



### **Courtney Natt, Class of 2021**

*What core rotation are you in for your first clinical? What is the name of the site?*

**I am in my Behavioral Health rotation at Harsha Behavioral Center!**

*What did you do to prepare for your first rotation?*

**I went to the PAEA website and downloaded the end of rotation exam blueprint which breaks down the topics that we need to know by percentages. After downloading the topics, I used various resources to create a PowerPoint that contained each of the topics on one slide. On each slide I summarized general things to know, presentation, diagnosis, and treatment for every condition. After the conditions, I summarized all of the medications that I needed to know at the end of the slide show. Lastly, I printed off the PowerPoint to use as a resource.**

*How did week 1 compare with week 2? Do you feel you are progressing in comfort as well as knowledge?*

**Week one at this site was pretty laid back; the preceptors are really open to questions! Everything seemed familiar but it took time getting used to the different medication names. Week two was so much better. I felt like the concepts I learned in class were finally coming together with the clinical medicine I was witnessing.**

*Did you have some idea of the specialty you wish to pursue before starting the rotation? Has this changed?*

**I think I want to do Family Medicine, but I am still not sure. I did NOT think I would like this rotation, but I am pleasantly surprised about how much I really do like it.**

*Do you have time to study and what study tools are you utilizing?*

**Most of my studying has been on the weekends. I'm not going to lie, I really struggle with doing an 8-9 hour day, working out, and then bringing up the energy to study at night. All I want to do is relax and sleep. This third week I have been better about studying at night though! I have been reviewing my PowerPoint, doing my assigned Kaplan questions, and Rosh Review questions. I am also starting to use the Case File book that was passed down to me. If I do not know a medication or condition, I will look them up on UpToDate.**