

KEY LEARNINGS

- **Embrace Imperfection:** Don't allow perfectionism to hinder your progress. Your initial draft will not be perfect, but it's the first step towards improvement and learning.
- **Cultivate Creativity:** Find environments that inspire creativity, whether it's a park, beach, or any space that allows your ideas to flow freely.
- **Foster Safe Spaces for Vulnerability:** True growth often requires vulnerability, but it's essential to have a supportive and safe environment where you can express yourself without fear of judgment.
- **Break Down Complex Topics:** Some subjects are vast and multifaceted. Consider breaking them down into smaller, more manageable segments to explore them thoroughly and comprehensively.
- **Harness the Power of Editing:** Effective editing can significantly enhance quality and flow.



Stories Beyond Medical School:
A Narrative Medicine Podcast for
Humanities Outreach and Education

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BACKGROUND

- **Unmet Needs:**
 - Filling the methodological void when it comes to creating, forging, and exploring alternative paths in a medical career
 - Non-traditional approaches to medicine are often not highlighted in career development training during medical school, and often require a degree of flexibility and creativity that is difficult to teach. Many things are untaught in medical school.
- **Objective:**
 - Start a podcast with a focus to highlight “soft skills” classically learned outside traditional medical school curricula, with a core focus on personal development, relational intelligence, and non-traditional medical curricula

METHODS

- **Through a Medium of Storytelling:** Hope to explore through conversation different learning points we have made beyond traditional didactics at UCSF
- **Wide Range of Stories:** Decisions to not pursue residency training, learning how to comfort patients through extracurricular studies, as well as how personal backgrounds inherent to family of origin show up in our professional interactions with patients, colleagues, and mentors alike
- **Intentions:** Understand the reciprocal relationship between our lives at work and the core aspects of ourselves and our community beyond medicine, a vital skill that is not commonly fostered

Acknowledgements: Cover art by Jar Yee Liu

Preparation	25%	50%	75%	100%
Equipment				
Music				
Cover Art				
Practice Sessions				
Episodes in Progress	Script	Record	Edit	Publish
Why Are We Doing This				
How We Became Friends				
Mental Health with Special Guest				
Musings on Psychiatry				
Owning My Path: Not Pursuing Residency				
2024 Match Day				
Feedback Chronicles 1: Thinking vs Feeling				
Feedback Chronicles 2: Least Favorite Feedback				
Cutting and Suicidality				
Seeing a Therapist as a Medical Professional				
Residency Interview Reflections				
Investment/Abundance vs Cost/Scarcity Mindset				
AI in Medicine				



Any ideas, topics, guest speakers you'd like to hear about? Submit a brief survey!

