

Crash Course on Life After Residency Program Reflection

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Medical education and training is a wild journey. Every day with something new to learn, consume, and experience. Just trying to keep your head afloat with the day-to-day tasks can be all consuming and it can be easy to lose the forest for the trees. As I approach my final year of pediatric residency I realize I'm about to step through that door to an entirely new adventure filled with its own rules, different logistical hurdles, and of course plenty of new 3-letter acronyms to learn along the way. This is why I was so thankful for my recent participation in the "[Life After Residency](#)" day long hosted by California Chapter 1, AAP (AAPCA1).



In our new world of virtual meetings this was a day conference held entirely over Zoom. I enjoyed the liberty to accomplish some home tasks on my post-call day while receiving pointed tips and useful information on how to prepare and plan for those first few years out of residency. Hopeful that going forward in a post-COVID era, all conferences will have a call-in option to make them more accessible to everyone.

The day opened up with **Dr. Raelene Walker**, current president of AAPCA1, giving a wonderful overview of "Everything You Need to Know" in post-residency life. She covered details about board examinations, explaining maintenance of certification (MOC), and how to stay or become more involved with the AAP and community. If you only have time to review one talk from the day, go back and give this one a [listen](#) as it covers the basics.

Next came doctor and lawyer **Bob Turbow** who summarized what felt like a semester's worth of legal terminology into a concise lecture detailing contract and malpractice considerations when looking for that new attending job. This is the lecture that felt above my head at the moment, but will likely be of most interest as I'm considering those new job prospects. I will be sure to bookmark this [video](#) to review prior to signing any new contract.

Going into the day's conference, the [finance talk](#) was probably of most interest to me as I see that mountain of medical school debt glaring at me every time I login to my Mint account. **Dr. Nelson Branco** provided an overview of insurance costs, loan refinancing options, retirement considerations, and what to do with all those big Pediatrician bucks we will soon be making. Finance talks are always challenging because everyone's personal situation is different, but Dr. Branco provided a 1,000-foot view of things to consider beyond just loan repayment options.

Human resources professional **George Thompson** ended the series of lectures with an incredibly engaging [talk about interviewing](#) for that first job out of residency. We've all been through plenty of interviews by this point in our training, but thinking about that first real job interview feels different. And indeed, he reminded us that it is different but in a good way. Interviewing for that attending job is as much about your qualifications as it is about the job's fit for your professional aspirations. I was fortunate enough to be paired up with Mr. Thompson for the "speed-dating" portion of the day in which we utilized Zoom's breakout rooms feature to hold a mock interview for a potential new job. I wasn't entirely sure what to expect (and to be honest didn't realize this was part of the conference when I signed up). Luckily, I wasn't given too much time to worry as I was quickly thrown into my first question.

“Tell me about yourself”. The time flew by as I received incredibly useful personal advice and feedback regarding my answers, hand gestures, and facial expressions as I spoke. This was a great opportunity to practice remote interviewing skills as so many interviews are being conducted via video or telephone today.

All in all, the Life After Residency Program was a fantastic way to spend a few hours on a sunny afternoon from the comfort of my home. I am so appreciative of the doctors and professionals who took their time to offer their expertise and wisdom. If you didn't get a chance to join live there is a [recording of the event](#) hosted on the AAP California Chapter 1 website. So if you have the time, put in those earphones, take a much needed breath of fresh air, and enjoy listening to everything you have to look forward to once your training is complete.