From a graduating MS-4 student. A reflection on the past 4 years:

My time at UAB has included some of the most memorable years of my life. I've really enjoyed my time here, had experiences that are only afforded to those going through the training that we do, and have made some best friends that I know I'll have for a lifetime. It really has been a great privilege, and I think keeping a focus on that as well as seeking balance is a key way to get the most out of medical school.

One of the most important things for me was seeking balance, which is a continual work in progress. Making sure to invest in the classroom and clinical work is extremely important, but having outlets outside of these endeavors I feel was quite important. Finding activities that you care about outside of the strict academia and knowing when to turn to them I think really helped me enjoy my time all the more – spending time with friends and family, going to the gym, concerts, etc.

Another thing that I cared about that was a great for me was getting involved in school activities. I think that it's important to really think about the work that you'd like to be doing, because when you find something that you care about you can invest in it all the more fully. I found great returns in doing things for the benefit of my peers. One example of this was really putting a lot into The Best Medicine Show, which year after year has proven to be incredibly worthwhile.

My time at UAB has been incredibly rewarding and I'm so thankful for my time here. I think that it was really important for me to seek balance with things outside of the classroom, and invest in relationships, activities and my schoolwork. Also, don’t lose sight of what a great privilege it is to be here, even when times get tough. I think that with a little conscious effort, anyone starting out now can have as memorable and positive an experience as I have. Good luck!