Medical Student Wellness:
Certificate of Completion

Program Syllabus:

Program Description:

Welcome to the Journey to Personal Growth: Medical Student Edition! This online personal development course is tailored to support medical students facing the unique challenges of medical school, whether you are just starting or deep into clinical rotations.

In this demanding environment, cultivating healthy habits, fostering supportive relationships, and effectively managing time and expectations are crucial for your overall well-being and academic success. This course provides the guidance and tools to help you navigate these challenges, empowering you to thrive in your medical journey!

Through JOY's philosophies, you'll learn practical techniques grounded in positive psychology, designed to help you maintain resilience, set healthy boundaries, eliminate self-limiting beliefs with positive affirmations, and improve your self-awareness and emotional intelligence. But wait, there's more! This course also offers guidance to help you select the medical specialty that best aligns with your unique personality type!

Our online course offers a flexible and convenient learning experience, allowing you to progress at your own pace and according to your schedule. You will have access to a wide range of valuable resources, including instructional videos, interactive worksheets, quizzes, engaging activities, and discussion forums.

Program Structure:

This course consists of three distinct parts:

Part 1: Stress and Burnout
Part 2: Medical Student Stress
Part 3: Be Your Own Coach (BYOC)

The first part explores the broader themes of stress and burnout, offering a comprehensive understanding of the factors contributing to everyday life strain.

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The second part focuses more specifically on the unique aspects of medical student stress. The third part equips you with tools to overcome stress and burnout, beginning a transformative journey with JOY's six philosophies and self-coaching techniques.

Learning Outcomes:

By the end of this program, you will be able to:

- Understand JOY's philosophies and their relevance to your life
- List the different types of stress and identify those affecting you
- Discover strategies to prevent burnout before it becomes overwhelming
- Gain insight into imposter syndrome and learn ways to mitigate its impact
- Recognize medical school-specific stressors and address them effectively
- Determine the most suitable medical specialty based on your personality type
- Learn to set healthy boundaries and confidently say "no" in academic and personal situations
- Transform old habits into new beneficial patterns
- Overcome self-limiting beliefs that hinder your personal and academic goals
- Utilize positive psychology, gratitude, and affirmations to counter negative thoughts and emotions
- Prioritize self-love and understand your role in interpersonal dynamics to bring positive change;
- Enhance skills in the five components of emotional intelligence
- Incorporate mindfulness into daily life using five specific exercises
- Understand the stages of change and stay motivated toward goals
- Focus on controllable factors, reducing stress over what's uncontrollable
- Manage time effectively to handle tasks and exam preparation without feeling overwhelmed
- Create mind maps and vision boards to guide life goals
- Set SMART goals to track progress and outline steps for achievement
- Sharpen your listening skills and become proficient at reading body language, becoming an excellent communicator
- Develop acceptance and tolerance in challenging situations

Who is the Course for?

This program is developed for students struggling in the medical environment, at risk of stress or burnout, or seeking to improve essential soft skills. JOY's Medical Student Wellness Program equips medical students with skills, tools, and knowledge to manage stress through in-demand soft skills like time management, communication, empathy, and emotional intelligence, ultimately allowing them to achieve a harmonious university-life balance.

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.Program Rationale and Approach:

JOY's Medical Student Wellness Program combines theory- and practice-based approaches. By the end, learners will gain strong knowledge of both.

The **theory** segments help learners:

- Stay up-to-date with research and methodologies addressing medical student stress and burnout
- Gain a comprehensive understanding of the Journey of You (JOY) methodology

The **practical** approach aims to help learners acquire:

- Professional, technical, and personal skills applied in coaching
- New capabilities for self-improvement
- A reflective voice to identify personal needs for managing medical student-related stress and burnout

To achieve this, the program:

- Includes engaging and informative videos
- Provides video transcripts for follow-up and future reference
- Allows learners to move at their own pace, offering time for absorption and reflection
- Encourages group discussions and reflections in forums
- Provides activities to assess comprehension
- Adopts critical thinking and reflection questions crucial for personal development
- Includes graded quizzes to test knowledge of covered material

Program Duration:

Learners have up to six months of access, which is more than enough to complete the program. Extensions may be granted for valid reasons; otherwise, re-registration and fee payment are required.

Program Components:

Participation in Discussion Forums:

Discussion forums are a core component of the program, and each forum should typically take 15 – 20 minutes. Through these discussions, learners are provided with a question or set of questions that will allow them to individually reflect and also interact with each other and their input. In doing so, learners get a wider perspective and diverse points of views, which will help them in their own personal journey

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Videos and Transcripts

The content of the program is based on Joumana Mansour's book: Journey to Personal Growth. Animated videos are used to present the book's content in a visually appealing and engaging manner. Additionally, key words and phrases are used to draw learners' attention to crucial information and improve their understanding of the text.
The length of each video depends on the content of the material. Adopting a micro learning approach, content is broken down into several videos to

(1) better organize the ideas and
(2) create shorter videos that allow for increased focus and comprehension of ideas.

Learners will also find a link to the transcript under the videos, which they may download to read at their own pace and save for later use. If a piece of information is divided up into several videos, the transcript can be found on the page where the last video is posted.

Activities:

Each program section includes various exercises and activities designed to enhance engagement and interactivity. These activities serve one of three primary goals: (1) to assess learners' initial understanding of concepts before introducing a topic, (2) to evaluate their grasp of material already covered, helping them identify areas of strong comprehension, or (3) to facilitate self-assessment by encouraging learners to reflect on their own traits and perspectives in relation to the content.

Quizzes:

To help learners determine their understanding of the content, each quiz contains ten multiple-choice and true/false questions on the material covered. The passing score is 60, and learners may retake the quiz as needed to achieve this grade.

Daily Self-Practice

Another essential component of the program involves individual self-practice activities, such as mindful breathing exercises, positive affirmations, and journaling. While these activities are not formally assessed, regular participation is highly encouraged, as they are crucial for personal growth and progress. Ideally, learners should dedicate 30 minutes per day to these practices.

Additional Content.

In addition to the online units, you will receive two specialized recordings by Dr. Michel Soufia (MD, MSc, Psychiatrist).

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The first delves into the nature versus nurture debate in the development of mental disorders. The second explores how specific personality types align with various medical fields. Using the Myers-Briggs Personality Test, students can discover how their unique strengths may suit certain specialties, helping them choose the medical field that best fits their personality.

Program Content

Part 1: Understanding Stress and Burnout

Outline and Objectives

In our fast-paced world, stress has become so prevalent that it often goes unnoticed. Yet, this silent destroyer contributes to numerous physical illnesses, mental breakdowns, family issues, and broken relationships.

Imagine, though, if you could take charge of your stress, tackling challenges in a healthy, productive way, and reducing the negative impacts of daily pressures.

In this unit, we'll explore stress and burnout, the types of stress, and their manifestations. By the end, you'll have a deeper understanding of how stress affects your emotional, mental, and physical well-being and the tools to combat it. Take a deep breath, and let's begin easing the load.

By the end of this part, you will be able to:

- Define stress and its types
- Recognize stress symptoms and their effects on the body
- Distinguish between stress and burnout
- Apply strategies to handle burnout
- Understand the roles of the sympathetic and parasympathetic nervous systems in stress regulation
- Differentiate between instant and delayed gratification

Part 2: Stress in Medical Students

Outline and Objectives

Medical school is a demanding and challenging environment that inevitably raises stress and burnout levels. It's no wonder that medical students face heightened stress in their academic journeys.

This section is tailored to help you identify stressors unique to medical students, assess their impact on various aspects of your life, and gain practical strategies to manage them. Get ready to take charge of your university experience with techniques to alleviate stress and prevent burnout.

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By the end of this part, you will be able to:

- Define medical student stress and recognize its impact on your life
- Understand the importance of wellness for medical students
- Manage and prevent stress and burnout throughout your academic journey
- Address specific stressors at different stages of medical education, from the first year to clinical rotations

Part 3: Be Your Own Coach

At JOY, we believe everyone deserves to live a fulfilling life. That's why we created BYOC, equipping you with tools for personal and professional growth. This course will take you on a transformative journey, following JOY's six philosophies and empowering you to coach yourself. All at no additional cost!

This journey will empower you to apply the core principles of positive psychology, enabling you to shift your perspective, recognize and address codependent relationships, and make self-love a priority. You'll learn to weave mindfulness into every aspect of your life, enhancing your self-awareness and emotional intelligence. Along the way, you'll acquire invaluable life skills, develop exceptional communication abilities, and welcome change with an open and receptive mindset.

By the end of this part, you will be able to:

- Comprehend JOY's philosophies and their significance in your life
- Transform old limiting habits into constructive new patterns
- Overcome self-limiting beliefs that block your progress
- Use positive psychology, gratitude, and affirmations to eliminate negative thoughts and emotions
- Prioritize self-love and recognize your role in the drama triangle, learning how to adopt a more beneficial and balanced role;
- Enhance your emotional intelligence skills
- Integrate mindfulness into daily life with five guided exercises
- Navigate the stages of change and stay motivated toward your goals
- Establish healthy boundaries to maintain control over your life;
- Manage time effectively to stay on top of tasks

Ethics of Conduct

We expect each learner to actively engage in their personal growth journey and respect others' diverse cultures and backgrounds, especially in discussion forums. Creating a safe and supportive environment is essential for everyone's learning experience.

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For Questions and Inquiries

For any questions or inquiries, learners can reach out to our JOY team at:
info@journey-of-you.com or call us at **+961 1 360 008** or **+961 81 360 008.**

Wishing each of you an extraordinary and transformative personal growth journey. Good luck!

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