

## Lessons Learned in my First Year of Medical School - Lois Baldado

- Simplify Your Studying
  - Third Party Resource/First Aid + Anki + Lectures + Practice Questions
  - Make a study guide of weak topics from practice questions
  - Learn more about exam vs. quiz formatting
- Be Involved in Research EARLY On
  - Write down your interests
  - Reach out to mentors/professors
  - Create a research team with friends
- What I would do if I started my MS1 year over
  - Keeping up with Anki daily
  - Creating a more consistent schedule in the mornings
  - Write deadlines for summer research internships