



THE MONDAY MEMO

April 16, 2012

DP7 Class of 2014

Preparation for Success

It's incredibly obvious that in order to be successful, you must be prepared. The doctor of physical therapy program and students at the University of Pittsburgh certainly want to be the best in the country. We are repeatedly challenged by the vigorous curriculum. But as all successful problem-solving individuals do, we adapt and find a way to meet, and often times exceed, the high expectations of us. By working together to practice techniques, discuss difficult concepts and develop our clinical reasoning, we all improve and achieve our goals.

Yet, despite diligent preparation, it is still easy to succumb to the stress of finals. With nine tests penned with red ink over the next two weeks, we need to be aware of those other things that affect our success on final exams:

1. **Stress is contagious**; by hanging around stressful people, you become stressed as well. Try to avoid these situations but also be mindful of how your behavior might affect others.
2. **Positive thinking**; being in a good mood improves working memory. Giving yourself encouragement (think Malik Yoba in *Cool Runnings*) does improve performance!
3. **Jot your worries down**; prior to the test, take ten minutes to write down your reasons for feeling anxious. Studies show this helps ease pre-test anxiety and improves test grades.

Mark Your Calendars!

- **Monday, April 23rd** – **Cardiopulmonary** – Practical FINAL (7:15 – 10:00am)
- **Monday, April 23rd** – **Neuroscience Lecture** – Written FINAL
- **Monday, April 23rd** – **Evidence Based Practice** – Written FINAL
- **Wednesday, April 25th** – **Musculoskeletal** – Oral Practical FINAL
- **Thursday, April 26th** – **Musculoskeletal** – Written FINAL
- **Friday, April 27th** – **Patient Management** – Written FINAL
- **By May 11th** – **Register for Summer Classes**
- **Saturday, June 3rd** – **Arthritis Walk!**

Class Reminders

- **Monday: Cardiopulmonary** – Written FINAL
- **Wednesday: Neuromuscular Lab** – Practical FINAL
- **Friday: PT Rounds** – Group A
- **Friday: Survey of Human Disease** – FINAL
- **Friday: CIET Due** – 1. CI's final CIET 2. Student's CIET and self-assessment 3. Clinical benchmarks checked off and signed 4. Student's Clinical Evaluation of experience

Extras!

- Make sure to thank your CIs after your last day in the clinic (a card would be nice too)!
- Please contact your 'Little' and welcome them to Pitt Physical Therapy! We'll be planning on getting something formal together for their first weekend in town, but details have not been arranged just yet.
- We need to submit our APTA membership list by 4/30/12 in order to be eligible in the Reach 100 initiative conducted by the Student Assembly Board of Directors!