



## Information for the MS2 Class: 12/16/21

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### Y2Q Update

Hello everyone,

I am sharing this week's Y2Q response rate (52.6% vs. 42.5%, national) with huge kudos to our Montana students! After raising the response rate by more than 20% last week, Montana is leading with a response rate of 66.7%. Gonzaga's response rate is also trending up in a steadfast manner (57.6% vs. 59.3%) and so is Seattle's (47.5% vs. 49.5%).

Alaska students, 20% of you who started the survey could help elevate your response rate in the coming week. For Wyoming and Idaho (both 42.5%, unchanged from last week), thank you for setting aside some time to complete the survey.

We have only a few weeks left before the survey closes on January 3, 2022.

We will do random drawings of the following prizes to encourage your participation:

- Two \$50 items you select from Amazon
- Eight \$25 items you select from Amazon
- Six \$50-value WWAMI gift packs

The drawings will take place after the survey closes and if your name is picked, we will ask for the AAMC receipt of survey completion. Please keep a record of it!

Please note AAMC sends the survey link to your email (Contact [Y2Q@aamc.org](mailto:Y2Q@aamc.org) to request the link).

Thank you everyone for your help and look forward to updating you next week.

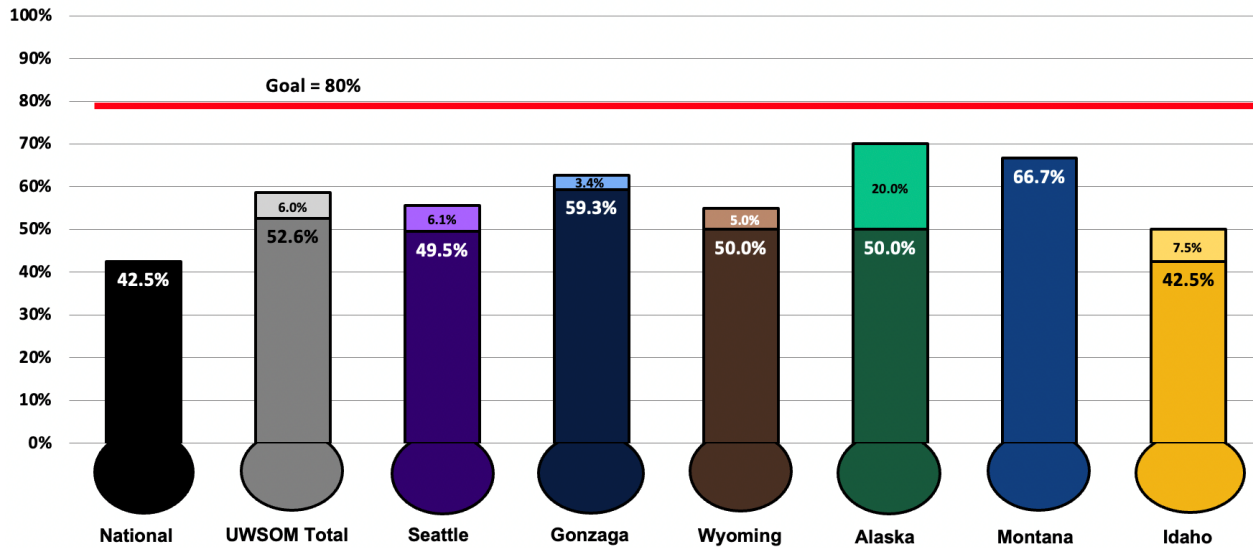
Sara Kim, Ph.D.

Research Professor, Department of Surgery

Associate Dean for Educational Quality Improvement

## Y2Q Response Rates (%)

As of Dec. 14, 2021



	UWSOM Total	Seattle	Gonzaga	Wyoming	Alaska	Montana	Idaho
Started	6.0	6.1	3.4	5.0	20.0	0.0	7.5
Completed	52.6	49.5	59.3	50.0	50.0	66.7	42.5



### Career Advising Student Advisory Board - Tip of the Month

My partner and I were reminiscing on Step 1 and felt this tip should be focused on how we did our best to maintain wellness throughout it! Here are a few things we did that helped:

1. Take winter break off!! Put the flash cards down, close the books, and do something that will rejuvenate you. Hopefully by the end of this (at least 2 week) break, you'll actually be excited to hit the books!
2. Take one day off a week! It's helpful to physically go somewhere that is not your home/study space. We went skiing and to a fun dinner once a week!
3. Use academic support services (<https://education.uwmedicine.org/student-affairs/academic-support/>)! If you're feeling overwhelmed, scores aren't improving for a while, etc., meet with them to re-evaluate your plan. There is no perfect study plan, and you'll have to be adaptable, so just go into it with an open mind 😊

Written by Career Advising Student Advisory Board member, Shanelle Briggs and reviewed by a second BIPOC Board member, L'Oreal Kennedy.

### In case you missed it:

Here is a link to the [December 09, 2021 Student Newsletter content for MS2s](#).

Have a great week!