

Supporting Your Medical Student



UC DAVIS
HEALTH

**SCHOOL OF
MEDICINE**



Student Resources

The Office of Student Wellness sponsors interactive workshops and other wellness programming throughout the school year. The office can also connect our students to the many on-campus resources available to help them manage stress and improve wellness. Services available to students include:

- Student Health Counseling Services ([SHCS](#)): 530-752-0871 which includes 24/7 crisis support; schedule an appointment [here](#)
- Office of Student Learning and Educational Resources ([OSLER](#))
- Office of Student and Resident Diversity ([OSRD](#))
- [Office of Student Wellness](#): 916-703-WELL
- [Office of Student Development](#)
- [Fitness Center](#)
- [Spiritual Support](#)

Role Changes

Many students are used to being in the top of their class. Medical school requires changes in study habits: students may have difficulty adjusting to an “average” or lower score.

Many are also seen by members as a “go-to” person, but they will not be as available as before to listen or try to help from a distance. Understanding and accepting these changes are important for students and family members alike.

Student Wellness

An essential aspect of becoming a physician is for students to learn to take care of their health and well-being. They can do this by maintaining a healthy work-life integration, recognizing and addressing challenging situations, and knowing when to seek support. What they learn to do for themselves, they can teach to their parents.

Overcoming the Challenges of Medical School

The physical and emotional demands of medical school can be some of the toughest our students have faced to date. Students can experience:

- Long hours
- Overwhelming workload
- Academic pressure or difficulties
- Changes in relationships
- Loneliness
- Financial debt



The challenges of medical school can leave students feeling stressed, irritated, tired, anxious, and even depressed, affecting their performance and well-being. You can offer invaluable support to your students by: **listening, encouraging, and understanding.**

Resources For Families



Medical Student Curriculum

For a detailed calendar – individual dates of instructions, exams, and breaks – visit [UC Davis School of Medicine](#). Under Curriculum Overview, click on Academic Calendar, and select the academic year.

Common medical student stressors	How you can help?
Not being able to take trips home or visit out-of-state family	Ask ahead of time if they can participate in events rather than expecting them to attend. Make it clear that it is okay if they are unable to attend.
Academic pressure, no longer feeling "special"	Remind them that they are talented and intelligent and that you love them unconditionally, independent of their grades.
Insomnia or sleep deprivation	Encourage them to set regular schedules whenever possible, including breaks and sleep time.
Long work and study hours, even on weekends	Set aside 15 minutes every day to talk. Understand that being too busy to talk is not personal but is the nature of medical school.
Lack of exercise	Help them develop an easy exercise routine they can incorporate into their class and study schedules.
Unhealthy diet	Make home-cooked meals that can be reheated and eaten over a number of nights. Go grocery shopping and fill their refrigerator with healthy snacks, beverages, and dinner options.
Unable to address the medical problems of family members	Understand and accept that they are not the family's doctor.
Unable to discuss patient-related issues	Respect patient confidentiality; your student is adhering to federal regulations.
Feeling overwhelmed, anxious, or depressed	Remind them again that they are loved and of resources available to them on campus; they can call the Office of Student Wellness at 916-703-WELL.