Also I am lumping procrastination in here, because it's same same but different] :

- How to Make Yourself Study When You Have ZERO Motivation
- When You Just CAN'T Motivate Yourself to Study, Consider This – College Info Geek
- How to stay motivated for the entire school year
- Why Motivation is a Myth
- How to Stop Procrastinating – *Ali Abdaal*
- The Secret of Motivation
- How to Stop Procrastinating – *Matt D'Avella*
- How to Finally Overcome Procrastination
- How to Get and Stay Motivated
- How to Stop Procrastinating - *The Strive to Fit*
- How to Stop Procrastinating & GET THINGS DONE

- Why I'm able to study 1,620 hours in 6 months (how to stay motivated)
- How to Study for Exams and stay motivated
- Dear Maiya – A Day In the Life (*My favorite motivational video)*

- ***Intrinsic vs. Extrinsic Motivation***

So, something you may have heard about is the idea of intrinsic vs. extrinsic motivation. But what does that mean exactly? To understand this concept, please watch | The Locus Role. They will explain these ideas and emphasize the importance of finding the *WHY* behind your work.

- ***Motivational Content***

What has helped me stay motivated as a student is seeing other students' academic journey. That can be through videos (like the one's I've linked above) or even on Instagram! There is a whole study community on social media, known as studygrams or studyblrs (*if you're on Tumblr lol)* and it is students posting their experiences/sharing tips/connecting with other students. If this is something that interests you, feel free to check out my own studygram @lesley__med.

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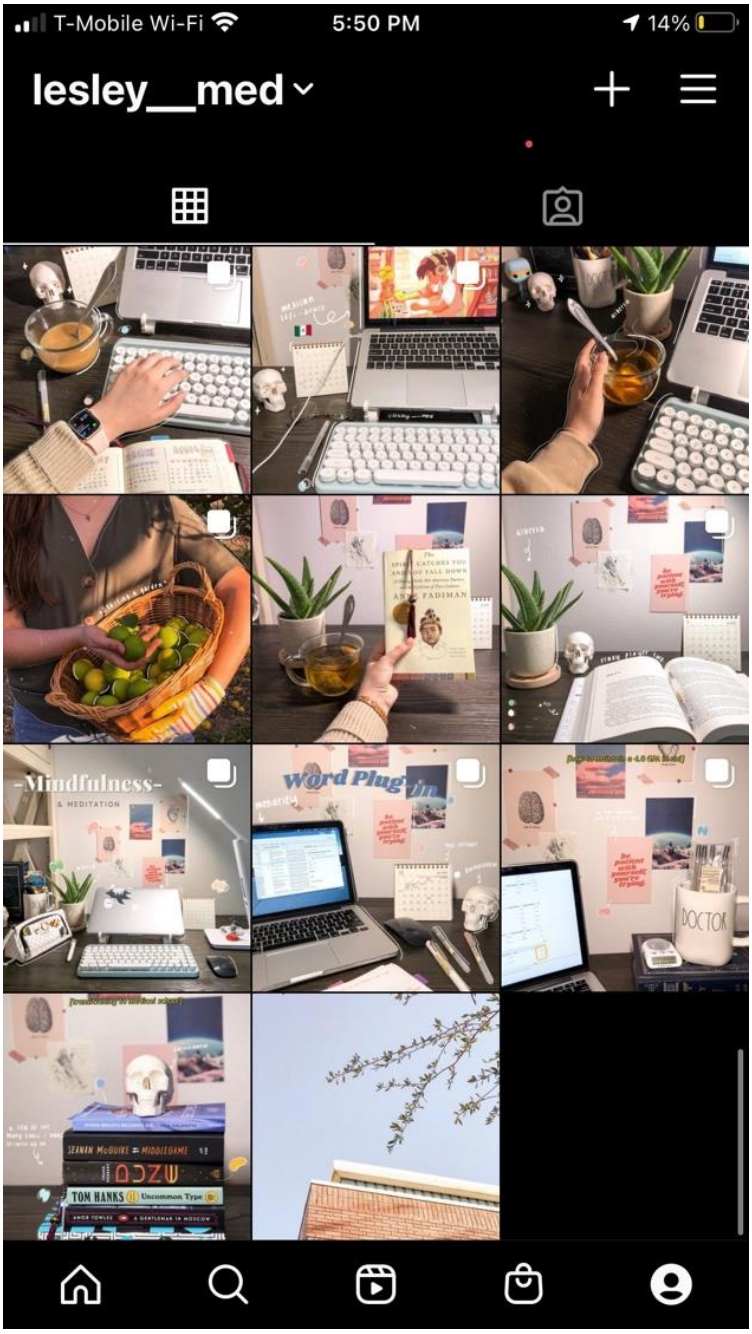

Other great studygrams are: a.medstudents.journey, alliesstudies, studywithara, studyholmes, and softmedstudent

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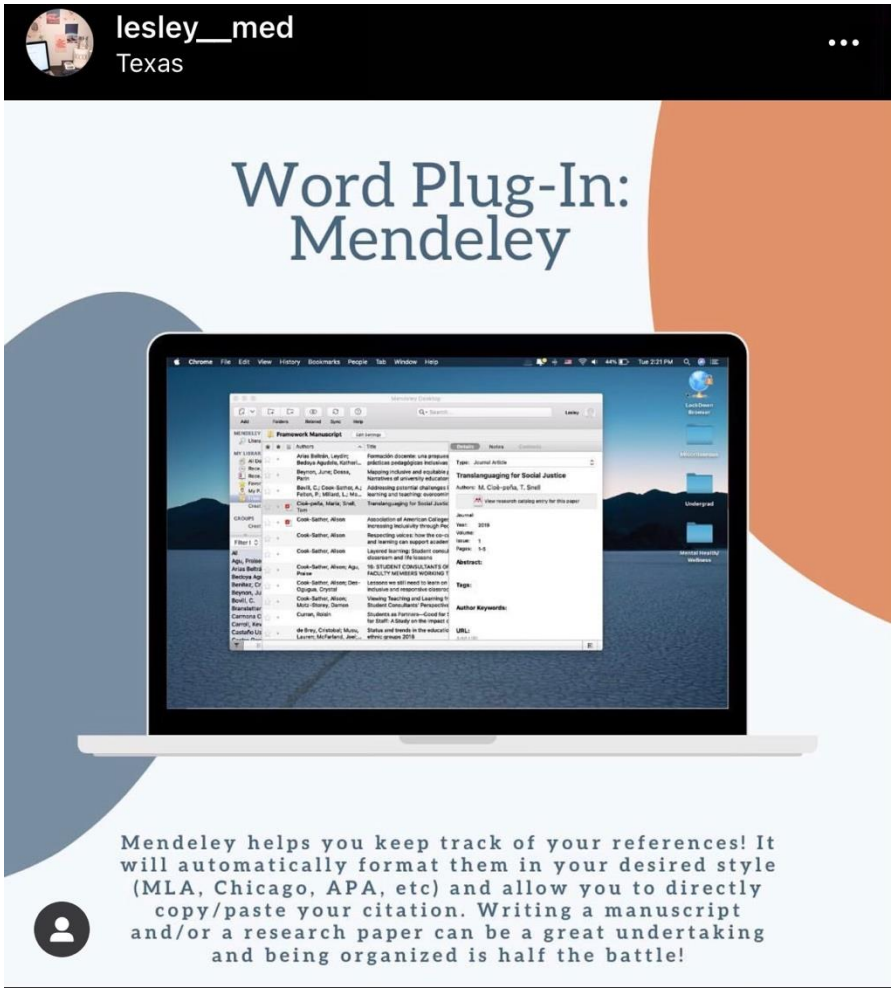
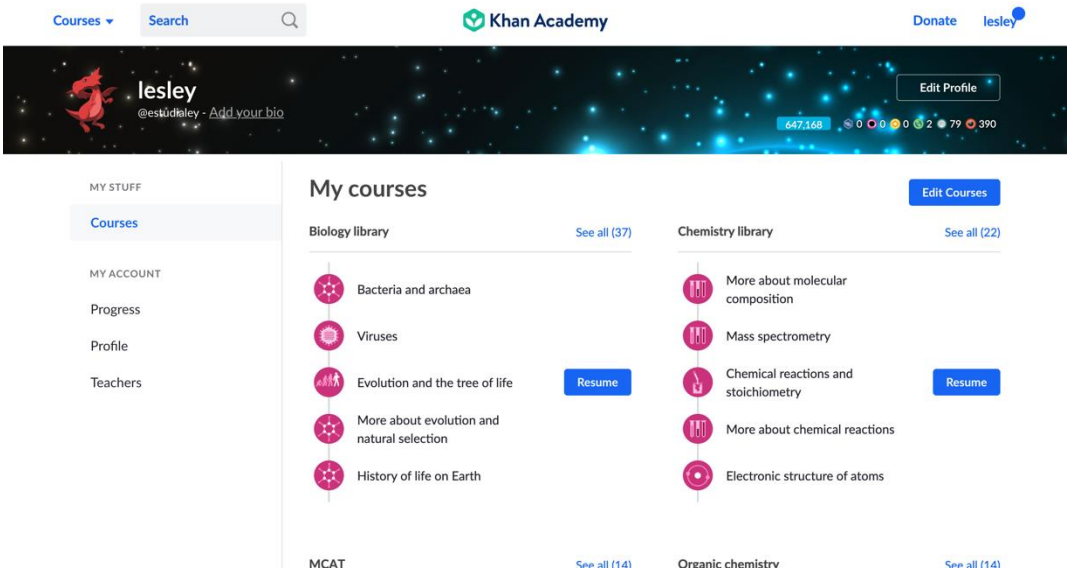
- ***Learning/Productivity Tools for…***
  - *All Students*
    - Mendeley (free)
      If you've ever had to write a research paper, it is easy to lose citations and references if you aren't organized! Mendeley is a free software that allows you to keep track of and create citations directly onto Word.



    - Khan Academy (free)
      Khan Academy houses thousands of short videos that explain key concepts in a digestible manner. They have videos for all kinds of disciplines, and I would highly recommend it for STEM students (more on that later)!



- Notability ($20)

Notability is an digital notetaking app for iPad users. The best feature of notability is that it can record your lecture notes and re-visit a specific moment of the recording by simply tapping on something you wrote.

Here is a Notability Tutorial: How I Take Notes on My iPad Pro

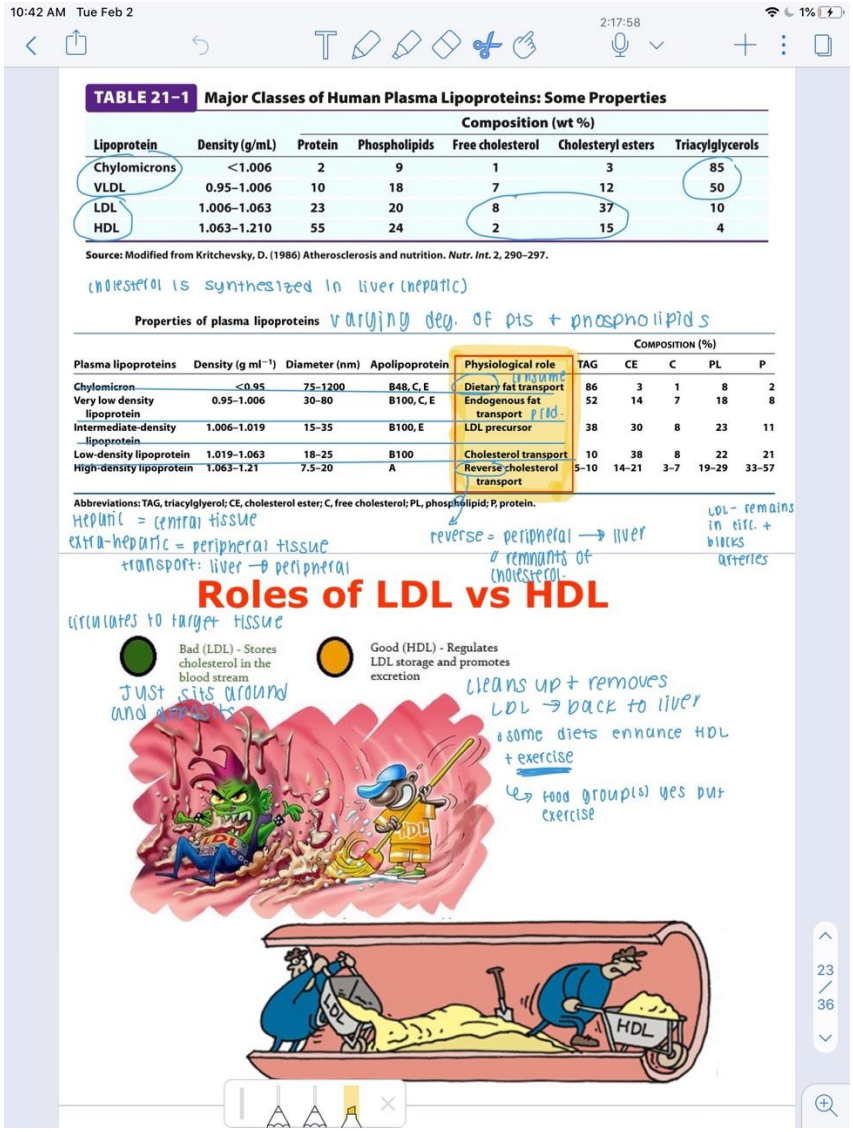


TABLE 21–1 Major Classes of Human Plasma Lipoproteins: Some Properties

Lipoprotein	Density (g/mL)	Composition (wt %) Protein	Phospholipids	Free cholesterol	Cholesteryl esters	Triacylglycerols
Chylomicrons	<1.006	2	9	1	3	85
VLDL	0.95–1.006	10	18	7	12	50
LDL	1.006–1.063	23	20	8	37	10
HDL	1.063–1.210	55	24	2	15	4

Source: Modified from Kritchevsky, D. (1986) Atherosclerosis and nutrition. *Nutr. Int.* 2, 290–297.

cholesterol is synthesized in liver (hepatic)

Properties of plasma lipoproteins varying deg. of pts + phospholipids

Plasma lipoproteins	Density (g ml⁻¹)	Diameter (nm)	Apolipoprotein	Physiological role	Composition (%) TAG	CE	C	PL	P
Chylomicron	<0.95	75–1200	B48, C, E	Dietary fat transport (insume)	86	3	1	8	2
Very low density lipoprotein	0.95–1.006	30–80	B100, C, E	Endogenous fat transport (prod.)	52	14	7	18	8
Intermediate-density lipoprotein	1.006–1.019	15–35	B100, E	LDL precursor	38	30	8	23	11
Low-density lipoprotein	1.019–1.063	18–25	B100	Cholesterol transport	10	38	8	22	21
High-density lipoprotein	1.063–1.21	7.5–20	A	Reverse cholesterol transport	5–10	14–21	3–7	19–29	33–57

Abbreviations: TAG, triacylglyerol; CE, cholesterol ester; C, free cholesterol; PL, phospholipid; P, protein.

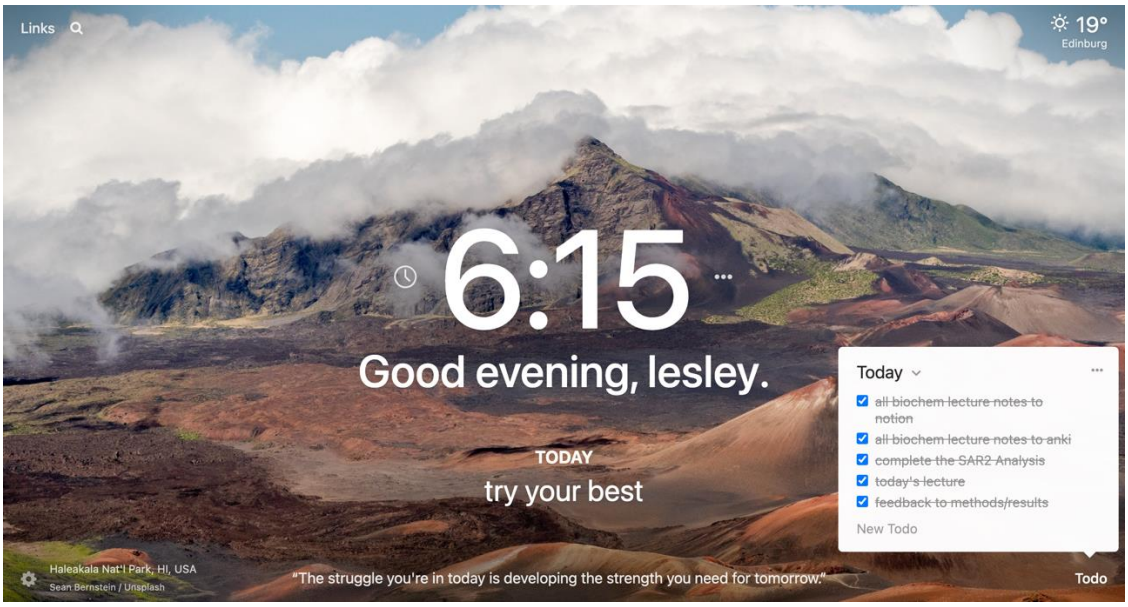
Hepatic = central tissue
extra-hepatic = peripheral tissue
transport: liver → peripheral

reverse = peripheral → liver
remnants of cholesterol.

LDL - remains in circ. + blocks arteries

- [Momentum](#) (free)

Momentum is a chrome-extension that will show up each time you open a new tab on your chrome browser. It will display your focus for the day and your to-do list!



- Grammarly (free, but there is a cost for premium features.
  This is another chrome browser extension that will review your essays for grammatical mistakes. It's very handy for identifying wordy sentences and misuse of tone. It can also check your paper for any accidental plagiarism!

- ***STEM/Pre-Med:***

Now we are going to jump into the tips that are specific to Pre-Medical students (*mi mero mole como dicen en Mexico jaja)*. So aside from everything we mentioned above (having good study habits/understanding motivation/going to class/etc etc) here is some extra information on excelling in STEM courses and applying to medical school I wish someone would've shared with me when I was in your shoes.

- **Course Resources:**
  Students, if you don't learn well using your textbook or your professor's confusing lectures – you are **not** alone! Here are some engaging resources that can supplement your learning.

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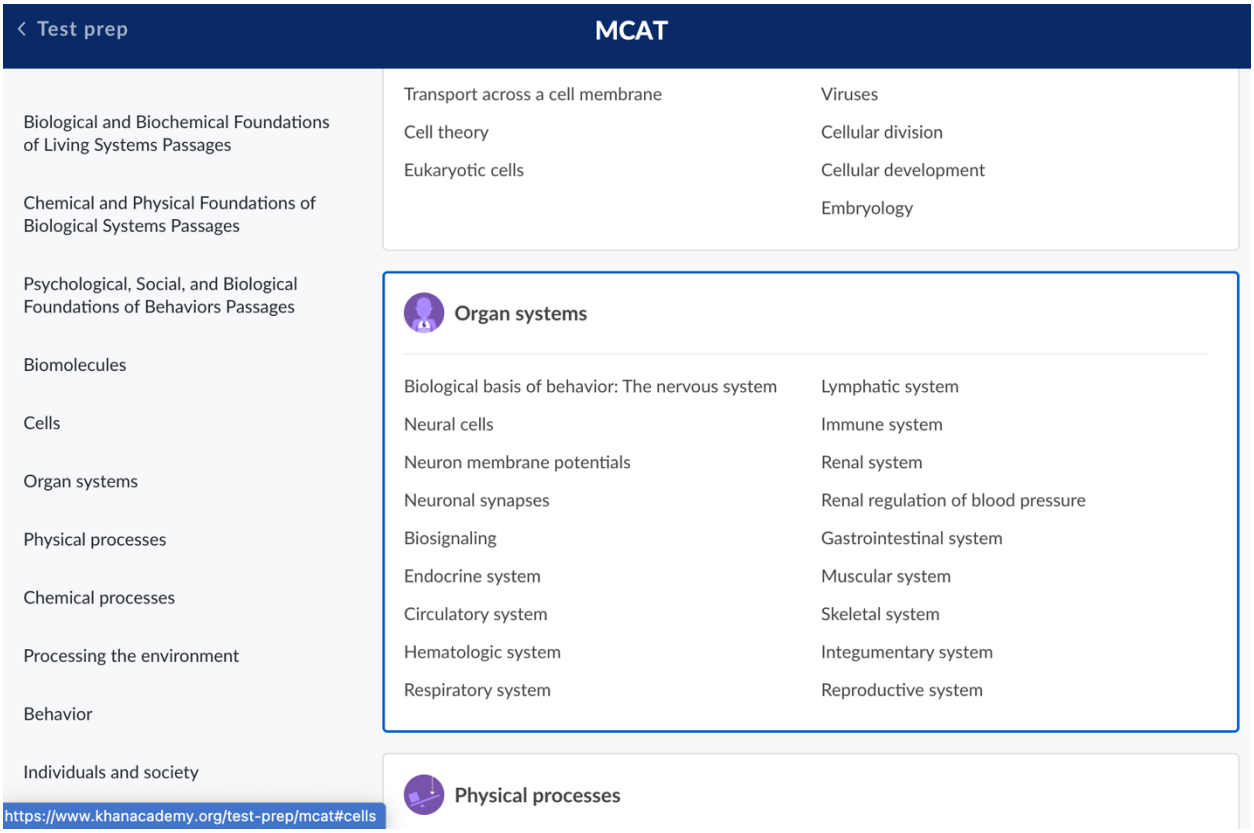
- **Khan Academy – MCAT Test Prep**
  The people at Khan Academy had partnered with the Association of American Medical Colleges (AAMC) to create tutorial videos for different topics covered on the MCAT Exam (including gen chem, biochem, ochem, physics 1 + 2, gen. bio 1+2, anatomy and phys 1+2, etc). These are also the required courses for many pre-med degrees (especially Biological Sciences). Depending on when you read this document, however, these resources may no longer be available on their website because they are retiring them from their space after Sept 2021. You may, however, be able to search for something similar on YouTube!



- **The Organic Chemistry Tutor**
  The OChem tutor was a LIFESAVER for me when I was taking O.Chem! He explains things in detail and gives multiple examples that are sometimes rushed through in a traditional lecture. He makes videos for *General Chemistry, Organic Chemistry, Physics, Trigonometry, Algebra, Calculus, Biology, Biochemistry, and Statistics*!

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- **Osmosis**
  Osmosis is a YouTube channel that makes short and engaging videos over different medical topics. Their videos can be helpful in Anatomy, Psychology, or Advanced Biochemistry, where you get more opportunities to discuss medical concepts (EX: Lesch-Nyhan Syndrome, Gout, glycogen metabolism, etc)

- **AK Lectures**
  AK lectures is especially helpful because he shares detailed explanations for challenging topics! He covers *modern physics, classical physics, biochemistry* (general + advanced), and *biology*!

- **Lesley__med: Advanced Biochemistry Anki Deck**: If you end up taking CHEM 4302 (which you really should!), feel free to use the anki deck I created in the Fall of 2020. I separated the cards by exam content and tried to include as much testable material as possible. Feel free to revise the flashcards as you need when you upload it to your anki. This shouldn't replace your own notes, it's just a supplement. Go wild lol!

- **PRO TIP:** These are just a few examples of the many learning tools/resources available for you! Now that you know that you can find supplemental content on YouTube, feel free to search for a specific topic or concept! You may find other channels that are not listed here but are equally helpful!

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- **Extracurricular Activities:**

It depends on **who** you ask. Some people may give you an entire ***laundry list*** of activities/commitments that you **NEED** to do to stand out in a medical school application. The reality is that… that's not true. Most (if not all) medical schools base themselves on what is known as *holistic review*, meaning that eeeeveeeeryyyythiiiinggg on your application is taken into consideration before making a decision (more on that later). So, your experiences, essays, stats, letters of recommendation, etc. all play a role.

Then, what kind of experiences should you be seeking? Whatever interests you! Want to do research in a lab? Great! Want to start a gardening club? Perfect! Want to join your pre-med society? Go ahead! Want to spearhead a K-Pop dance team? More power to you! You get the idea. Committee members want to get to know who **YOU** are and what drives **YOU** to pursue a career in medicine. So, don't feel pressured to follow this "perfect list" of activities, because it won't help you show your true character. The important thing to take away is that you should look for three kinds of experiences.

1. The ones that will allow you to get more exposure to the healthcare field (Shadowing, scribing, EMT, CNA, etc.).

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1. **How do I find these opportunities?**
    i. Some of these are part-time jobs that you can look for through our *Handshake* page.
    ii. Shadowing opportunities can be found by reaching out to you (or a loved one's) PCP (*primary care physician)*. Let them know why you would like to shadow in their clinic/department and arrange a suitable time. If they decline, it's okay! You will find a healthcare provider that will be willing to welcome you into their practice! Just be patient and persistent.
        1. Although I was able to do all of these things before the global pandemic, your situation may be different depending on when you read this document. Here are some virtual alternatives to look into if shadowing/working in person is not feasible:
            a. Shadowing a doctor during COVID-19
            b. Online Opportunities for Pre-Med Students During Covid-19
            c. The Best Approach for Doctor Shadowing During COVID-19

2. Something that will help you get to know/give back to your community.

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You don't have to volunteer for a specific cause, just find something that speaks to you. Here are some articles that discuss virtual opportunities if volunteering in person is not feasible:

1. The Best Volunteer Opportunities for Pre-Meds during Coronavirus (Without Leaving Home)
2. Pre-Health Opportunities during COVID-19
3. Volunteer Activities for Pre-Meds During COVID-19

3. Something that you are passionate about that is **not** science related (i.e.: Hobbies). I know what you might be thinking, "I already have to do ALL of these things, don't have time for a Hobby."

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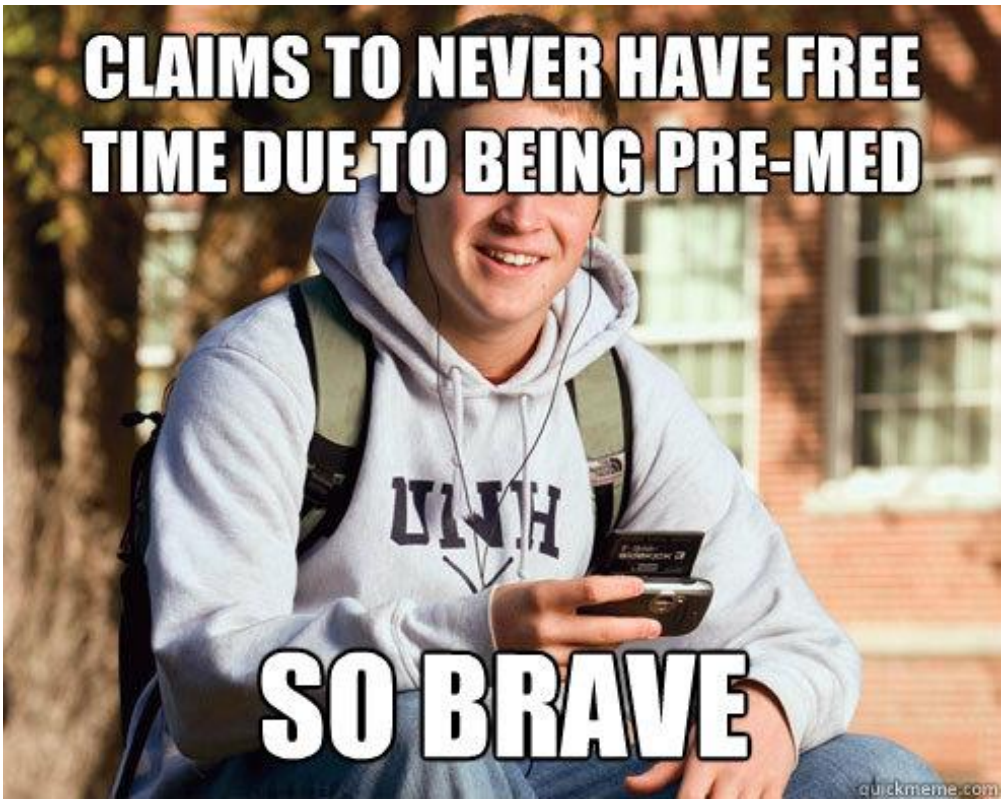

Well… let's explore that for a second. When you become a medical professional, you are going to have the **privilege** of interacting with people from ALL walks of life. How will you be able to build connections and resonate with others when all you know about is school/science? Being in medicine is so much more than earning good grades (although, those are important), it's about understanding and working well with others. So, branching out and finding a hobby that you enjoy will not only let you de-stress after a long school day, it will also improve your relationships! Your whole personality can't just be medicine/school! If you don't already have a hobby, here are some recommendations:

1. Yoga which will help you combine physical exercise and meditation! And you can practice from the comfort of your home.
2. Gardening is also incredibly rewarding because you are able to watch a beautiful plant grow from a tiny seed! Learning to grow my own food has shown me just how impatient I was, and I am slowly learning to find peace with where I am today!

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3. Reading can also be very relaxing and fun! You don't have to dive into Shakespearean or Classical literature if that's not your thing. The key to all of this is finding something that YOU enjoy (in case you haven't noticed yet). For me that's reading comic books, manga, psychological thrillers, or even non-fiction pieces.
    i. Some of my favorite books: *The Silent Patient, The Alchemist, Ready Player One, The Killing Joke, The Seven Husbands of Evelyn Hugo, Kafka on the Shore, etc.*

4. ***OPTIONAL BUT STILL VALUABLE:** You can also get some other kinds of work experiences by finding an on-campus job (via *Handshake*) or something else you enjoy. I had to work throughout my undergraduate years to support myself financially. Those jobs weren't directly related to healthcare, but they were still incredibly rewarding!

5. **KEY TAKEWAY:** Whatever you engage in, do it for your own personal and professional growth. Not to brag about it on your resume or to a future interviewer. People can tell when you are or aren't being genuine about something! So, do yourself a favor, and focus on learning more about **YOU** and why **YOU** want to go into medicine!

- ***Preparing for the MCAT***
    - **What is the MCAT?**
        - The MCAT (Medical College Admissions Test), is a $315+ standardized exam that tests your knowledge on: Psychology, Sociology, General Chemistry, Biochemistry, Organic Chemistry, Physics, Biology, Anatomy & Physiology, and Critical Thinking.
        - Yes, that may sound daunting, but you will be okay!! Keep reading for more information!

    - **Choosing your resources**
        - **Should I take a prep-course?**
          A prep-course will ideally help you prepare and practice for the exam, but they can be VERY expensive (2k+). But you don't need a prep course to succeed on the MCAT. There are many free resources online!

          UTRGV offers free summer prep courses, click here for more information.

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- **Princeton VS. Kaplan**
  The Princeton review and Kaplan are companies that make prep-books for the MCAT. Most people will purchase (or find free PDFs…) for one or the other. They both cover the same information, but Princeton tends to be "*harder."* In other words, their information is more detail-oriented and their practice questions are more directly aligned to the actual MCAT. I found their books to be the most helpful, because they forced me to think critically about the concepts I was studying. But it depends! Do your research and determine which will fit your needs most.

  PRO TIP: Befriend your upperclassmen/medical students! They will usually be more than willing to pass down these prep books after they are done with them! (I didn't pay for mine because they were given to me by a med student).

- **Other Resources/Tips:**
  - **MilesDown MCAT Anki:** On Reddit, someone posted an anki deck that covers ALL of the MCAT content. It was super helpful and allowed me to boost my score by 6+ points!
  - MCAT Study Tips That Improved my Score 10 Points
  - My 523 MCAT Strategy (99th Percentile) – Study Schedule, Test Taking Tips, & Mindset Tricks
  - How to Improve Your MCAT Score… Fast! | Tips from a 100th Percentile Scorer
  - How I Scored 99.9th Percentile on the MCAT – How to Study
  - How I studied for the MCAT | Content Review | Note-Taking Strategies | Self-Prep

- **Testing Yourself**
  - Don't underestimate the importance of testing yourself (we've talked about active recall above!).

  - **UWORLD** is the best question bank resources (in my opinion). Their question format and testing interface mimic the style of the MCAT! They also have a tutor-mode that will allow you to see a detailed explanation behind the response. Access to these Qs can range from $190-300+. It can get a little pricey, but it's worth the investment. They

do have a one-week free trial, if you want to check it out for yourself.

- You should also definitely work on the AAMC Official MCAT Practice Content, because it's a great way to test your knowledge and see what the actual exam will be like. These also do become a little bit pricey, just a heads up.

- **My MCAT Journey/What I wish I would've done differently:** I actually took the MCAT twice. The first time I scored a 503 and then a 509 the second time. Although I was happy with my latter score, here are some things I would do differently if I had to do it again:
  - Integrating active recall into my learning! Surprise surprise lol! I did not know about AR before I took this exam, and I feel like I would have definitely done better with that tool under my belt.
  - Integrating Anki earlier on.
  - Focusing on improving my weak areas (Ochem/Physics) instead on working on what I knew.
  - Taking more full-length practice exams.
  - Using spaced repetition to review.

- **Applying to Medical School**
  - **M.D. vs. D.O. vs. International Medical Schools?** There are different options out there for your medical degree. Here are videos explaining the differences between these programs from different perspectives:

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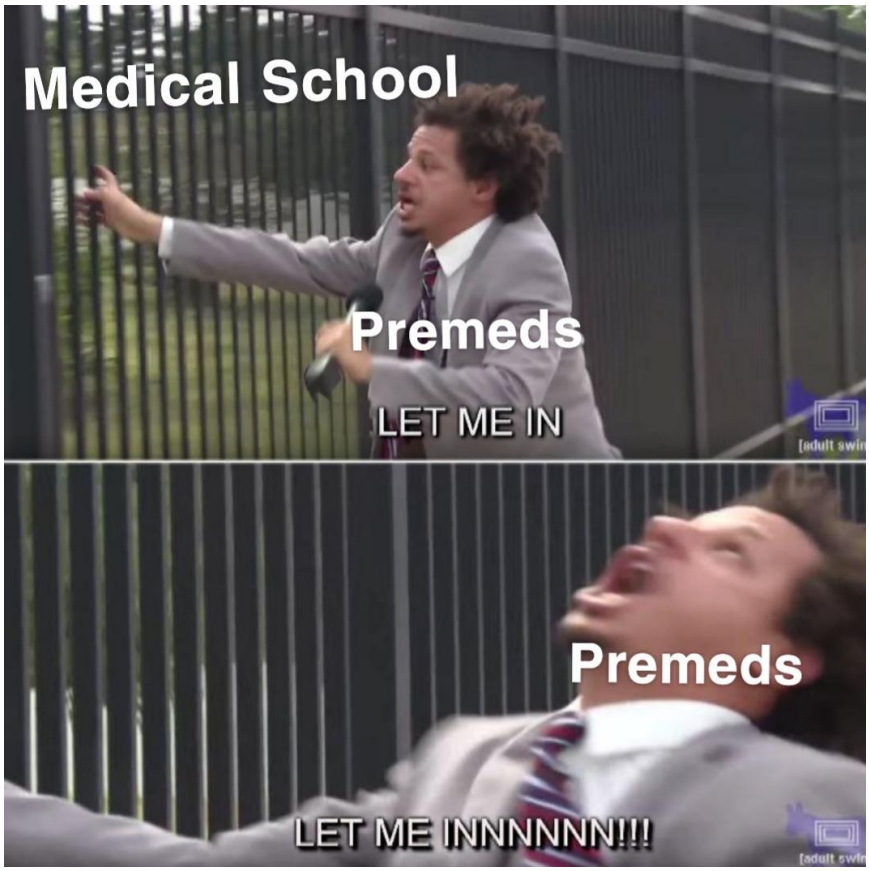
- MD vs DO: What's the difference & which is better? (Doctor Mike, D.O.)
- MD vs DO | Allopathic and Osteopathic Medical School Comparison (Med School Insiders)
- MD vs. DO: Which should YOU choose? Allopathic or Osteopathic? (Medical School Headquarters)
- MD vs. DO vs. Caribbean for Medical School (Med School Insiders)
- M.D (Doctor of Medicine) VS D.O. (Doctor of Osteopathic Medicine) (Buck Parker, M.D.)



- **What is the TMDSAS?**
  The Texas Medical & Dental Schools Application Service (TMDSAS) is the official application platform for all Texas schools. This was the only application service that I used, because I only applied to one school (more on that later). But if you want to apply to an out of state school (D.O/M.D), you will have to use the AMCAS (American Medical College Application Service). Since

I'm not very familiar with the AMCAS, the following tips/insights will be in reference to the TMDSAS application.

- **When to Apply:**
  The TMDSAS application cycle opens each year **on May 1st** and closes around October/September. You want to, ideally, have your application in within the first 2 weeks it opens. Why? Applications are reviewed and accepted on a first come first serve basis. If you wait until the last minute to apply, there will already have been lots of students interviewing/receiving acceptances! So, make sure you work on your application in advance!

- **Where to Apply:**
  Where you apply depends on your own goals, financial resources, family situation, etc. I personally wanted to stay in the region for medical school because I wanted to be close to my family. I also felt that my goals aligned with the UTRGV SOM's mission to strive for linguistic/cultural competency and serve under-represented populations.

  PRO TIP: Research the mission statements of the schools that interest you. Do your goals align with theirs? How would you benefit from attending that school? Equally, what would you bring to their school's culture?

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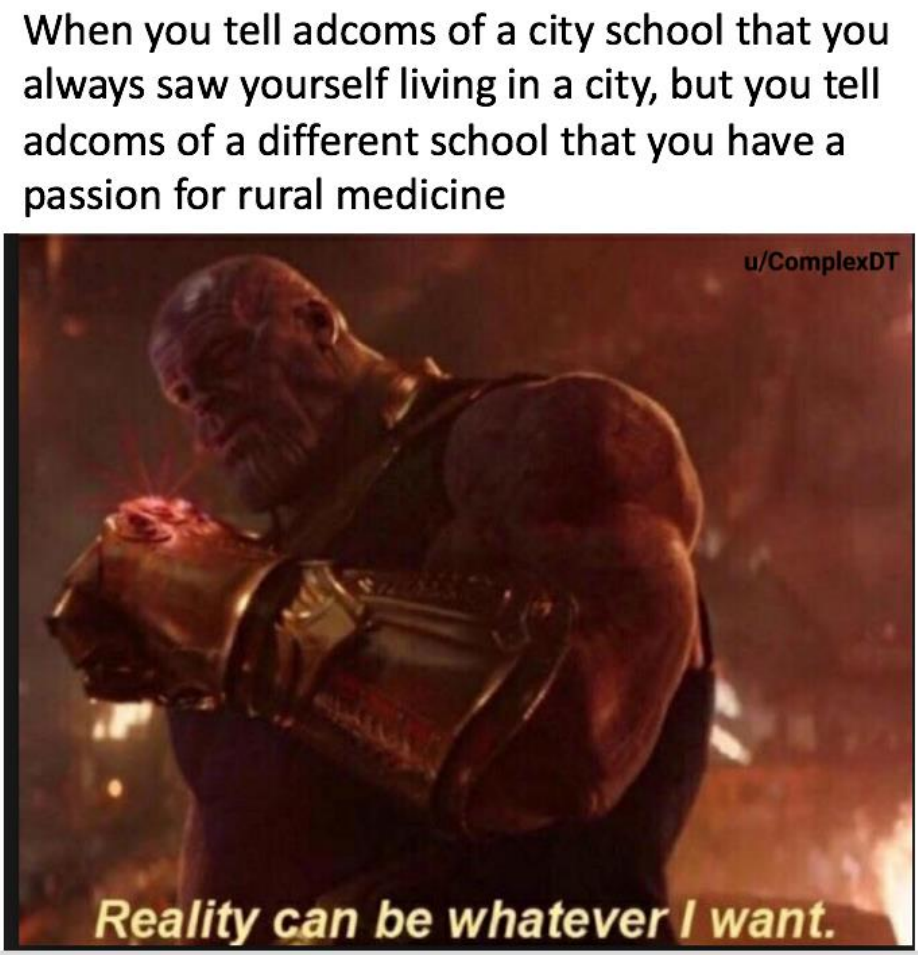

- **Cost:**
  Applying to medical school can get expensive really fast. The TMDSAS application alone is **$185** (non-refundable). That's just the primary application. Oh yes, there is more. Most if not all schools will have what is known as a *Secondary* application, with specific essay questions for their school. The UTRGV SOM secondary was **$75** when I applied (2020). So, the more schools you apply to, the more expensive this whole process becomes. Try to narrow down your school list to minimize that cost!

  TMDSAS: Guidelines for Applying

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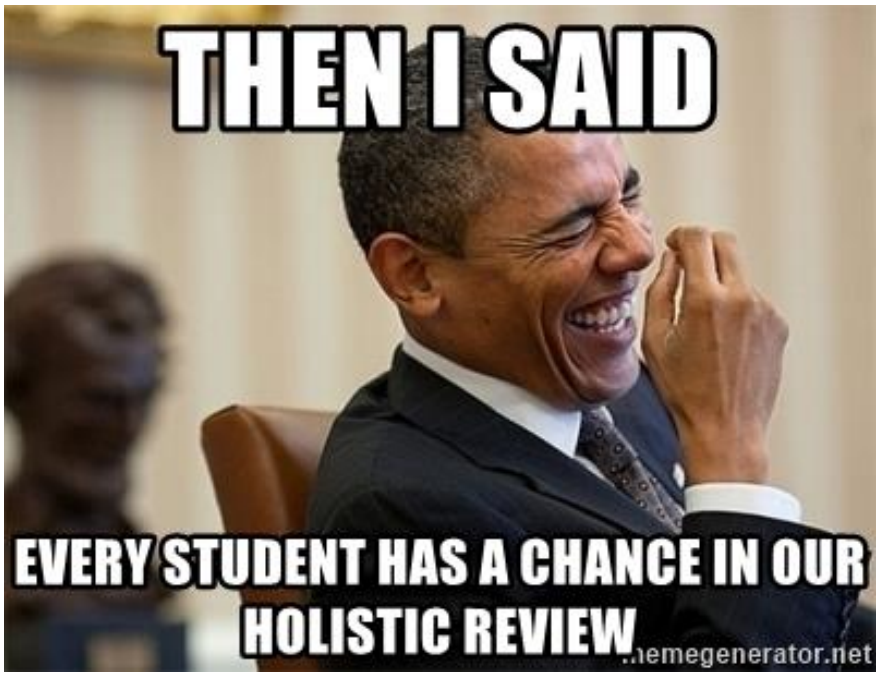
- **The Holistic Review**
  The *holistic* admission process focuses on your entire record, rather than just your statistics (MCAT/GPA). Here are some videos to help you understand this a bit better:

  - Medical School Application: The Holistic Review | Kaplan MCAT Prep
  - UTRGV SOM: Applying to Medical School | DO's & DON'Ts
  - Long SOM: Inside the Medical School Admission Process | Dean of Medical School Q&A
  - All Access – Medical School Admissions: Baylor College of Medicine (apple podcast)
  - All Access – Medical School Admissions: University of Texas – Austin Dell Medical School (apple podcast)



- **Early Decision Programs vs. Traditional Application Cycle**
  There are some schools, like the UTRGV SOM for example, that have an *Early Decision Program.* Traditional applications close around October and don't send out acceptances until the following spring (Jan-March). The EDP closes in August and sends out acceptances in October.

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Here are some **PROS/CONS** to consider:

PROS:

- You will know early on, which can ease a lot of anxiety.
- There is usually a scholarship tied to these kinds of opportunities. (UTRGV SOM offers a 50% tuition scholarship for students accepted through the EDP).
- The application pool will be limited. At the UTRGV SOM, you will only be competing for spots against Rio Grande Valley natives.

CONS:

- You can ONLY apply to the EDP of your choice. Your application will be locked, and you won't be able to consider other offers.
- The required/cut-off stats are a little bit higher.
- If you are not admitted into the program, you can still apply to other schools – but it will be really late into the cycle. (October).
- The contract is binding.

I was admitted to our SOM through the Early Decision Program. Although it seemed risky, I knew in my heart that this is where I wanted to be, and I went for it. It's up to you to decide if that opportunity is worthwhile for you.

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- **Personal Statement Tips**
  For the TMDSAS, there are three essays you will need to complete. Yes, one of them says it's optional. I don't care, you have to complete that one too because you don't want to miss the opportunity to tell the Admissions committee more about who YOU are. You can view their essay prompts here. They were shared by UT Austin, and I am under the impression that they do not change much over the years. Those were the prompts I completed for the 2021 cycle, but feel free to double check that. Here are some tips on writing your essays:
  - 8 Tips for Writing Your Med School Personal Statement
  - Personal Statement for Medical School & Residency
  - 8 Most Common Medical School Personal Statement Mistakes
  - The Dos and Don'ts of Med School Secondary Essays
  - 4 Tips for getting started on your secondary essays for Med School
  - How to answer COVID-19 Questions on Med School Apps

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Some of your secondary applications may require you to submit a video essay. That may sound incredibly daunting, but it doesn't have to be! Here was mine in case you need an example.

- UTRGV SOM Early Decision – Secondary Application

Tips for video essays:

1. Do **NOT** read off of your screen. Please just don't. It doesn't seem natural and it just feels really awkward to watch (you can find examples on YouTube).
2. Draft out your response on paper and rehearse it with your family/friends. You want to make sure that you are answering the prompt in a way that flows well and is easy to understand.
3. Wear business casual/professional clothes in your video! You want to make a good first impression!
4. Speak clearly and make sure to enunciate!!

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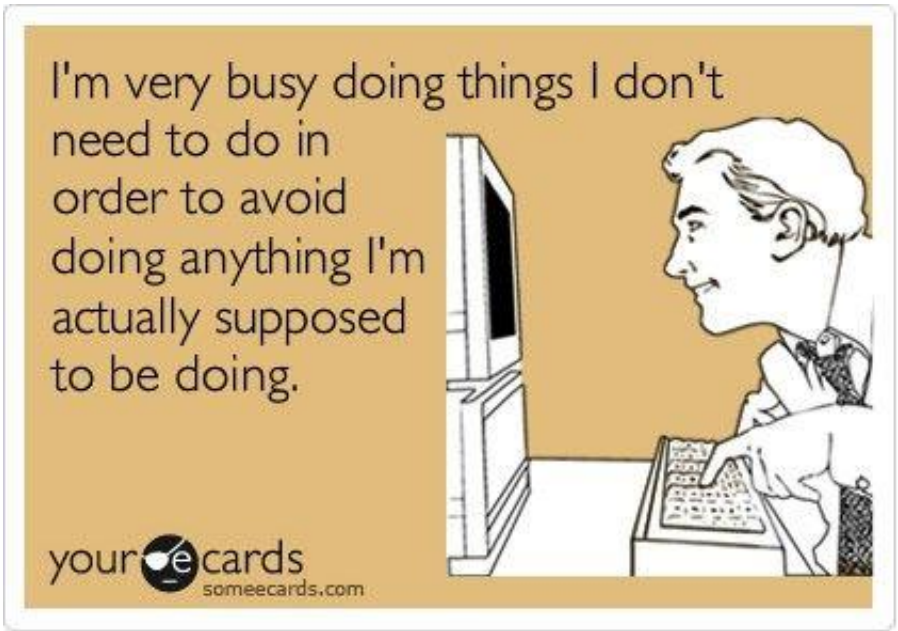
Time Management



What we choose to do each day is what makes up our life. As you move further in your career and adopt more responsibilities, there will be a greater demand on your time. The question is, how do you want to spend that time? Time-management is a skill that, ironically enough, takes *time* to build. It's a daily practice that will be incredibly rewarding for you in the long run. Managing your time wisely will allow you to achieve your goals while also making time for what matters most to you. In my last semester of university, I was trying my best to balance work and school. I gave so much of my time to those areas and ended up sacrificing a lot of my family time. I thought "I will just spend time with my folks after the semester ends! No pasa nada, ya me falta poco" That November, my grandmother passed away from a brain hemorrhage and to this day I regret not taking a stronger ownership of my time. I missed out on so many moments with her, that I can never get back. I am not sharing this to make you feel sad or sorry for me. This should just be a reminder that life will not wait for you to finish your semester or your degree. So, learn to take ownership of your time so that you won't find yourself sacrificing what you love most in the long run.

- ***Tips for Time Management***

  The following videos offer practical time management tips for busy students:
  - How I have 25 Hrs In My Day (Time Management Tips) | KharmaMedic
  - Medical School Stress (Time Management and Motivation) | KharmaMedic

- How I Manage My Time as a Doctor + Youtuber – 9 Time Management Tips

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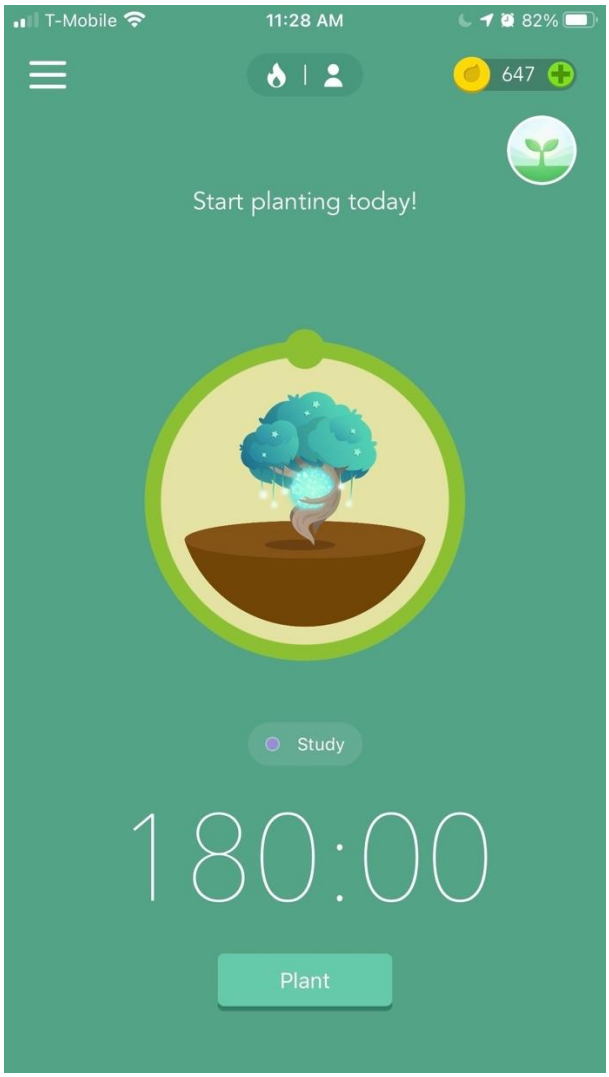
- One Way to Effectively Manage Your Time
- Why You Never Have Enough Time
- How to Stop Wasting Time – 5 Useful Time Management Tips
- How I Manage My Time | Time Management Tips from a Med School Student
- Organization Tips to make the most out of your free time!
- 7 time management tips for a balanced life
- Time management for college students and the Eisenhower matrix
- How I studied 100 Hours in One Week

- ***Tools for Time Management***
  - **Digital vs. Traditional Planning**
    One aspect of time-management and productivity is planning ahead! There are many ways that you can plan – online calendars, traditional calendars, bullet journals, etc. Here are some videos explaining each, so that you can find something that will work for YOU.
    - 5 Productive Apps I use on my iPad Pro for Digital Planning
    - Productivity: How I Plan & Organize My Life to Get Things Done
    - How to Time Block Like a Minimalist
    - 4 Simple Time Blocking Tips: How to Start Time Blocking the Easy Way
    - Calendar Blocking // Time Management for Students
    - Bullet Journal 2018 Setup
    - Why I stopped bullet journaling for 6 months
    - Planner vs. Bullet Journal
    - My planner hybrid// bullet journal & planner

  - **Pomodoro Method**
    The Pomodoro technique (AKA: the tomato timer) is a time-keeping study technique. This method implies that you study for a total of 25 minutes, followed by a 5-minute break. After 4 intervals, you are allotted a 30-minute break. To understand this in more detail please watch POMODORO TECHNIQUE – My Favorite Tool to Improve Studying and Productivity.

    - **Forest** (my favorite Pomodoro app)**:**
      Forest is a mobile app that allows you to set your timer (5min – 180min) and plant a tree! If you try to exit the app to scroll or check social media, your tree will die. For each tree that you successfully grow on the app, you receive coins that will allow you

to buy different plant species! It may sound a little dorky, but it is a fun way to keep you motivated!



- **Notion "GTD" Dashboard**
  If you are reading this document in order, then you probably already know a little bit about *Notion.* In Notion you can create a Dashboard based on the GTD theory of productivity. This will essentially allow you to have all of your *to-do* lists in one place. Here is what mine looks like:

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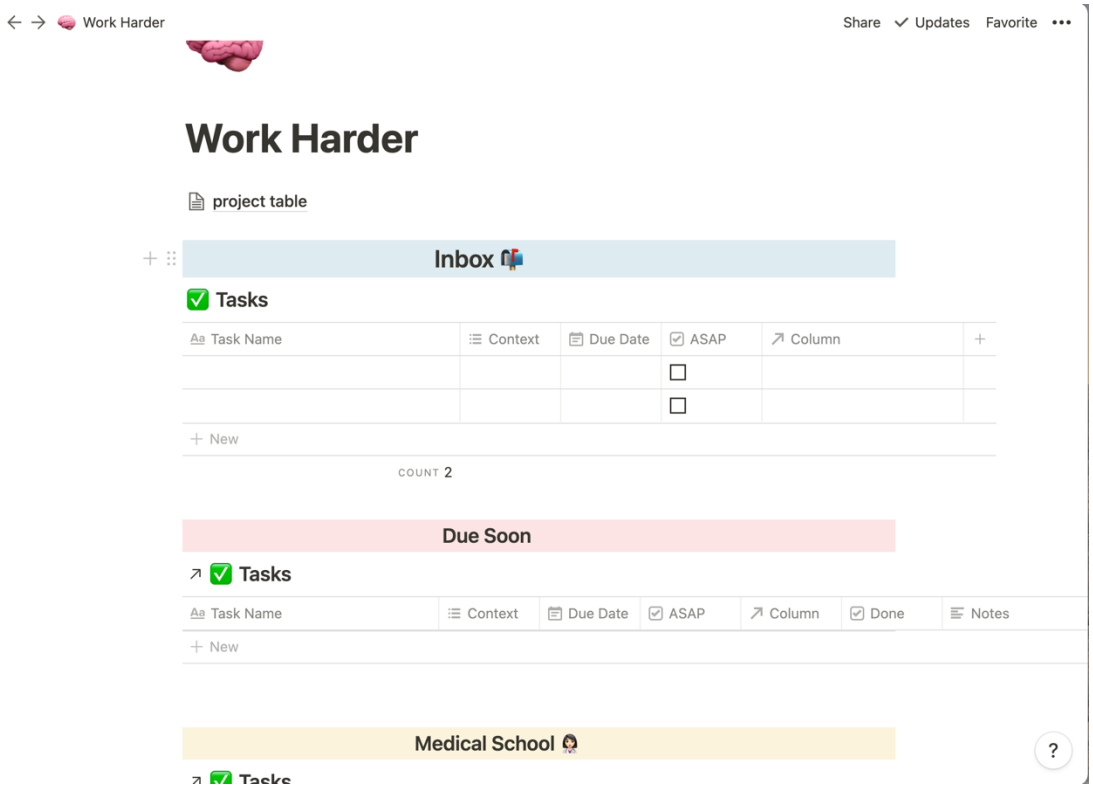

Here are some videos that can explain this in detail and show you how to set up your own:

- Notion Tour – Dashboard and Setup (How I Organize my Life)
- Advanced GTD Dashboard in Notion

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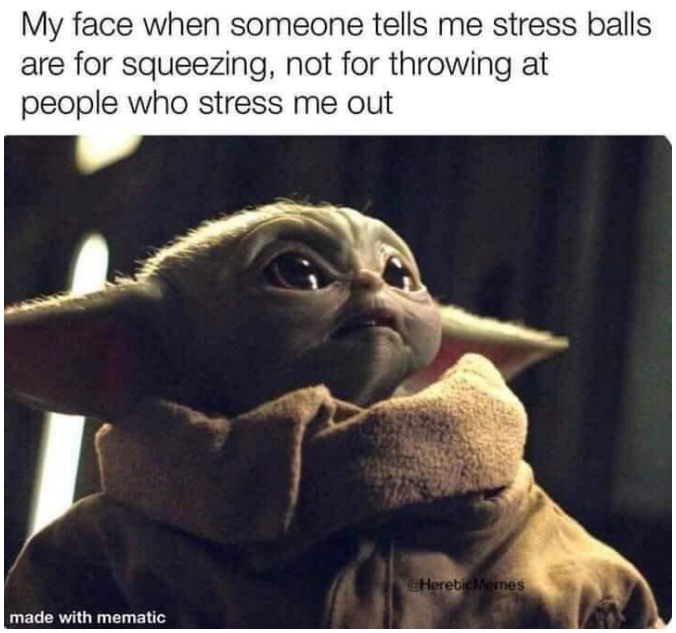
Mental Health

For the most part, we understand the importance of managing our *physical* health. (Whether or not we exercise is a whole other issue, but we at least recognize or have heard before that it is important). But that's always the case for our mental health. Especialmente en nuestra cultura mexicana. Muchas veces nuestros seres queridos no saben como platicar sobre estos temas entonces nos dicen cosas como: "Ya no tienes nada, no exageres" o "Solo los locos van a terapia y no estas loco/a." No es porque no te quieran, si no que a veces es difícil entender algo que no se ve y existen muchos malentendidos en nuestra comunidad. So, here are some resources to help you understand certain mental health issues and practice better self-care.

DISCLAIMER: This should NOT be seen as a substitute for professional care. These are only tips and resources for your own reference. If you feel that you are struggling consistently with certain symptoms, please seek an expert opinion. I am not qualified to give you that counsel and I can only redirect you to our campus's resources.

- **Stress**

Stress has been a necessary aspect of our evolution. It is what has encouraged our ancestors to be weary of potential predators and fight for survival. But our stressors are very different these days (grades, social situations, family, finances, etc.).



Here are some videos that can help you understand and better manage your stress:

- Emotion, Stress, and Health
- How stress affects your brain

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- How stress affects your body
- How to Manage Stress as a Student
- How to Make Stress your friend
- Wellcast | Stress Management Strategies – Ways to Unwind
- Medical Student Vlog: Exercising and Dealing with Stress in Med School
- How I Deal With Stress in Medicine
- Dealing with stress in college
- Tips for Managing School Stress
- How to de-stress

- **Anxiety**

Anxiety and stress are usually believed to be one in the same. But their manifestations and impacts can be very different. Anxiety can sometimes prevent us from putting ourselves out there or striving for a particular goal.

Here are some videos that can help you understand and better manage your anxiety:

- What is Anxiety?
- Anxiety is more than worry – 10 scary physical symptoms
- OCD and Anxiety Disorders
- 10 Ways to Deal With Anxiety
- How to cope with anxiety
- Rewiring the Anxious Brain

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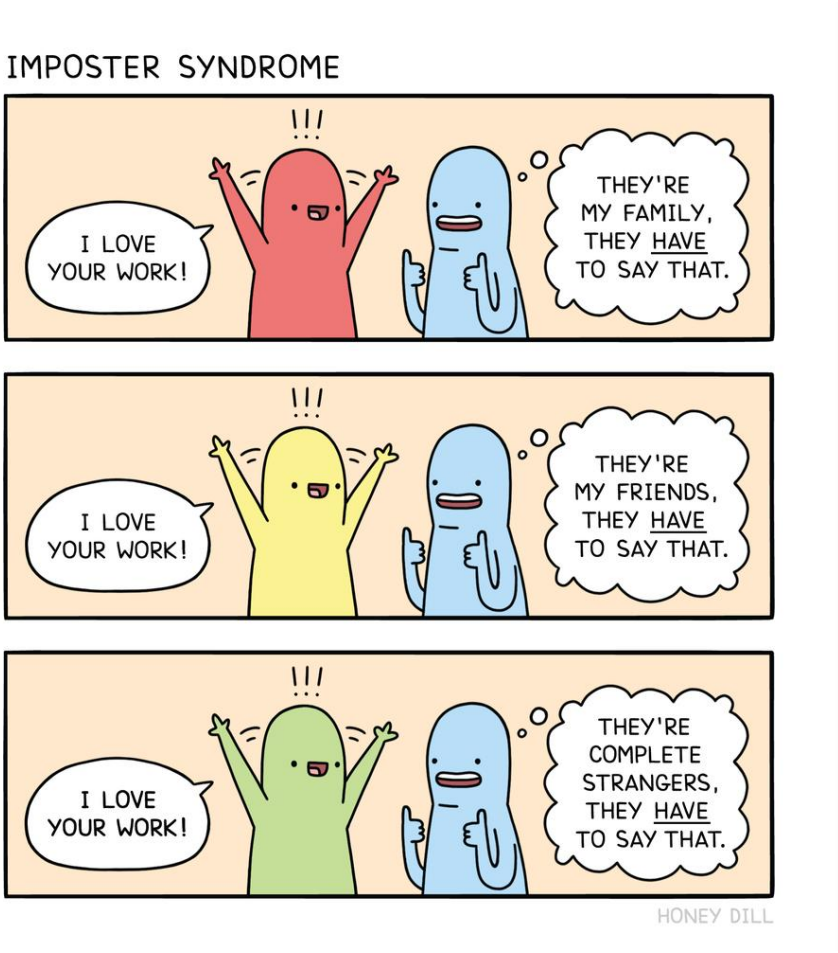
- **Imposter Syndrome**
  Imposter syndrome is feeling like you do not deserve your accomplishments and somehow you were just able to get really lucky. These feelings usually stem from a deeper insecurity in our capacity to excel in our field of choice. It's completely okay to feel this way sometimes, but it is not okay to allow these feelings to limit you or your life.



Here are some videos that can help you understand and better manage feelings of imposter syndrome:

- The Imposter Syndrome
- What is imposter syndrome and how can you combat it?
- 6 Signs You Might Have Imposter Syndrome
- 5 Types of Imposter Syndrome
- Own It: Combatting Imposter Syndrome
- The Surprising Solution to the Imposter Syndrome

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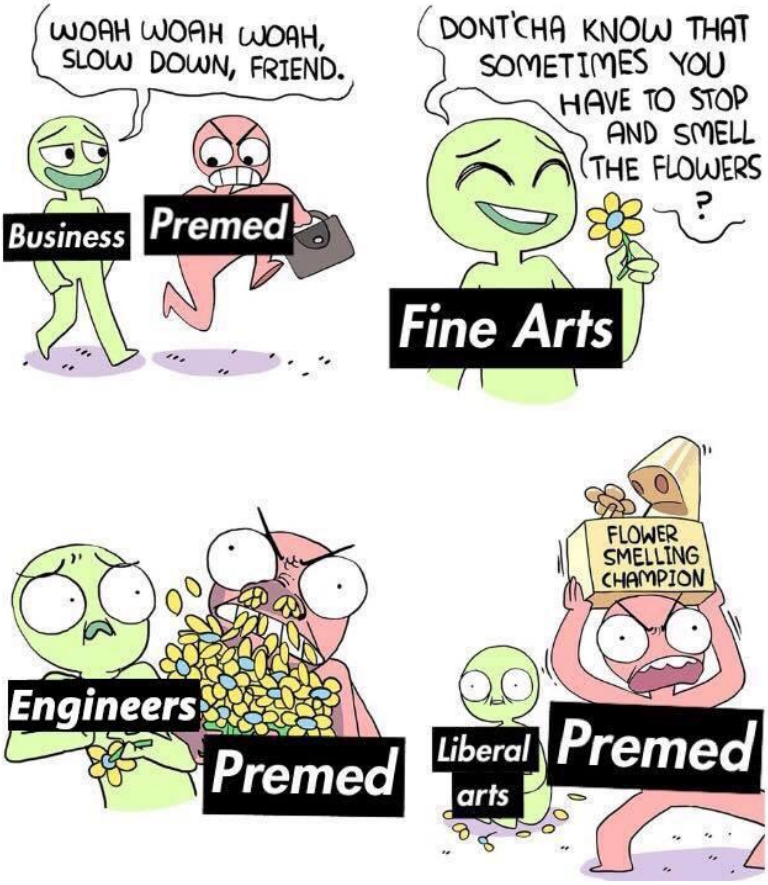
- How to Build Self Confidence & Overcome Imposter Syndrome
- What Can You Do With Imposter Syndrome

- **Comparison, Competition, and Changing Your Mentality**



Okay, this is something that I feel very strongly about, so prepare yourself for my TED Talk. No literally click here to listen to my unofficial home-made TED Talk.

Here are some resources that I mentioned in the video above that can help you understand toxic competition and work towards cultivating collaborative spaces with others:

- The Psychology of Competition
- Don't Be These People lol: Pre-Med Students Be Like
- The One Mindset Habit That Changed My Life: A Growth Mindset

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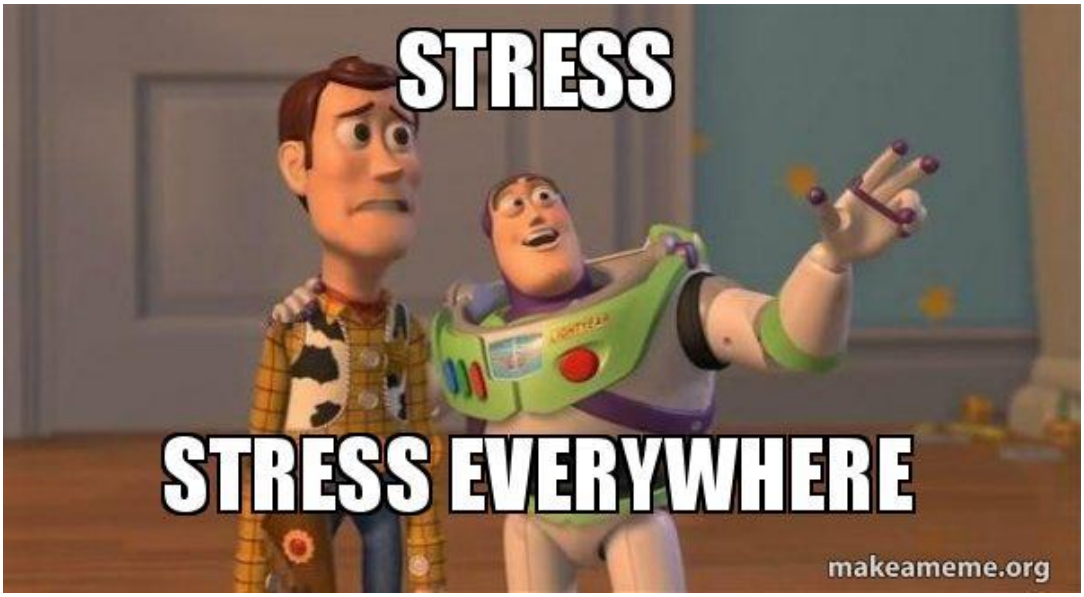
- **Burnout**
  We all have or will experience burnout at one point or another. This is when you basically work yourself to the bone and are left running on fumes. You feel unmotivated and unproductive and a little hopeless. This is NOT an ideal spot to be in!

Here are some resources that can help you understand and prevent future burnout:

- The Other Side of Burnout
- How to Bounce Back from Burnout in 3 Simple Steps
- I Burned Out. Here is how I recovered.
- Occupational Burnout: When Work Becomes Overwhelming
- How to deal with student burnout
- How to avoid burnout in Medical School
- How to avoid burnout: a simple solution
- 7 Tips to avoid study burnout
- How to avoid burnout



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- **UTRGV Mental Health Resources**

Our university offers a lot of mental health resources that I wish I would have taken advantage of as an undergrad. It's okay to ask for help! It's okay to reach out to some one!

Here are the links to our campus resources:

- Counseling Center
- Individual Counseling
- Couples Counseling
- Group Counseling
- My Student Support Program
- Other mental health resources

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- **Go Beyond! Plus Ultra!**

Congratulations! You made it to the end of this document. There is only one last thing that I encourage you to reflect on before you go. I made this video and I hope that you find it to be meaningful for your academic journey. I discuss the main takeaways that I hope you have from the document, which includes lifelong learning, self-advocacy, and cultivating a growth mindset. (I also explain the title of the section if that means anything to you).

If you have any questions on university life here at UTRGV, being pre-med, studying, etc. feel free to reach out! I have shared my information on each page, but I will go ahead and share it again.

E-Mail: lesley.chapa02@utrgv.edu

Instagram: Lesley__med where you can follow my journey through medical school/get new insights on study tips and productivity hacks. Feel free to DM through this avenue as well if you have any questions!

For faculty members that are interested in learning how they can better support and empower their students, please contact our Center for Teaching Excellence at cte@utrgv.edu

Stay safe everyone and *go beyond!*

Lesley L. Chapa
UTRGV School of Medicine, Class of 2025

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