

Long School of Medicine

*Pre*  
CLUB MED

DREAM BELIEVE DO ACHIEVE

# Secret Power Tips

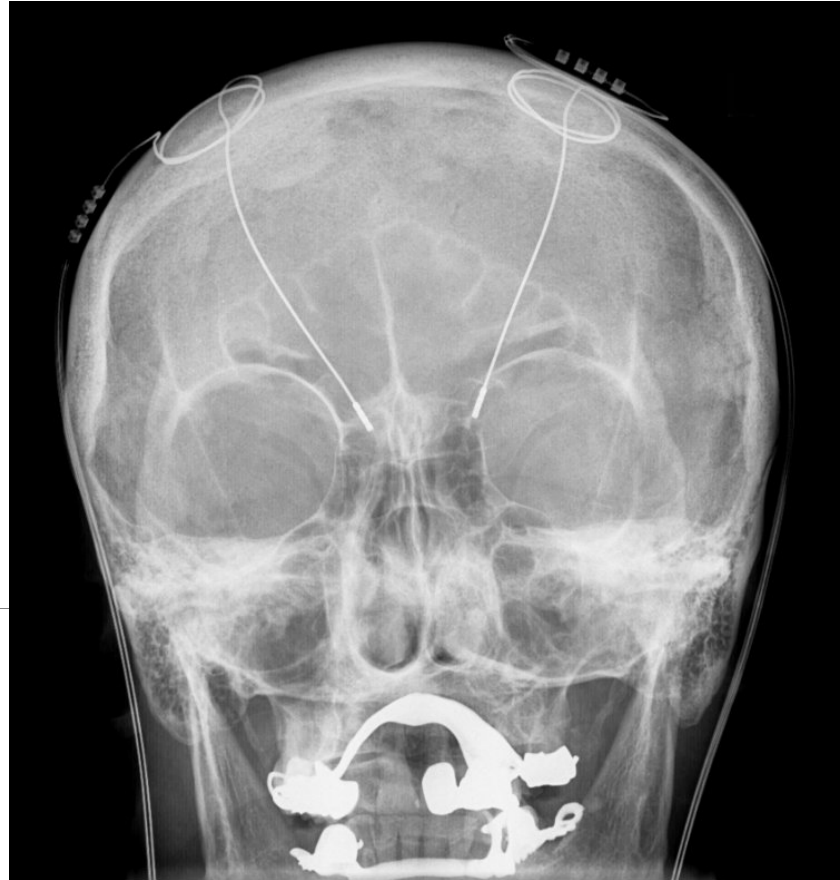






# DBS

DEEP BRAIN STIMULATOR



1

# The Shoebox



## What's so great about this???

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Keeping track all along the way

- Won't leave things out

All collected in one place

You can get an overview of the well-roundedness, or any weaknesses

**YOU'LL BE READY FOR MAY 1!!**

...start with your resume



## What's in the Shoebox?!

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- Calendar
- Timelines
- TMDSAS Blank Application
- TMDSAS Application Handbook
- Handouts from Events
- Comparison Charts



# ORGANIZE IT ALL!!

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## Metrics

- Schools, Transcripts

## Experiences

- 7 areas

## Personal Attributes

- Personal Growth Plan



# The Personal Biography

The  
Eight  
Steps  
To  
Success!

## *Experiences*

Honors & Awards

Leadership

Research

Health Care

Community Service

Extracurricular Activities

Work Experience

Planned Activities

*AKA Resume*

# Track IT ALL!!

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- Inspiration!!
- Journals or Notebooks  
(Real or digital)
- Personal Statement
- Reflections on Experiences
- Questions and Notes
- **GOALS!!!**

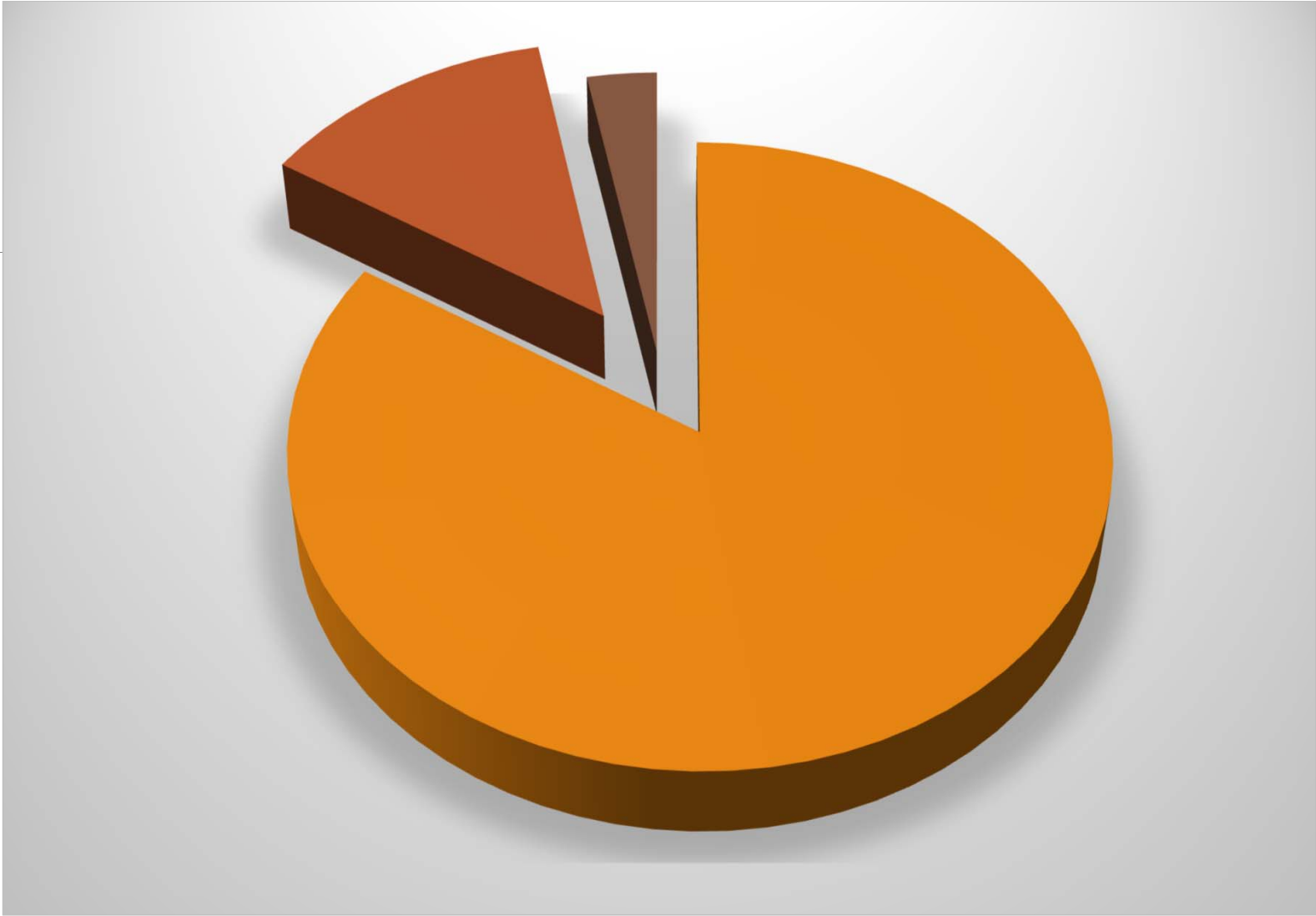


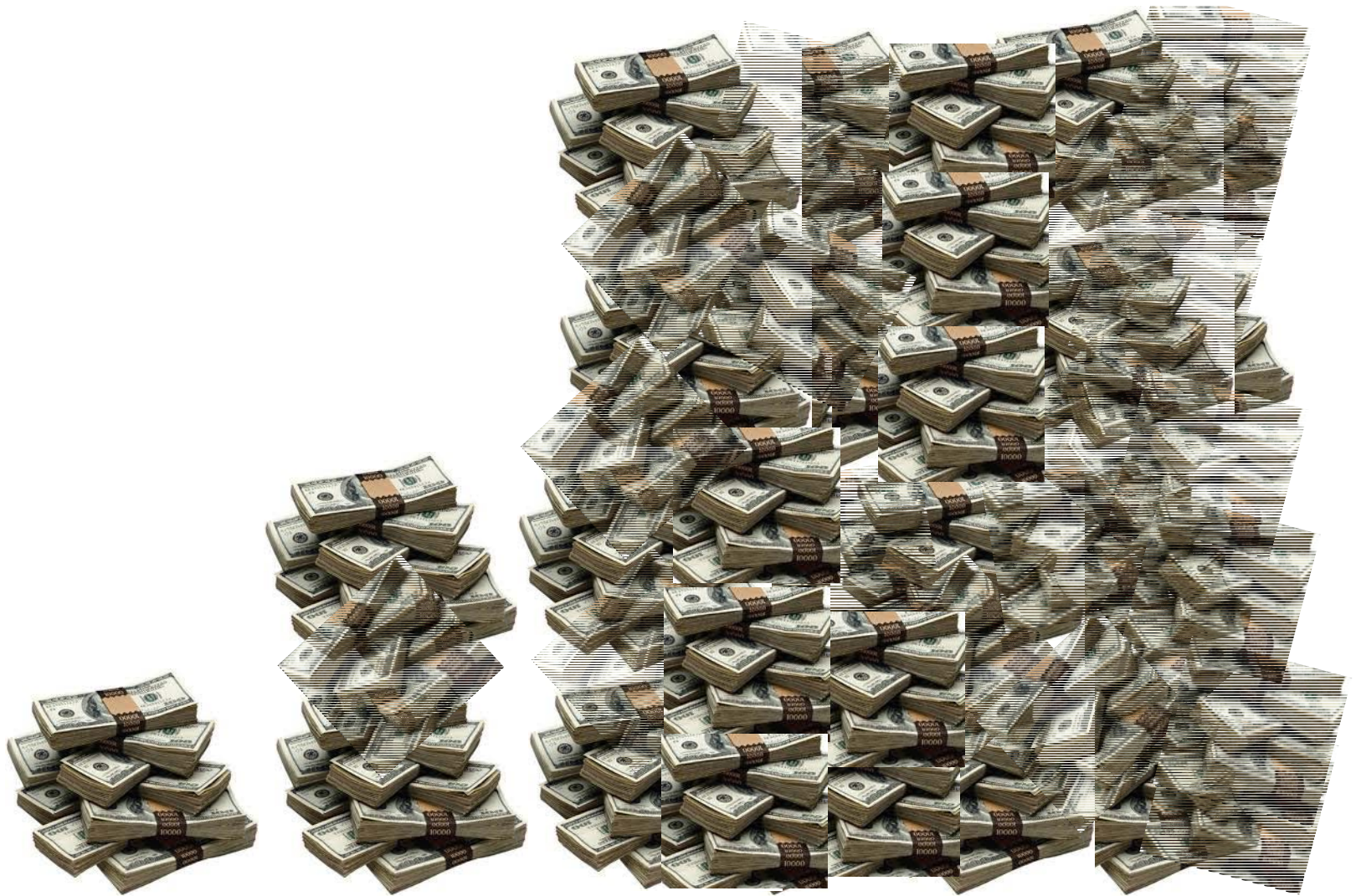
2

Goals









3

Fear  
Not!





# Got A Minute?



1 hour?

Make a Success Collection

INSPIRATION, FOCUS ON GOOD THINGS

20 minutes?

Break a sweat

SHARPENS YOUR STATE OF MIND

15 minutes?

Cup o' joe

ALERTNESS, ENERGY + CONFIDENCE

10 minutes?

Breathe

SELF-ACCEPTANCE

# Got A Minute?



12 seconds?

Shake it up!

ENERGIZE! SELF-ASSURANCE

2 seconds?

Spray!

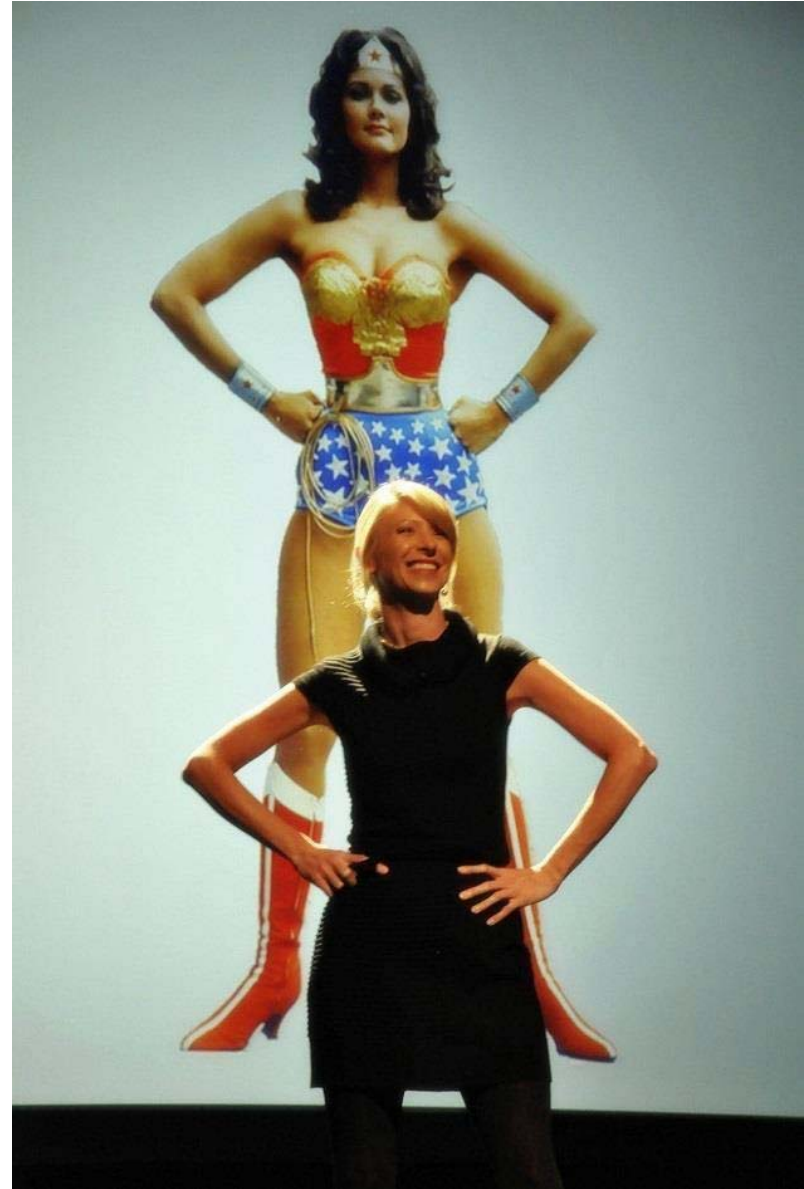
FEEL MORE CONFIDENT

1 second?

Sit up Straight

ALERTNESS, ENERGY + CONFIDENCE

Got  
**TWO**  
Minutes?



4

Flex  
Some  
Muscle!



FLEX|SOME|MUSCLE



FLEX | SOME | MUSCLE





**WHITE SOX**

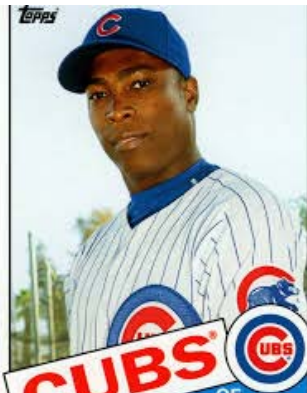


**RON SANTO**

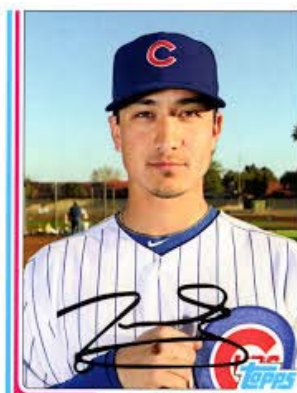


**JIM GANTNER**

Topps



**CUBS** OF **ALFONSO SORIANO**



SECOND BASEMAN **CUBS** **DARWIN BARNEY**



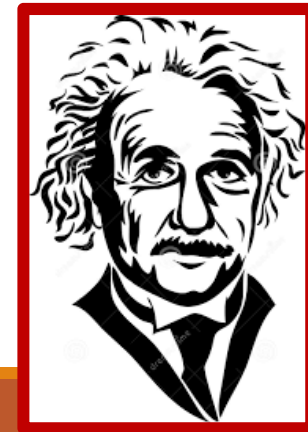
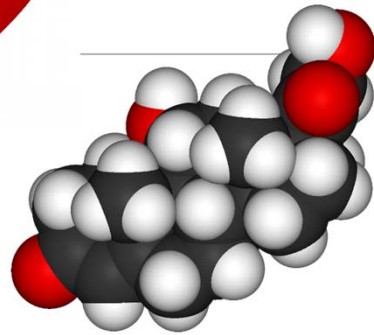
**CAL RIPKEN**

Smiling is  
Your SUPER POWER

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“NOT THAT EASY,” you say?

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**2**  
*minutes*



21  
*days*



*Resilience*

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*Creativity*

*Productivity*

Write 3

Journal 1

Exercise

Meditate

Act of kindness

5

Just  
Do  
It!



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*Pre*  
CLUB MED

DREAM BELIEVE DO ACHIEVE

# Secret Power Tips

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Shoebox

Goals

Confidence

Oprah and Cuddy

Discipline

Pull up stats on people who make it vs. those who don't

Examples of people made it

Use MCAT as example

Positivity

Steven sagmeister

Stress management McGonigal

Shawn Achor