From a medical student- turned mother. Advice on how to survive:

I had two babies during medical school – it can be done! I had my first child the summer between first and second year (six days after my renal module final exam, to be exact), and my second I had in September of fourth year. I was lucky to be able to plan my pregnancies well, as those are definitely the two best times to have babies in med school. When I look back on it, it really wasn’t so stressful, but I have a VERY good support system. My husband was able to stay at home with the kids for long stretches, and my parents helped out every week. Although every year of medical school can be very challenging, there is actually a lot of flexibility in your schedule to work with. You can do it, you just have to be organized, efficient, and prioritize.

General advice/thoughts on medical school:

1. It’s awesome. You will learn so much, and be exposed to so many crazy things, and make great friends. And at the end of it you’ll be a doctor!
2. The first year of medical school, people will be freaking out. It IS a lot of work, and it takes a while to figure out how hard you need to work. Some people will become hyper-competitive, and you should stay away from them and avoid becoming one of them. Eventually everyone will calm down and you’ll realize that for the most part, everyone is intelligent and will graduate with an MD behind his or her name.
3. It’s a long haul. And then there’s residency! Don’t put your life on hold. Medical school is just part of your life, let it be incorporated into whatever else is already going on.

Good luck!