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Balancing Medical School with Life

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A poem about the trials of work life balance in medical school.

**KATIE LAMAR IS A THIRD YEAR MEDICAL
STUDENT**

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the solid red background.

MEDICAL SCHOOL *BALANCING* ACT

- ▶ 12 long years, I waste away
- ▶ For a promised goal, a better day
- ▶ And as I put off my family, all for a brighter future.

- ▶ Another wedding has come and gone
- ▶ But I keep working for hours, they are so long
- ▶ And as I put off my family, all for a brighter future.

- ▶ Another weekend, I study all day
- ▶ I can't go out I tell my friends, I have to stay
- ▶ And as I put off my friends, all for a brighter future.

- ▶ This career I've worked on for so long
- ▶ So many years, they all have gone
- ▶ And as I put off my family, all for a brighter future.

- ▶ My winter break, I decide to spend
- ▶ With loved ones, family and friends
- ▶ Because I can't always put off my family, I must balance them with my work towards a brighter future.

POET: KATIE LAMAR