**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Section 1**

**My True North**

What are your guiding principles as a person? What words and actions do you live by?

**My Greatest Fear**

What do you fear most about residency? How will you address this?

**Section 2**

Draw a line in the grey bar as a sliding scale where you feel most in agreement between each statement pair.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Column A** | Strongly Agree  |   |   | Equal Agreement |   |   | Strongly Agree  | **Column B** |
| I can study in small chunks of time |   |   |   |   |   |   |   | I need large chunks of time to study |
|   |   |   |   |   |   |   |   |   |
| I study best when studying alone |   |   |   |   |   |   |   | I am best when studying in groups |
|   |   |   |   |   |   |   |   |   |
| I score poorly on standardized tests |   |   |   |   |   |   |   | I score highly on standardized tests |
|   |   |   |   |   |   |   |   |   |
| I function well on < 5-6 hours of sleep |   |   |   |   |   |   |   | I function well if I have >7-8 hours of sleep |
|   |   |   |   |   |   |   |   |   |
| I do not need to exercise to function well |   |   |   |   |   |   |   | I need to exercise regularly to function well |
|   |   |   |   |   |   |   |   |   |
| I do not need healthy food to function well |   |   |   |   |   |   |   | I need healthy food to function well |
|   |   |   |   |   |   |   |   |   |
| I have a short commute to work |   |   |   |   |   |   |   | I have a long commute to work |
|   |   |   |   |   |   |   |   |   |
| I am responsible for just me |   |   |   |   |   |   |   | I am responsible for others |
|   |   |   |   |   |   |   |   |   |
| I don't plan anything out |   |   |   |   |   |   |   |   I plan everything |
|  |   |   |   |   |   |   |   |  |
| I am quiet in large groups |   |   |   |   |   |   |   | I am vocal in large groups |
|   |   |   |   |   |   |   |   |   |
| I don't like asking for help |   |   |   |   |   |   |   | I like asking for help |
|   |   |   |   |   |   |   |   |   |
| I have trouble saying no |   |   |   |   |   |   |   | I have trouble saying yes |
|   |   |   |   |   |   |   |   |   |
| I often feel like an imposter |   |   |   |   |   |   |   | I feel like I totally belong |
|   |   |   |   |   |   |   |   |   |

**Section 3: Approach**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Do you Agree or Disagree?** | Disagree A Lot | Disagree | Disagree A Little | Agree A Little | Agree | Agree A Lot |
| 1. No matter how much intelligence you have, you can always change it a good deal. |   |   |   |   |   |   |
| 2. I like my work best when it makes me think hard. |   |   |   |   |   |   |
| 3. I like work that I'll learn from even if I make a lot of mistakes. |   |   |   |   |   |   |
| 4. When something is hard, it just makes me want to work more on it, not less. |   |   |   |   |   |   |
| 5. You can learn new things, but you cannot really change your basic level of intelligence. |   |   |   |   |   |   |
| 6. I like my work best when I can do it really well without too much trouble. |   |   |   |   |   |   |
| 7. I like my work best when I can do it perfectly without any mistakes. |   |   |   |   |   |   |
| 8. To tell the truth, when I work hard, it makes me feel as though I'm not very smart. |   |   |   |   |   |   |

**Section 4: Letter to Yourself**

Write a letter to yourself about what you hope to get out of internship, and what kind of person you wish to be. We will review at the R1 retreat.

Dear Me Nine Months from Now,