

Critical Junctures for Medical Students and Residents

Professional Development Stage	Challenges & Disruptions	Spiritual Formation Opportunity	Support needs
NEW IDENTITY -future physician	Disorientation Unexpected under-performance	Called into vocation	Mentorship Welcome Embodied practices
SPECIALTY SELECTION -where do I fit in medicine? -step 1 boards	Belonging & value	Made in God's image	Mentorship Fellowship
CLINICAL TRANSITION -exhaustion -call shifts/nights -revolving door of relationships & information -hazing	Learning apprenticeship Performance anxiety Home disruption	God's grace, not works	Mentorship Frequent check ins
TRANSITION TO RESIDENCY -applications/interviews -match day March -step 2 boards -goodbye to student life -debt payback/finances	Relocation Relational change	Trusting God's plan	Mentorship Healthy rhythms

HELPFUL SPIRITUAL DISCIPLINES at all stages of medical training inclusive of residency:

Mentors and spiritual friends inside and outside of medicine

Sabbath, surrendering schedule and time to God

Prayer and accountability partner

Personal rhythms including prayer

Fellowship and faith community

Shared meals

Shared service opportunities

Tithing and financial stewardship

Celebration & Gratitude

Embodied practices