

Adjusting Socially to College, Graduate School and Medical School

How to Successfully Adjust to Your First Year of Medical School

<https://medschoolinsiders.com/medical-student/adjusting-to-medical-school-101/>

Premed Study Strategies—What I Wish I Knew in College

<https://medschoolinsiders.com/pre-med/premed-study-strategies/>

How to Wake Up Early... and NOT be Miserable

<https://medschoolinsiders.com/video/wake-up-early-not-be-miserable/>

Adjustment to College <https://education.stateuniversity.com/pages/1735/Adjustment-College.html>

Support for First Generation College Students

<https://www.affordablecollegesonline.org/college-resource-center/first-generation-college-students/>

First Generation College Student, Now Professor – Living a Double Life

<https://www.greatschools.org/gk/articles/struggles-first-generation-college-students-face/>

Georgetown University Medical Center – First Generation Medical Students Bond Over Common Journeys and Fears <https://gumc.georgetown.edu/gumc-stories/first-generation-medical-students-bond-over-common-journeys-and-fears/>

Southern New Hampshire University <https://www.snhu.edu/about-us/newsroom/education/college-burnout>

Avoiding the Burn: Seven Tips for the Pre-Med and Med Student

<https://medicalschoollhq.net/avoiding-the-burn-7-tips-for-the-premed-and-med-student/>

Representation is Crucial. So Retention of Pre-Med Students of Color is Imperative – University of Michigan Health Lab <https://labblog.uofmhealth.org/med-u/representation-crucial-so-retention-of-pre-med-students-of-color-imperative>

Harvard Medical School—First Generation Journeys at Harvard Medical School

<https://dicp.hms.harvard.edu/HMS1stGenJourneys>

Stress Management Tips for Students <https://psychcentral.com/stress/stress-management-tips-for-students>

Grit: The Power of Passion and Perseverance

https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance

Twenty Things I Wish I'd Known When I Started My PhD

https://www.nature.com/articles/d41586-018-07332-x?utm_source=twitter&utm_medium=social&utm_campaign=crs-&utm_content=040819v2

