



Academic Journey Reflections

This journal has been designed specifically for you as a student at the
Joan C. Edwards School of Medicine at Marshall University.

As a student at the Joan C. Edwards School of Medicine, your well-being and quality of life as a student is a PRIORITY!

To be at your best and awaken your greatness, you need to be able to successfully manage your personal development by managing your self-care.

One of the most researched and highly regarded self-care management routines is to keep and maintain a personal journal. The act of writing your goals and releasing your thoughts onto paper will help you release your negative emotions and will increase your level of self-awareness. This process is highly beneficial to tracking your personal and professional growth throughout your medical school career.

There are a few prompts in this journal, however, there are mostly free writing boxes for you to enter whatever you wish.

You can spend as little as 2 minutes each morning writing in this journal and it will make a world of difference in your life.

Remember. This is **your** journal. It is not for academic purposes. It's a place for you to **destress** and manage your self-care.

Use this journal to:

- *Track your self-awareness progress*
- *Release your emotions*
- *Celebrate your small wins*
- *Note words of wisdom to yourself*
- *Record daily events for future reference*
- *List memories*
- *Or anything else you wish to enter for yourself*



Ready to get started? Grab a warm tea or drink of your choice, sit down, and begin writing.

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JOURNAL PROMPTS

You are beginning a new chapter of your life. It is natural to have a mix of feelings when setting out on any new adventure. The best thing that you can do during this time is to bring your fears and worries out and use the "Stinky Fish" strategy to help yourself overcome this.

Answer the following questions in the box below as a first step in addressing the "Stinky Fish".

What am I fearful of at this time? What makes me worried about the next 4 years of my life?

How does every part of my body feel in this moment?

JOURNAL PROMPTS

BALANCING STRESS AND WELL-BEING

Write about a time when you successfully balanced the demands of medical school with self-care. What strategies worked for you, and how can you implement them consistently?

Describe a situation that is causing you stress in your medical studies. Break it down into smaller parts and explore what aspects you can control.

JOURNAL PROMPTS

BALANCING STRESS AND WELL-BEING

Explore how you balance your academic responsibilities with self-care activities. Reflect on whether this balance is sustainable and if adjustments are needed.

Practice self-compassion by acknowledging your limitations and understanding that it's okay not to be perfect. How can you cultivate a more compassionate mindset towards yourself?

JOURNAL PROMPTS

BALANCING STRESS AND WELL-BEING

Reflect on your physical and emotional reactions during high-stress situations. How can you manage stress and maintain your well-being?

JOURNAL
FREEWRITE

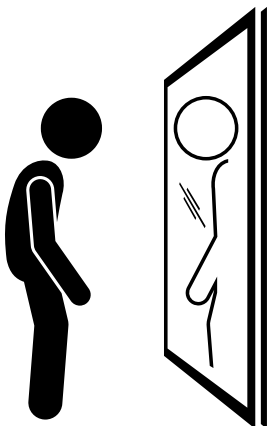
JOURNAL
FREEWRITE

JOURNAL PROMPTS

Intercession : What are my thoughts on this learning experience?

Insights from my coaching session(s).

Insights from my journaling.



"The starting point of discovering who you are, your gifts, your talents, your dreams, is being comfortable with yourself. Spend time alone. Write in a journal."

ROBIN SHARMA

JOURNAL PROMPTS

What have I learned about myself so far?

What are my strengths?

What distractions are surfacing that make me lose focus?

"Writing in a journal each day allows you to direct your focus to what you accomplished, what your grateful for, and what you're committed to doing better tomorrow".

HAL ELROD

JOURNAL
FREEWRITE

JOURNAL PROMPTS REFLECTION ON STRESSORS

Identify specific stressors in your medical school experience. What steps can you take to address or mitigate these stressors?



"Give your stress wings and let it fly away."

TERRI GUILLEMETS

Write about a time when you successfully navigated a high-stress situation. What lessons can you draw from that experience to apply in future challenges?

PROFESSIONAL JOURNAL CLINICAL EXPERIENCES

During Rotation Prompts

List five emotions you're experiencing during your current clinical rotation. Explore each one in detail - How does it manifest, and what specific aspects of your medical work triggered it?

PROFESSIONAL JOURNAL CLINICAL EXPERIENCES

During Rotation Prompts

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PROFESSIONAL JOURNAL CLINICAL EXPERIENCES

During Rotation Prompts

Write about a challenging medical case or ethical dilemma you encountered. How did it impact you emotionally, and what did you learn from the experience?

Reflect on a patient interaction that evoked strong emotions. What were the underlying feelings, and how do they relate to your role as a medical student?

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