



# All Things Ignatian



## Physician Lifestyle Management Creighton University School of Medicine

*A one-credit class for the “cura personalis” of the developing physician*



### Vital Signs Mentoring Program

Medical students who are mentored have been shown to be happier with their medical education and have more fulfilling careers. The Vital Signs Mentoring Program is a comprehensive and layered approach to mentoring. **M1/M2 Students:** M1s are matched with M2s to help with transition issues. 4-5 pairs of buddies are placed within mentoring groups with several M3/M4 Peer Mentors and a Faculty Mentor and meet as groups and individually. **M3 and M4 students:** As M3s and M4s enter their clinical years, they choose a Career Mentor from a pool of clinicians with whom they will meet 1:1 each semester to explore career and professional development. **Faculty Mentors:** Each of the small groups are assigned one faculty mentor to provide guidance and professional expertise to group members and meet with students individually. **Peer Mentors:** Each group is assigned several M3/M4 peer mentors from the 150 who volunteer to provide student leadership for the group and meet 1:1 with students. **Career Mentors:** Nearly 100 clinicians have volunteered to meet with their M3/M4 mentees each semester to provide career guidance and professional development. **Alumni Mentors:** A pool of nearly 300 willing alumni are available through e-mail and phone to all medical students for questions or concerns about the profession of medicine and career decisions.



*Mentoring groups participating in teambuilding*

### Know Yourself

Students in their first year take the Myers-Briggs Type Indicator (**MBTI**) to gain insight into personality and learning styles, with results used for developing academic strategies and career discovery. They also are administered the Productivity and Environmental Preferences Survey (**PEPS**) to help in providing academic support.



*Components of the Physician Lifestyle Management Course*

### Careers in Medicine

CiM is an on-line developmental experience to help medical students find a specialty of choice and a fulfilling career in medicine. Students are taken through a series of assessments to help them in their career choices such as: *Specialty Indecisions Scale* (to determine why a student may have difficulty in deciding), *Physician Values in Practice Scale* (identifying core values and relevance in various specialties), the *Medical Specialty Preference Inventory* (to identify critical factors of each specialty) and the *Environmental Factors and Practice Needs* (identifying preferences in work duties and situations in each specialty). Physicians who have explored specialty choices and have been provided with opportunities for self-knowledge and reflection are more likely to experience satisfaction and fulfillment with their career choices.



*Sponsored by the Creighton University Jesuit Community, in association with the Deglman Center for Ignatian Spirituality.*

### P<sup>3</sup>: Physician Professionalism Pulse

With increasing emphasis on the need for professionalism with physicians, P<sup>3</sup> emphasizes both the definition and development of professionalism. An experiential activity with scenarios, physician panels and an self-assessment is provided for M1s. In addition, students are encouraged to become aware and identify positive examples of professionalism—an appreciative inquiry approach. These reports will be shared within the school along with frequent reminders of these tenets of professionalism:

**Excellence\*Integrity\*Altruism\*Duty\*Respect\*  
Accountability\*Compassion**



*An M1 receiving her white coat at a professionalism ceremony*

### Financial Management

Because of the large debt packages that many medical students carry, they benefit from learning about loan information and personal financial management. Students who make wise decisions about financial issues will have greater freedom in specialty choice and lifestyle throughout their professional careers.

### Wellness

Medical students tend to become consumed by their academic challenges. Part of being a successful student and developing a fulfilling career is learning to manage stress and maintain a balanced lifestyle. Wellness lectures and activities are provided for their balance and well-being.