

PHYSICIANS MEDICAL FORUM

DOCTORS ON BOARD PROGRAM

TIP 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