

2022-01-06: Preparing for the Transition to Your Next Career Goal
Topic and Questions courtesy of the Journal of Graduate Medical Education

The following links were shared during the chat:

- [Preparing for the Transition to Your Next Career Role | Journal of Graduate Medical Education \(allenpress.com\)](#)
- [Should Medical Educators Help Learners Reframe Imposterism? - PubMed \(nih.gov\)](#)



MedEd Chat (hosted by ACE) @MedEdChat19 hours ago
Join #MedEdChat tonight to talk about transitions during your career! 9PM ET/NYC! #meded #hmichat <https://t.co/sQtW3PSOq0>



Nicolas Thibodeau @nthibodeaujarry19 hours ago
RT @MedEdChat: Join #MedEdChat tonight to talk about transitions during your career! 9PM ET/NYC! #meded #hmichat <https://t.co/sQtW3PSOq0>



MedEd @TelehealthBot19 hours ago
RT @MedEdChat: Join #MedEdChat tonight to talk about transitions during your career! 9PM ET/NYC! #meded #hmichat <https://t.co/sQtW3PSOq0>



Teresa Hartman @thartman2u19 hours ago
RT @MedEdChat: Join #MedEdChat tonight to talk about transitions during your career! 9PM ET/NYC! #meded #hmichat <https://t.co/sQtW3PSOq0>



Medical Educators @MedicalEducator18 hours ago
RT @MedEdChat: Join #MedEdChat tonight to talk about transitions during your career! 9PM ET/NYC! #meded #hmichat <https://t.co/sQtW3PSOq0>



Dr. Nagina Khan @DrKhan_do18 hours ago
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Danielle Raja, DNP @DRaja_DNP18 hours ago
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Lonika Sood, MBBS MHPE @sood_lonika17 hours ago
[@WSUMedicine](#) [@AAIMOnline](#) [@SocietyHospMed](#) [@ACPinternists](#) important topic!



Co-Production Norfolk @CoProNorfolk16 hours ago
RT @MedEdChat: Join #MedEdChat tonight to talk about transitions during your career! 9PM ET/NYC! #meded #hmichat <https://t.co/sQtW3PSOq0>



Kristina Dzara, PhD, MMSc @KristinaDzara10 hours ago

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Kristina Dzara, PhD, MMSc @KristinaDzara10 hours ago

RT @sood_lonika: @WSUMedicine @AAIMOnline @SocietyHospMed @ACPinternists important topic!



Kristina Dzara, PhD, MMSc @KristinaDzara10 hours ago

RT @MedEdChat: Welcome to the 1st #MedEdChat of 2022! @JournalofGME provided this topic and it seemed a great choice for the new year! Tr...



WSU Medicine @WSUMedicine10 hours ago

RT @sood_lonika: @WSUMedicine @AAIMOnline @SocietyHospMed @ACPinternists important topic! <https://t.co/a85DXwAaGv>



Brigham Education Institute @BrighamBEI9 hours ago

RT @MedEdChat: Join #MedEdChat tonight to talk about transitions during your career! 9PM ET/NYC! #meded #hmichat <https://t.co/sQtW3PSOq0>



Harvard Macy @HarvardMacy9 hours ago

RT @MedEdChat: Join #MedEdChat tonight to talk about transitions during your career! 9PM ET/NYC! #meded #hmichat <https://t.co/sQtW3PSOq0>



MedEd Chat (hosted by ACE) @MedEdChat9 hours ago

#MedEdChat begins in 30 minutes! New to the chat! Check out this guide to get the most of the hour! <https://t.co/v42kAnXC8b>



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago

Welcome to the #MedEdChat (US) I am your moderator for the next hour @alliance4clined #meded



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago

The #MedEdChat topic & questions will be announced in a moment...for now, please introduce yourselves #meded



Kristina Dzara, PhD, MMSc @KristinaDzara8 hours ago

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MedEd Chat (hosted by ACE) @MedEdChat8 hours ago
If you are tuning in to the #MedEdChat, remember to use the #MedEdChat hashtag and try to answer with the Topic numbers (T1, T2, T3)



Kristina Dzara, PhD, MMSc @KristinaDzara8 hours ago
Hello #mededchat! Kristina here, signing in from Boston. Happy to be here and support our community this evening. @GLBDallaghan @MedEdChat <https://t.co/QSC0e878p>



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago
We will assume that all of your tweets during #MedEdChat are your own during this hour unless otherwise stated #meded



Gary Beck Dallaghan @GLBDallaghan8 hours ago
Gary here in NC #MedEdChat



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago
[@KristinaDzara](#) [@GLBDallaghan](#) Happy to see you on tonight! #MedEdChat



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago
T1 about to come up in a few moments #meded #MedEdChat



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago
TOPIC 1: Throughout their #careers #physicians make numerous role transitions - #medstudents to #GME to #physician maybe to #faculty / #leadership roles to #retirement . What are biggest challenges they need help with? #MedEdChat



Kristina Dzara, PhD, MMSc @KristinaDzara8 hours ago
RT [@MedEdChat](#): [@KristinaDzara](#) [@GLBDallaghan](#) Happy to see you on tonight! #MedEdChat



Gary Beck Dallaghan @GLBDallaghan8 hours ago
T1 Some of the biggest challenges are relocating, new relationships, uncertainty #MedEdChat



Kristina Dzara, PhD, MMSc @KristinaDzara8 hours ago
RT [@MedEdChat](#): T1 about to come up in a few moments #meded #MedEdChat



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RT [@MedEdChat](#): TOPIC 1: Throughout their #careers #physicians make numerous role transitions - #medstudents to #GME to #physician maybe to...



Alliance4ClinEd @Alliance4ClinEd8 hours ago
T1 @JournalofGME has a nice article on this topic...addressing some of the challenges <https://t.co/AmME5bCzrp> #MedEdChat



Kristina Dzara, PhD, MMSc @KristinaDzara8 hours ago
RT @MedEdChat: If you are tuning in to the #MedEdChat, remember to use the #MedEdChat hashtag and try to answer with the Topic numbers (T1,...



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Kristina Dzara, PhD, MMSc @KristinaDzara8 hours ago
RT @GLBDallaghan: T1 Some of the biggest challenges are relocating, new relationships, uncertainty #MedEdChat



Med Student Bot @MedStudent_Bot8 hours ago
RT @MedEdChat: We will assume that all of your tweets during #MedEdChat are your own during this hour unless otherwise stated #meded



Med Student Bot @MedStudent_Bot8 hours ago
RT @MedEdChat: T1 about to come up in a few moments #meded #MedEdChat



Kristina Dzara, PhD, MMSc @KristinaDzara8 hours ago
@GLBDallaghan These challenges would be relevant for any educator making a career transition - not just MD or clinician educators. #MedEdChat



Gary Beck Dallaghan @GLBDallaghan8 hours ago
@KristinaDzara T1 Exactly. For #medstudents moving for residency then on to careers it happens more frequently than most. Can be unsettling....but exciting all the same #MedEdChat



Paul Haidet @myheroistrane8 hours ago
People sometimes ask me why I went to med school. TBH, I don't really have a good answer - I was young and naïve. However, each day I wake up and choose again, and now I can answer why I stay. In that sense, every day is a transition when I wake up and choose medicine. #MedEdChat



MedEd Chat (hosted by ACE) @MedEdChat8 hours ago
RT @myheroistrane: People sometimes ask me why I went to med school. TBH, I don't really have a good answer - I was young and naïve. Howeve...



Kristina Dzara, PhD, MMSc @KristinaDzara8 hours ago
@myheroistrane Paul you are so insightful. #MedEdChat



Kristina Dzara, PhD, MMSc [@KristinaDzara8 hours ago](#)

RT [@GLBDallaghan](#): [@KristinaDzara](#) T1 Exactly. For [#medstudents](#) moving for residency then on to careers it happens more frequently than most....



Dr. Nagina Khan [@DrKhan do8 hours ago](#)

RT [@myheroistrane](#): People sometimes ask me why I went to med school. TBH, I don't really have a good answer - I was young and naïve. Howeve...



Kristina Dzara, PhD, MMSc [@KristinaDzara8 hours ago](#)

[@GLBDallaghan](#) Agree - for some transitions be a bit "forced" whereas for others (or later in career) "chosen" [#MedEdChat](#)



joemd [@joemd8 hours ago](#)

RT [@MedEdChat](#): The [#MedEdChat](#) topic & questions will be announced in a moment...for now, please introduce yourselves [#meded](#)



Gary Beck Dallaghan [@GLBDallaghan8 hours ago](#)

[@myheroistrane](#) T1 What is it about the environment that gets you to a point you have to choose each day? Do you feel that is a problem or is it just that you like to say yes to the dress daily? [#MedEdChat](#)



Paul Haidet [@myheroistrane8 hours ago](#)

I think the improvisational aspect of moving through a career (or life in general) represents, on a grand scale, the improvisational way one gets through a single day, moving from patient to patient, issue to issue, something totally new every 20 minutes. [#MedEdChat](#)



MedEd Chat (hosted by ACE) [@MedEdChat8 hours ago](#)

TOPIC 2: What types of support can we [#mededucators](#) and/or the system/organization provide to [#medstudents](#) and [#residents](#) to help prepare for [#career #transitions](#)? [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara8 hours ago](#)

[@myheroistrane](#) It is hard to think of each day as a tiny piece of moving through a career. [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara8 hours ago](#)

RT [@MedEdChat](#): TOPIC 2: What types of support can we [#mededucators](#) and/or the system/organization provide to [#medstudents](#) and [#residents](#) to...



Dr. Nagina Khan [@DrKhan do8 hours ago](#)

[@MedEdChat](#) T1. Currently working with physicians at different stages & what I observed is that the more advanced physicians appreciate wider perspectives and contextual elements a lot more! [#MedEdChat](#) Nagina, researcher [@TouroNevada](#).



Paul Haidet [@myheroistrane](#) 8 hours ago

[@GLBDallaghan](#) The act of consciously choosing each day, for me, is an affirming act that keeps me grounded in why I am here. I don't HAVE to do this, but I choose to, because this is what I want... to serve, to try to heal, to help. [#mededchat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 8 hours ago

RT [@myheroistrane](#): [@GLBDallaghan](#) The act of consciously choosing each day, for me, is an affirming act that keeps me grounded in why I am h...



Gary Beck Dallaghan [@GLBDallaghan](#) 8 hours ago

T2 Being supportive and offering an ear when [#medstudents](#) or residents express anxieties about moving. I know I had a lot leading up to my move but really had no one to talk to about it. [#MedEdChat](#)



Dr. Nagina Khan [@DrKhan](#) do8 hours ago

RT [@KristinaDzara](#): [@GLBDallaghan](#) These challenges would be relevant for any educator making a career transition - not just MD or clinician...



Paul Haidet [@myheroistrane](#) 8 hours ago

[@KristinaDzara](#) I guess I would conceptualize every day as a tiny microcosm of the entire career. [#mededchat](#)



Dr. Nagina Khan [@DrKhan](#) do8 hours ago

RT [@myheroistrane](#): [@GLBDallaghan](#) The act of consciously choosing each day, for me, is an affirming act that keeps me grounded in why I am h...



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 8 hours ago

[@myheroistrane](#) [@GLBDallaghan](#) I will say [@myheroistrane](#) that I enjoyed your "brief but spectacular take on teaching and learning" video from your SGIM Career Achievement Award - discussing some of your passion for your work. [#MedEdChat](#) <https://t.co/9i0VUor47u>



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 8 hours ago

RT [@GLBDallaghan](#): T2 Being supportive and offering an ear when [#medstudents](#) or residents express anxieties about moving. I know I had a lo...



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 8 hours ago

[@myheroistrane](#) It is a good reminder that we can all make a difference in our work, in a day. [#MedEdChat](#)



MedEd Chat (hosted by ACE) [@MedEdChat](#) 8 hours ago

RT [@KristinaDzara](#): [@myheroistrane](#) [@GLBDallaghan](#) I will say [@myheroistrane](#) that I enjoyed your "brief but spectacular take on teaching and I...



Kristina Dzara, PhD, MMSc [@KristinaDzara8 hours ago](#)

RT [@myheroistrane](#): [@KristinaDzara](#) I guess I would conceptualize every day as a tiny microcosm of the entire career. [#mededchat](#)



Paul Haidet [@myheroistrane8 hours ago](#)

T2 it's just like writing a paper or starting a project, or unpacking a house, etc. At the outset, u feel like u are at base camp staring up at the summit of Everest. It is hard to take that first step. But once you do, each next one is just a little bit easier. [#MedEdChat](#)



Paul Haidet [@myheroistrane8 hours ago](#)

[@KristinaDzara](#) [@GLBDallaghan](#) ... and Jimi Hendrix to boot! Did u catch the t shirt I was wearing? CF Martin guitars, straight from the factory in Nazareth, Pa! [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan8 hours ago](#)

[@myheroistrane](#) T2 That is exactly it. It can be paralyzing initially. [#MedEdChat](#)



Jorge Ganem, MD [@jfganem8 hours ago](#)

RT [@myheroistrane](#): People sometimes ask me why I went to med school. TBH, I don't really have a good answer - I was young and naïve. Howeve...



Kristina Dzara, PhD, MMSc [@KristinaDzara8 hours ago](#)

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Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh8 hours ago](#)

[@MedEdChat](#) [#mededchat](#) T1 the biggest challenge is adjusting to the new roles and this can be mitigated by taking the help of well defined mentors and colleagues [#meded](#)



Michael S. Sinha, MD JD MPH [@DrSinhaEsq8 hours ago](#)

[#MedEdChat](#) Residents/fellows definitely need help with negotiating their first contract out of training. I have given talks on physician contract negotiation to a variety of residency programs (IM, ENT, ophtho) and am happy to Zoom in to give the talk at other training programs!



MedEd Chat (hosted by ACE) [@MedEdChat8 hours ago](#)

TOPIC 3: What types of support can we (or should we), their colleagues, and/or the system/organization provide to [#physicians](#) to help prepare for [#career](#) [#transitions](#)? [#MedEdChat](#)



Angela Spencer [@angspenc8 hours ago](#)

RT [@MedEdChat](#): TOPIC 3: What types of support can we (or should we), their colleagues, and/or the system/organization provide to [#physician](#)...



Kristina Dzara, PhD, MMSc [@KristinaDzara8 hours ago](#)

RT [@MedEdChat](#): TOPIC 3: What types of support can we (or should we), their colleagues, and/or the system/organization provide to [#physician](#)...



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 8 hours ago

RT [@ArjaSateesh](#): [@MedEdChat](#) [#mededchat](#) T1 the biggest challenge is adjusting to the new roles and this can be mitigated by taking the help...



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 8 hours ago

RT [@DrSinhaEsq](#): [#MedEdChat](#) Residents/fellows definitely need help with negotiating their first contract out of training. I have given talks...



Dr. Nagina Khan [@DrKhan](#) do8 hours ago

[@MedEdChat](#) T2. Working with med educators from different backgrounds might be useful. I've been working with on a special research projects with Med students [@TouroNevada](#) & with [@autp2](#). Leading pieces of research has been eye opener for a lot of my team of students! [#MedEdChat](#)



Dr. Nagina Khan [@DrKhan](#) do8 hours ago

RT [@KristinaDzara](#): [@myheroistrane](#) [@GLBDallaghan](#) I will say [@myheroistrane](#) that I enjoyed your "brief but spectacular take on teaching and I...



Paul Haidet [@myheroistrane](#) 8 hours ago

[@GLBDallaghan](#) "courage is fear moving forward" [#mededchat](#)



Dr. Nagina Khan [@DrKhan](#) do8 hours ago

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RT [@myheroistrane](#): T2 it's just like writing a paper or starting a project, or unpacking a house, etc. At the outset, u feel like u are at...



Dr. Nagina Khan [@DrKhan](#) do8 hours ago

RT [@KristinaDzara](#): Hello [#mededchat](#)! Kristina here, signing in from Boston. Happy to be here and support our community this evening. [@GL...](#)



Sherine Salib [@DrSherineSalib](#) 8 hours ago

[@MedEdChat](#) Hi all! Sherine from Austin. Joining very late... (long day!) [#MedEdChat](#)



Dr. Nagina Khan [@DrKhan](#) do8 hours ago

RT [@ArjaSateesh](#): [@MedEdChat](#) [#mededchat](#) T1 the biggest challenge is adjusting to the new roles and this can be mitigated by taking the help...



Michael S. Sinha, MD JD MPH [@DrSinhaEsq](#) 8 hours ago

This is profound, [@myheroistrane](#)! [#MedTwitter](#), why did you go to medical school, and more importantly, why do you stay in medicine? [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 8 hours ago
RT [@DrSinhaEsq](#): This is profound, [@myheroistrane](#)! [#MedTwitter](#), why did you go to medical school, and more importantly, why do you stay in m...



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh](#) 7 hours ago
[@MedEdChat](#) [#mededchat](#) T2 transitional programs for one or two weeks or boot camps might help. Career counseling sessions with necessary guidance also might help [#meded](#)



Michael S. Sinha, MD JD MPH [@DrSinhaEsq](#) 7 hours ago
This was an acceptance speech for the ages! [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 7 hours ago
RT [@DrSinhaEsq](#): This was an acceptance speech for the ages! [#MedEdChat](#)



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RT [@ArjaSateesh](#): [@MedEdChat](#) [#mededchat](#) T2 transitional programs for one or two weeks or boot camps might help. Career counseling sessions w...



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 7 hours ago
RT [@myheroistrane](#): [@GLBDallaghan](#) "courage is fear moving forward" [#mededchat](#)



Paul Haidet [@myheroistrane](#) 7 hours ago
[@DrSinhaEsq](#) Agree; also for faculty, too. I think people often don't understand their bargaining position and end up short changing themselves, especially when being offered their "first real job" - they're often just happy to be there, and that can undermine legitimate asks. [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 7 hours ago
T3 TBH I feel like I'm helping [#faculty](#) transition to their next role everyday as part of my job as a [#meded](#) researcher. Every encounter is [#facdev](#) [#MedEdChat](#)



Dr. Nagina Khan [@DrKhan_do](#) 7 hours ago
[@MedEdChat](#) [@TouroNevada](#) [@autp2](#) Educators from different backgrounds don't have the same fears or reservations at all. They transcend boundaries & thinking. The training is also different though on similar material in terms of health systems. [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 7 hours ago
[@DrKhan_do](#) [@MedEdChat](#) [@TouroNevada](#) [@autp2](#) This is true. Multiple mentors with multiple experiences, to help guide to decisions that are right for you. Bidirectional and peer mentoring included. [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 7 hours ago
RT [@DrKhan](#) do: [@MedEdChat](#) [@TouroNevada](#) [@autp2](#) Educators from different backgrounds don't have the same fears or reservations at all. They t...



Dr. Nagina Khan [@DrKhan](#) do 7 hours ago
RT [@KristinaDzara](#): [@DrKhan](#) do [@MedEdChat](#) [@TouroNevada](#) [@autp2](#) This is true. Multiple mentors with multiple experiences, to help guide to dec...



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 7 hours ago
[@DrKhan](#) do [@MedEdChat](#) [@TouroNevada](#) [@autp2](#) Could also depend on the systems and cultures which have been previously experienced. [#MedEdChat](#)



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh](#) 7 hours ago
[#mededchat](#) Sateesh Arja from Avalon University School of Medicine, Curacao. Happy new year to everyone [#meded](#)



Paul Haidet [@myheroistrane](#) 7 hours ago
RT [@DrSinhaEsg](#): This is profound, [@myheroistrane](#)! [#MedTwitter](#), why did you go to medical school, and more importantly, why do you stay in m...



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RT [@KristinaDzara](#): [@myheroistrane](#) It is a good reminder that we can all make a difference in our work, in a day. [#MedEdChat](#)



Med Student Bot [@MedStudent_Bot](#) 7 hours ago
RT [@GLBDallaghan](#): T3 TBH I feel like I'm helping [#faculty](#) transition to their next role everyday as part of my job as a [#meded](#) researcher....



Med Student Bot [@MedStudent_Bot](#) 7 hours ago
RT [@ArjaSateesh](#): [#mededchat](#) Sateesh Arja from Avalon University School of Medicine, Curacao. Happy new year to everyone [#meded](#)



Michael S. Sinha, MD JD MPH [@DrSinhaEsg](#) 7 hours ago
Mentorship and support through transitions. Important for trainees to take the time to reflect on where they want to live, what practice environment they are looking for, and perhaps most importantly, other personal requirements that may influence their decision. [#MedEdChat](#)



MedEd Chat (hosted by ACE) [@MedEdChat](#) 7 hours ago
RT [@DrSinhaEsg](#): Mentorship and support through transitions. Important for trainees to take the time to reflect on where they want to live,...



Paul Haidet [@myheroistrane](#) 7 hours ago
[@DrSinhaEsg](#) I stay for the opportunity to be part of healing relationships, for the patients/students I serve, and for myself as well. [#mededchat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara7 hours ago](#)
RT [@myheroistrane](#): [@DrSinhaEsg](#) I stay for the opportunity to be part of healing relationships, for the patients/students I serve, and for m...



Kristina Dzara, PhD, MMSc [@KristinaDzara7 hours ago](#)
RT [@DrSinhaEsg](#): Mentorship and support through transitions. Important for trainees to take the time to reflect on where they want to live,...



Paul Haidet [@myheroistrane7 hours ago](#)
[@GLBDallaghan](#) I feel exactly the same way! [#mededchat](#)



Dr. Nagina Khan [@DrKhan do7 hours ago](#)
[@MedEdChat](#) T3. Most educators agree listening, though an ear might not be enough. Real life is a reduced so such interactions can be a support in themselves. Speaking & telling a story is very different to living it for yourself. Makes you so human & brings feeling to your work. [#MedEdChat](#)



Michael S. Sinha, MD JD MPH [@DrSinhaEsg7 hours ago](#)
I talk a lot about contract negotiations (and recommend that all trainees retain a lawyer), but what if every trainee also had the chance to meet with a financial advisor for a personal consultation at least once during their training? [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara7 hours ago](#)
RT [@DrSinhaEsg](#): I talk a lot about contract negotiations (and recommend that all trainees retain a lawyer), but what if every trainee also...



MedEd Chat (hosted by ACE) [@MedEdChat7 hours ago](#)
TOPIC 4: What resources do you use to guide your approach to [#career](#) transition discussions, supports, actions with learners, colleagues or yourself? [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara7 hours ago](#)
RT [@GLBDallaghan](#): T3 TBH I feel like I'm helping [#faculty](#) transition to their next role everyday as part of my job as a [#meded](#) researcher....



Kristina Dzara, PhD, MMSc [@KristinaDzara7 hours ago](#)
RT [@myheroistrane](#): [@GLBDallaghan](#) I feel exactly the same way! [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan7 hours ago](#)
[@DrSinhaEsg](#) T3 [#medstudents](#) have to have a discussion about finances before they graduate.....but that is late in the game. Need better financial guidance early in [#meded](#) so students don't get too burdened with debt [#MedEdChat](#)



Dr. Nagina Khan @DrKhan do7 hours ago

RT @KristinaDzara: @DrKhan do @MedEdChat @TouroNevada @autp2 Could also depend on the systems and cultures which have been previously exper...



Kristina Dzara, PhD, MMSc @KristinaDzara7 hours ago

@GLBDallaghan Absolutely agree with this. Teaching and faculty development feel integrated within what I do. #MedEdChat

Sherine Salib @DrSherineSalib7 hours ago



@MedEdChat T3. To help with career transitions: Incremental mastery of new skills (success does not come overnight) Broaden networks Let go of things from your past role Be open to being a learner at every step Recalibrate often Be kind to yourself #MedEdChat



Dr. Nagina Khan @DrKhan do7 hours ago

RT @GLBDallaghan: T3 TBH I feel like I'm helping #faculty transition to their next role everyday as part of my job as a #meded researcher....



Dr. Nagina Khan @DrKhan do7 hours ago

RT @KristinaDzara: @GLBDallaghan Absolutely agree with this. Teaching and faculty development feel integrated within what I do. #MedEdChat



Paul Haidet @myheroistrane7 hours ago

T4 I think that, for those we mentor, the relationship should not end when they leave. It has been so helpful for me to maintain regular conversations with my own mentors, who are now all over the country. Hidden benefit of Zoom. #MedEdChat



Gary Beck Dallaghan @GLBDallaghan7 hours ago

T4 For me I had to do a lot of self-talk to get past feeling like an imposter for taking a new job (dream job). That feeling messes with you before and after you accept a position....all the more reason we need to normalize it <https://t.co/octaq5hQwx> #mededchat @bzmorgenstern



Gary Beck Dallaghan @GLBDallaghan7 hours ago

@myheroistrane T4 100% agree.....and I still am with people all over the country. #MedEdChat



MedEd Chat (hosted by ACE) @MedEdChat7 hours ago

RT @DrSherineSalib: @MedEdChat T3. To help with career transitions: Incremental mastery of new skills (success does not come overnight)...



Kristina Dzara, PhD, MMSc [@KristinaDzara7 hours ago](#)
RT [@myheroistrane](#): T4 I think that, for those we mentor, the relationship should not end when they leave. It has been so helpful for me to...



Kristina Dzara, PhD, MMSc [@KristinaDzara7 hours ago](#)
[@GLBDallaghan](#) [@myheroistrane](#) Many people I consider mentors I know through the [#MedEd](#) Twitter community. [#MedEdChat](#)



Michael S. Sinha, MD JD MPH [@DrSinhaEsq7 hours ago](#)
[@GLBDallaghan](#) Sure, but those come from the school's financial aid office and are fairly boilerplate. I'm talking about a paid consultation with a financial advisor, someone who can help you build a 5- or 10-year roadmap. Advice on loan repayment, investments, retirement planning... [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara7 hours ago](#)
RT [@GLBDallaghan](#): T4 For me I had to do a lot of self-talk to get past feeling like an imposter for taking a new job (dream job). That fee...



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh7 hours ago](#)
[@MedEdChat](#) [#mededchat](#) T3 providing guidance, sufficient orientation sessions, allocating mentors, personal support, emotional and psychological support I believe in are required during transition times [#meded](#)



Dr. Nagina Khan [@DrKhan_do7 hours ago](#)
[@MedEdChat](#) T4. Resources - we have used a variety of sources, that can be summarized into, literature, research, knowledge sharing & discussions, lived experience & conversations with other leaders with long careers in Healthcare/medicine. [#MedEdChat](#)



Gary Beck Dallaghan [@GLBDallaghan7 hours ago](#)
[@DrSinhaEsq](#) Totally agree as I don't think financial aid offices can provide the type of financial planning and advice students and residents need [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara7 hours ago](#)
RT [@MedEdChat](#): TOPIC 4: What resources do you use to guide your approach to [#career](#) transition discussions, supports, actions with learners...



Paul Haidet [@myheroistrane7 hours ago](#)
[@GLBDallaghan](#) [@bzmorgenstern](#) Dude, thinking about you having imposter syndrome is strangely comforting and chilling simultaneously. You are the most together person I know! [#mededchat](#)



Dr. Nagina Khan [@DrKhan_do7 hours ago](#)
RT [@myheroistrane](#): T4 I think that, for those we mentor, the relationship should not end when they leave. It has been so helpful for me to...



Paul Haidet [@myheroistrane](#) 7 hours ago
[@KristinaDzara](#) [@GLBDallaghan](#) And the [@HMIeducation](#) community. [#mededchat](#)



Gary Beck Dallaghan [@GLBDallaghan](#) 7 hours ago
[@myheroistrane](#) [@bzmorgenstern](#) T4 I know. I'm often frightened by my own potential....but imposter syndrome is real and gave me so many doubts. Motivated me to buckle down to prove to myself I'm in the right spot...but it was anxiety provoking for a bit. [#MedEdChat](#)



Dr. Nagina Khan [@DrKhan](#) do7 hours ago
[@myheroistrane](#) This is a very good point - the students I work with or have been working with are in the UK or North America & most interactions have been on zoom. Originally I had thought it might not have been a success! [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 7 hours ago
RT [@GLBDallaghan](#): [@myheroistrane](#) [@bzmorgenstern](#) T4 I know. I'm often frightened by my own potential....but imposter syndrome is real and ga...



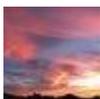
Dr. Nagina Khan [@DrKhan](#) do7 hours ago
RT [@KristinaDzara](#): [@GLBDallaghan](#) [@myheroistrane](#) Many people I consider mentors I know through the [#MedEd](#) Twitter community. [#MedEdChat](#)



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh](#) 7 hours ago
[@MedEdChat](#) [#mededchat](#) T4 frequent sessions between mentor and mentee till mentee is comfortable with transition. Clear goals and expectations, mutual understanding and joint action plan are useful [#meded](#)



Dr. Nagina Khan [@DrKhan](#) do7 hours ago
RT [@myheroistrane](#): [@KristinaDzara](#) [@GLBDallaghan](#) And the [@HMIeducation](#) community. [#mededchat](#)



Paul Haidet [@myheroistrane](#) 7 hours ago
[@KristinaDzara](#) [@GLBDallaghan](#) [@HMIeducation](#) Oops wrong HMI (although that account looks kinda cool) I meant the [@HarvardMacy](#) community. [#mededchat](#) Sorry for the mix up Kristina!



MedEd Chat (hosted by ACE) [@MedEdChat](#) 7 hours ago
RT T3. As educational leaders, it's part of our responsibility to ensure that learners at every level are prepared for next steps in their career. For instance, we must teach med students about how to thrive in residency & teach residents about "life after residency" [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) 7 hours ago
[@GLBDallaghan](#) [@myheroistrane](#) [@bzmorgenstern](#) I like the idea of recognizing it, naming it, and reflecting upon it. I think doing so will help to normalize it. [#MedEdChat](#)



Dr. Nagina Khan [@DrKhan](#) [do7 hours ago](#)
[@KristinaDzara](#) [@GLBDallaghan](#) [@myheroistrane](#) I have met some amazing [#MedEd](#) Educators I'm currently working here too :) [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) [7 hours ago](#)
[@GLBDallaghan](#) [@myheroistrane](#) [@bzmorgenstern](#) Sometimes how you see yourself is not aligned with how others see you! [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) [7 hours ago](#)
RT [@MedEdChat](#): RT T3. As educational leaders, it's part of our responsibility to ensure that learners at every level are prepared for next...



MedEd Chat (hosted by ACE) [@MedEdChat](#) [7 hours ago](#)
We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts [#meded](#) [#MedEdChat](#)



Paul Haidet [@myheroistrane](#) [7 hours ago](#)
[@DrKhan](#) [do](#) Seems as though the pandemic has taught us some new tricks after
all! [#mededchat](#)



Dr. Nagina Khan [@DrKhan](#) [do7 hours ago](#)
RT [@KristinaDzara](#): [@GLBDallaghan](#) [@myheroistrane](#) [@bzmorgenstern](#) I like the idea of recognizing it, naming it, and reflecting upon it. I thin...



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) [7 hours ago](#)
[@myheroistrane](#) [@GLBDallaghan](#) [@HMLeducation](#) [@HarvardMacy](#) You are of course forgiven [@MyHeroisTrane!](#) [#MedEdChat](#)



Kristina Dzara, PhD, MMSc [@KristinaDzara](#) [7 hours ago](#)
RT [@MedEdChat](#): We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts [#meded](#) [#MedEdChat](#)



Dr. Nagina Khan [@DrKhan](#) [do7 hours ago](#)
[@KristinaDzara](#) [@GLBDallaghan](#) [@myheroistrane](#) [@bzmorgenstern](#) This point is particularly difficult for most persons, having ongoing longitudinal support and not losing mentors as mentioned before by someone here could potentially be very helpful. [#MedEdChat](#)



MedEd Chat (hosted by ACE) [@MedEdChat](#) [7 hours ago](#)
Join us again next week at 9 pm Thursday. Don't forget to suggest topics by DM or email [#meded](#) [#MedEdChat](#)



MedEd Chat (hosted by ACE) [@MedEdChat](#) [7 hours ago](#)
That's a wrap...I will post the [#MedEdChat](#) transcript tomorrow morning on <https://t.co/mJivoK9NyX>. Thanks everyone for participating! [#meded](#)



Paul Haidet [@myheroistrane7](#) hours ago

I'll let Master Oogway make my wrap up comments tonight. [#MedEdChat](#) <https://t.co/MtEhiHloHp>



Kristina Dzara, PhD, MMSc [@KristinaDzara7](#) hours ago

[@MedEdChat](#) Thanks [@MedEdChat](#) & [@GLBDallaghan](#) for leading the [#MedEdChat](#) this evening.



Med Student Bot [@MedStudent_Bot7](#) hours ago

RT [@MedEdChat](#): We have about 5 more minutes left in our discussion. Please feel free to give some final thoughts [#meded](#) [#MedEdChat](#)



Med Student Bot [@MedStudent_Bot7](#) hours ago

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Chris Merritt [@Chris_Merritt7](#) hours ago

RT [@myheroistrane](#): People sometimes ask me why I went to med school. TBH, I don't really have a good answer - I was young and naïve. Howeve...



Paul Haidet [@myheroistrane7](#) hours ago

RT [@KristinaDzara](#): [@myheroistrane](#) [@GLBDallaghan](#) I will say [@myheroistrane](#) that I enjoyed your "brief but spectacular take on teaching and I...



Sateesh Arja, M.B.B.S., MHPE, MSPH [@ArjaSateesh7](#) hours ago

RT [@ArjaSateesh](#): [@MedEdChat](#) [#mededchat](#) T4 frequent sessions between mentor and mentee till mentee is comfortable with transition. Clear goa...



Doc Jim [@DocJim1237](#) hours ago

RT [@GLBDallaghan](#): T4 For me I had to do a lot of self-talk to get past feeling like an imposter for taking a new job (dream job). That fee...



Michael S. Sinha, MD JD MPH [@DrSinhaEsq6](#) hours ago

RT [@myheroistrane](#): [@DrSinhaEsq](#) Agree; also for faculty, too. I think people often don't understand their bargaining position and end up sho...

The #MedEdChat Influencers

Top 10 Influential



[@MedEdChat](#) 100

 [@myheroistrane](#) 82

 [@GLBDallaghan](#) 81

 [@KristinaDzara](#) 80

 [@DrSinhaEsg](#) 68

 [@DrKhan_do](#) 51

 [@bzmorgenstern](#) 50

 [@hmieducation](#) 39

 [@SocietyHospMed](#) 39

 [@AAIMOnline](#) 39

Prolific Tweeters

 [@KristinaDzara](#) 51

 [@DrKhan_do](#) 26

 [@MedEdChat](#) 20

 [@myheroistrane](#) 18

 [@GLBDallaghan](#) 12

 [@DrSinhaEsg](#) 7

 [@MedStudent_Bot](#) 7

 [@AriaSateesh](#) 6

 [@DrSherineSalib](#) 2

 [@joemd](#) 1

Highest Impressions

 [@KristinaDzara](#) 367.6K

 [@MedEdChat](#) 186.6K

 [@DrKhan_do](#) 97.8K

 [@DrSinhaEsq](#) 39.1K

 [@myheroistrane](#) 35.7K

 [@GLBDallaghan](#) 21.6K

 [@MedicalEducator](#) 14.1K

 [@HarvardMacy](#) 10.8K

 [@joemd](#) 9.8K

 [@MedStudent_Bot](#) 5.4K

The Numbers

814.355K Impressions

165 Tweets

25 Participants

5 Avg Tweets/Hour

7 Avg Tweets/Participant

Twitter data from the [#MedEdChat](#) hashtag from Wed, January 5th 2022, 9:05PM to Fri, January 7th 2022, 5:00AM (America/New_York) – Symplur.