

# PHYSICIANS MEDICAL FORUM

## DOCTORS ON BOARD PROGRAM and COMMUNITY HEALTH INTERNSHIP Saturday, April 24, 2021

### TIPS FOR PARENTS/FAMILY OF FUTURE DOCTORS

#### 1. **Be involved and stay interested:**

- Visit the campus with your child
- Stay up to date on the current courses
- Be knowledgeable about the living areas and climate, demographics of the population, transportation options
- College majors (they do not have to be a science major)
- Compare local vs distant college options, tuition and fees/book costs/rent/utilities/travel/vehicle maintenance and fuel, class mates and competition and support network on and off campus
- Be their biggest cheer leader!

#### 2. **Financial Health:**

- Start early in teaching your child money matters(building healthy credit early, savings, shopping smart and healthy for groceries, clothes etc.)

#### 3. **Time management:**

- Study, exercise, family events, and make sure they have "down time"

#### 4. **Identify stressors:**

- Stress management and seek external help when needed

#### 5. **Try not to be a source of stress:**

- Keep it real and do not leave your child out of family matters/figure out what family matters your child should be involved in and what you as parent should handle and not your future doctor

#### 6. **Part time employment:**

- Will the employment further education and career goals (academia, research, clinical practice, public health, administrative) or is it mainly a distraction

#### 7. **Family planning (deferred or not):**

#### 8. **Spiritual Health:**