

- Madison Centofanti, OMS-3: Tips and Tricks for Navigating Medical School
 - Time management is crucial!
 - Use a planner!
 - Use timers!
 - Pomodoro Method
 - Stress reduction is essential!
 - Exercise, prayer, taking a walk with friends, etc.
 - Maintaining a work-life balance is key.
 - Make time for things that you love.
 - Recharge, and enjoy life outside medical school.
 - Trust the resources that work for you.
 - Do not change what you are doing if it is working for you and not for others.