

Dr. Dan: Welcome to the Medical Mastermind Community. I am Dr. Dan as you probably know, host of the Premed Podcast and the Medical School Podcast in iTunes. This episode is about the Seven Career Stages being in the palm of your hand. That's right whether you're listening to this on your phone, a tablet or a computer, more and more technology in web traffic is going mobile. It is expected that mobile devices will overtake desktop and laptop computers in the next year in terms of traffic and usage.

The Medical Mastermind Community has been putting at this podcast for over five years and has always positioned itself as a podcast. I'm not trying to ever replace USMLE or MCAT type of audio materials or full courses that would compete with your own medical school, that's ridiculous. There are big courses out there that you can take such as Kaplan or Princeton Review to help supplement your material if you want a sit down course to review stuff. Most people don't have time with that.

We've been focusing on podcast that can help you squeeze in some extra study time while you're washing the dishes, or jogging, or taking a dog for a walk, et cetera. I particularly listen to podcast when I'm traveling. We are going mobile folks. Right now, I'm in the process of converting everything mobile. When the website first launched five years ago, believe it or not it was state-of-the-art at that time, but the state-of-the-art changes so fast. We got lucky that all of the MP3 audio podcast were already using a tool that happens to still be valid as a mobile, playable device, so from Android, Apple, iPhones, tablets, PCs and Mac, et cetera, you can click on the audio podcast play button and it will work on all those devices.

We're expecting this year 2014, to reach a total of one million podcast downloads. We've had about 30 or 40,000 people listened to the podcast which is about 20% of the market by my math out there in at least premedical realm and in the medical school. We've had about five or 10% of those joined the Medical Mastermind Community at one point or another.

The majority of those memberships had been free memberships that we've donated in the exchange for people filling out surveys over the years that have been used to conduct pure review research and are in the process of being submitted and edited for journals. These research projects have to do with getting accepted in a

medical school and residency, the percentages, MCAT scores and et cetera.

Today's podcast ties right in with the way this new mobile friendly Medical Mastermind Community website is being reorganized. I like to study everything. My research experience has changed the way I think in a lot of ways, changed who I am as a person when the scientific method really overtake you and changes who you are and how you think. That's happened to me. We have surveyed people on what they wanted on the website, how they want the podcast; if it was mobile friendly, would they use it more often, et cetera, et cetera.

What you may not know is that there are over 100 videos on the Medical Mastermind Community website that train you about every aspect of the medical education process, 12-year journey, on one website. Those are all inside the paid community, so you have to have pay ... a membership to access those, but unfortunately, those videos that I was uploading using state-of-the-art best practices in the last three to five years are no longer mobile friendly. I've got them hosted on Amazon web server which is state-of-the-art and playability in the speed at which it plays when you click on the play button. That's what you care about, the loading time and the buffering time.

Amazon website was supposedly the best. The problem is they did not support mobile friendly versions and there are so many different tablets and devices out there coming out that no one knew you in three years ago they'd be so popular and now they're overtaking all web traffic. I say that, to say that I've got to basically download all those videos off Amazon web server and upload them onto a different tool to convert them to format that you can use and have all those videos in the palm of your hand, you no longer need to use iTunes.

If you have an Android phone, you don't have to worry the Google Play gave up hosting podcast, so Android are not natively hosted for podcast. No longer do you really need iTunes once this site is mobile friendly. I'm in that process of conversion now and I think that's going to expand the listener shift and based on what's going on out there in website usage and based on feedback from Mastermind Community members and those on the email newsletter list, you guys are going to use the website itself more often to watch those videos remotely. Literally, you can play a video

while you're driving down the road and just listen to it. That almost doubles the amount of podcast that you'd be interested in the video podcast, they're going to now be mobile.

The last piece that you need to hear before I get into today's topic is that there were so many different ways I tried to organize all of the Medical Mastermind Community material onto a website. We had navigation bars across the top with two pull down menus that had a lot of the content, as well as a static vertical column of menu options along the left side. I thought it was good. It definitely helped and it cut down the questions.

When I first started before that version, I got questions all the time. Where is this? Where is that? I did the best I could. We learned and that was definitely collaborative Mastermind effort along the way. Recently, we have a soldier who responded in some feedback and gave a lot of great feedback on the navigation like a thorough analysis of it and really helped me see through your eyes what it's like when you go to medicalmastermindcommunity.com and try to find something specific that you're looking for.

I was surprised that it's still a lot harder to navigate than I thought it was. I thought I was doing okay, but it turns out it's just overwhelming. I'm to the point of my life now where I've got my license, I can moonlight, which means work extra hours outside of my residency training program that only has a year left by the way before I'm completely done with this journey and mine has been extra long as you know.

This website is a hobby site for me guys. Did you think I make money at this site, you're wrong. I've never paid myself a paycheck and I spent 20 or \$30,000 developing it over the year. The money just always goes back into it. Then a couple years ago, when I finally got in the block, I started giving all that extra money to charity that's what I've been doing with it. You know it's not been a formal nonprofit organization. It has functionally been a nonprofit.

To have a nonprofit really just means you have to put your money all back into the business itself. It doesn't mean that people don't make a lot of money. A lot of hospitals are nonprofit but they're doing buildings all the time, paying themselves very well. I have not been doing that, but I did not have time in medical school in residency to run a nonprofit because there are ton of legal requirements stipulations, you'll be audited and it's just a big

thing. I formed an LLC, a limited liability corporation, for protection financially as a layer and I've essentially just been giving it away.

If I had not created the value of requiring people to pay for the paid videos, no one would have any leverage or incentive to ever fill out the surveys and we would not have the very good data sets that we have now on involved medical education process from undergrad into medical school and I would not have had informed understanding an organization of the current research projects that I have now, such as burn-out, and depression, and suicide in medical students.

I thank you truly. I had no idea when we started that it would turn into something pretty legitimate and actually helpful. I know there are a quite a few medical students out there that would not have got into medical school if there wasn't for the help of the Medical Mastermind Community. Notice I didn't say because of me because it's definitely a collaborative effort.

I interviewed authors, people from Princeton Review to give us a test taking video that we worked out together. One of the core original Mastermind members came up with the Master the MCAT video series to train people. We did that together. I would not have been able to do that. I would not have the confidence and organizational skills to do that piece. Honestly, my confidence in organizational skills have effectively orchestrated a bunch of experts to deliver the content that's on the website now.

All that content that's on the website now is being organized into seven web pages, seven web pages. I'm not going to have all that navigation all over the place in different spots. I'm going to have seven pages for all the paid content inside. I think it's worth a good public podcast here to go through the Seven Career Stages that you're now going to have in the palm of your hand as soon as we're done converting it to mobile friendly, which is probably by the time you hear this podcast.

Career stage number one, I call Mastermind Study Techniques. Before you ever get into seriously being ready to apply to medical school, you have to be a pretty organized person. You have to be doing pretty well. Many people that are successful doctors found that that came either somewhat natural or they were smart enough to surround themselves with people that rub off on them in a positive way and they didn't party too much or they had a family

that was a doctor and so they picked up a lot of that through tacit knowledge that is unspoken.

For a lot of us, though we've had to work very hard to keep up with the academics and with a mentorship and support website like mine, I hear a lot of people that are struggling out there, lots of people do, many don't need help, professional help like me but some do, so Mastermind Study Techniques. One reason I got my email newsletter list over 3,000 subscribers was by offering a free speed reading one-on-one video that was popular for a long time and I've noticed it's not really popular anymore.

I think it's because people in what I call the YouTube age where everyone wants free advice on YouTube and then wonder why it doesn't work have forgotten this principle that you get what you pay for. If you're not willing to overcome that barrier of paying a fee, the higher the better, the less serious you are about following through with the results.

If it's not painful for you and you don't have to give something up for it, how much are you going to respect it or work for it, because at the end of the day, the Medical Mastermind Community and anything else in life that's worthwhile is going to cost you work in time and effort. The YouTube culture, for a few years, saw people just going through the next video to learn a tip and shortcut things. The Medical Mastermind Community is here to tell you there are no shortcuts to career or job satisfaction.

If you want to be a doctor and you want to accomplish your goals, you're not going to find a shortcut, so I really likely going to price tag on the website for that reason because I don't like talking to people to just want something for free and aren't satisfied, because they aren't motivated to do the things for themselves. It's not that I can't help them. I'm helping you now if that happens to be you by telling you to quit doing that because if you don't change that part about you, later in your career path, you're going to realize that that's a problem and so focus on your work ethic if you're having that issue.

There are now 12 videos that I have combined all under the Mastermind Study Techniques. The old organization of the website had these videos scattered in four different places and I didn't realize until I was re-doing this website that that was pretty hard to find, so thank you for your feedback Justin.

Basically, you've got about seven study videos that walk you through the Five-Step Study Method and Speed Reading, all that stuff is in there as well as how to guarantee your results with your feedback loops and basically giving you self-practice test way early and advance of the test to have time to adapt your study approach. [Inaudible 00:15:42] study techniques to force themselves that's my favorite video of all them, so that's about seven of them.

The other five are studying in the clinical science years. We've combined content that applies for both undergraduate premed students and medical students that are in their third year and beyond, even residents could benefit from that. In fact, these lectures that I put in there, I teach to interns when they come to our residency program. I teach those to doctors in their first year of training after they graduate from medical school. These are taught in a universal fashion. It doesn't really matter what year you are in college or medical school. If you're having trouble, I will guarantee you that it's because you are missing some steps prior to where you are. You'd missed some of these professional development career stage items and that's where your problem is.

These Seven Career Stages I'm laying out for you now essentially take and present them to you in the order that you would ideally like to how learn them. Many people are medical students having trouble with their grades because they missed some of these principles that would have been nicer to know when they were still in college, trust me. That's an understatement and a half. Lots of people wish they had better study techniques and test taking skills before they got to medical school rather than after, so that takes care of career stage one.

If you're going to be a doctor, you have to figure out how to study well and everyone has strengths and weaknesses, but if you're a high school student or a premed student, you need to watch all those videos and let it shape how you approach the material and study now so that you study your process a lot better rather than just studying harder, and reading the books, and beating yourself up with the books just to try to get through something. Because most often what happens if someone's struggling in a class or does bad on the test, what do they do? They redouble their efforts and try harder. The problem is they're trying harder doing the same techniques that aren't working for them because those are the only techniques that they know. I love teaching that topic.

You've got 12 videos in one place now. They'll take you all the way through the career so I would suggest that you watch all of them no matter where you want to process even if you're still in college, I think you should watch the clinical rotations study videos because you will form folders and networks in your mind, in your neural mapping with your synaptic connections for use later and you can build that network now and you will do even better when you get there. You'll be doing yourself a favor.

The second career stage is what I call the Master the MCAT. Why, because that's the next step in the career progression. Getting into medical school is the single biggest cutoff that weeds people out. There is not another attrition step along a medical education pathway that is as big as getting into medical school. I would say at least half of the reason for that is people's MCAT scores.

Not because the MCAT scores are low, mind you, but because many people are under a myth that they have to have a certain MCAT score to get into medical school and it is simply not true, not to save you bomb and then get like a 19 out of 45 or something, this can be real hard to do, but you'll be surprised which you can do if you have everything else going for you in the Mastermind approach where you have picked the minds of experts in every fields including interviewing and how to write the personal essays and the statements.

I'm talking about being a polished professional as you present yourself to the Medical School Admissions Committee in every realm. If you're doing all of those other things, many, many people get by with the subpar MCAT score. Unfortunately, a lot of people talk themselves out of even applying in medical school based on their academic record or their MCAT score and this is false information. There is peer-reviewed literature out there in the scientific journals saying how bad premed advisers are in the United States. Enough said, you need to watch the Master the MCAT videos.

If you're truly struggling on the USMLE, it wouldn't hurt to understand the cognitive approaches that they are testing on the MCAT. I mean essentially, the Master the MCAT program teaches the fundamental four cognitive skills that are being tested. They're not testing your memorization of physics formulas, so it doesn't really matter if you are already a medical student. If you're struggling on the test or the exams, you could go back and watch

the Master the MCAT videos, just to watch the four cognitive domains explained to you thoroughly and you wouldn't even have to do a verbal reason test. It's just worth watching. This is how you think as a doctor and it's all laid out for you in a video format of the first and only one to do that as of yet.

The third career stage is called Med School Applications. That's pretty obvious if you're on the website and you see that, you'll know that if you are looking for material to help you with your medical school application that's what you're going to want to click on. Don't you like the simplicity? I have combined a lot of different materials into the med club cases. There's material on my application and I can guarantee you. If you look at my CV now or my resume and you look at the way I wrote things on my medical school application at the time, I mean I did mediocre job, it wasn't bad, but I did not know these tips that's what unique about the Medical Mastermind Community.

I did not claim to know it all. I claim to trust in God and to trust in getting experts for the things that I'm weak at, and collecting and orchestrating a group of people. One thing led to another, I listened to a good podcast called Internet Business Mastery that I highly recommend if you have any business interest or want to run your own website or have your own following for something. Go check them out. I listened to them and it took a year or two to conceptualize how to even set up a website like this and really what I was doing. Here we are several years later and we know what we're doing now, I knew seven things and I lay out seven career stages, that's what I do.

This one's pretty simple it's got my medical school application and it does have a lot of statistics about acceptance rates into medical schools, set for finding the best one and paying for it, yadi yadi yada. Everything related to medical school applications and acceptance to medical school is found in that section.

The next career stage is called Interviewing Skills, pretty obvious why. If you apply to medical school in the previous stage then hopefully you'll get an interview. Again, these are laid out in an ideal order that you would pick the skills up, so it doesn't matter if you just found the website and you're a medical student already. If you have interviews coming up, this training here for interviewing skills is organized in such a way to be able to apply to medical school or residency because they're very similar.

There are nuances between the two of them but the general principles both are the same and for the most part this step is not rocket science, but the only difference that these videos have over what you would find on YouTube for free is that they'd put in a medical context at interviewing with doctors and gives a little insight on how [inaudible 00:24:39] admissions committees are and how you can look at it. It's just flavored for you. That's pretty generic stuff that I've got in the workshops over the years, put in a medical context, but still the week before your first interview, you should definitely watch it even if you watched it before, I mean, it didn't hurt me to go back and remember that stuff. That one's pretty straightforward.

That brings us to the fifth career stage and that is something I call Burn-Out. This is a brand new section for the new [reinvent 00:25:17] mobile friendly Medical Mastermind Community website. I have been doing a lot of research on burn-out and mood disorders in premedical students, medical students, and residents, all along that pathway, which at best is about 12 years long. The numbers aren't good folks.

We get depressed and kill each other at higher rates in general population as doctors anyway and we need help. That's part of my calling, it's part of my passion, and certainly was not originally I was burned out and hated life in my emergency medicine residency and left on bad terms, treated malignantly by a bunch of jerks that did not know how to treat people right and weren't doing the right thing.

Is it okay if I rant a little bit on my podcast as we approach to million downloads this year? It's okay to rant. I think you need to hear the truth. I was burned out and I didn't know it. It's like being in a bad relationship where your significant other makes you think you're the one that's crazy. That's how they treat you there and they would really shake your self-confidence to be in a place that treated you so bad and made it sound like you were such a bad doctor when they're really fool of it, didn't know how to teach or have time to do it.

There were a few people there that were doing it the right way, but when there are some majority here, some threshold number of attending physicians around that are jerks, for lack of a better word I couldn't use on a podcast, then it tends to become a culture. If you find yourself on a culture where people are doing the wrong

thing, then you can get burned out and certainly it doesn't help your mood. I think I was probably burned out at least in a moderate range. I never took it at a survey about it.

The bottom line is I don't treat the topic of medical students' burn-out any different in how I would treat nephrology. I teach the literature, I teach the evidence-based that's what it is. I'm not going to tell you to blow on your finger which is what they tell the medical students at the medical school with which my current residency program is affiliated. Too often we bring mental health stigma with us even in the medical professions. We have stigma and it's everywhere because we're human beings.

Whatever your world view, if you go to medical school or you are in a residency program and you're struggling, there are going to be some wolves around that come along, and bite you, and attack you, and make it worse, not everybody is helpful. I'll teach you all that evidence and I won't blow smoke. I will tell you what burn-out interventions actually work and trust that being educated on the facts of what's out there in a scientific literature is going to help free your mind and you will definitely not hear about this stuff in most medical schools, not all that evidence.

One of the papers I'm publishing now, so it's not even out there. A lot of the stuff has not been published yet, at least not synthesized like this now we literally teach the techniques to you, so that's a brand new section I'm excited about and certainly been needed for a long time and I'm glad to see that in this website redesign it is a good time to do it now that brings us to the next stage six called Master the USMLE.

If you go to an allopathic medical school, where you're going to get an MD degree that is certified and accredited by the ACGME, it's just a counseling body that certifies them to grant you a residency program. If you go to an osteopathic school, it's a different agency, so you take a different test, you take the COMLEX. It doesn't really matter to you now if you're a premed and you're a medical student and you already know this, but for general purposes, I always just say the USMLE because that's what I did and that's what about 85% of people do, anyway.

The DOs, they know they get neglected in that whole conversation anyway and they read a lot of USMLE resources. Some of them want to take both tests and in fact the agencies here in the process of combining, I'm told it's official, I'll probably have a podcast of

about that later that the ACGME in the association for osteopathic residency programs have combined. You can check that out in your local news.

If you were going in the order of all of these career stages, the next thing you would do after interviewing for medical school, getting started, getting in a medical school, and being burned out and exhausted like never before so you would need to burn out a material, the next thing that would happen is about halfway to medical school you take your first licensing exam, the USMLE. This also has a lot of content that's restructured, some of it is brand new, some of it is just pulling from different pages that was scattered before and I'm introducing at the appropriate timing.

I recently did a presentation which is going to be included in this section to the Gold Humanism Honor Society in a medical school related to anxiety in the USMLE because never before we felt that pressure that last that long. Usually a semester gives you a break after a test that you take ... this feel like you can breathe for a weekend but we're talking about months of pressure. I mean the final exam for two years of medical school is absolutely insane. Hopefully, you would have learned the burn-out skills before you get in that position because that honor society was so glad to hear that material that one of them said it was the best lecture that they've had all year and now is their second year of medical school, and they asked me to come back every year.

I don't really see myself as the kind of person that likes to teach the same lecture over and over and over because of my experience with the Medical Mastermind Community, I really think that I'm just going to keep taking that type of research and experience to the Mastermind Community and to the podcast and educate medical students this way not in person. I don't think I'll be going back to them year after year after year. I'll probably going to move away where there's not even a new medical students to say the truth and I'll continue to mentor remotely like this.

The Master the USMLE segment course has an introductory video that's going to lay all of it out and basically teach you that scoring on the USMLE and anxiety and test-taking skills all go hand-in-hand. They are inextricably linked. If you are awesome on tests and you can remember this material, your stress level is going to be lower. To some degree, that is true. At least it makes sense that's one of my research hunches and hypothesis so that's my approach.

It would be nice to work out some research down the road. In fact, I do have a research project to make sure that that fact is correct as far as anxiety, and test skills, and study skills submitted to the Institutional Review Board and my local institution currently, so that's underway. I'll make that case for you at least.

I'm basically going to put all the stuff about the inner, the critic, the Napoleon Hill Science of Personal Achievement Recommendation, the 17 Principles of Success, the Power of Belief, and then our collection of USMLE audio podcast fit all under that section too.

You notice that the majority of the USMLE material is not USMLE science contents. I don't really see that as my niche. I have about 20 or 30 podcasts that I'm in the process of making. I think we have less than 10 right now. I don't have a great mini of them. I recommend Apollo Audio Books in the meantime though some people have given me feedback that the voice on there is hard to listen to and they've asked from my audio podcast, they want mine. Slowly but surely I am making my own USMLE audio product that's just included in this website.

That brings us to our last career stage called Residency Applications. That is the ticket so in your fourth year of medical school, you applied a residency to go on and do your internship and your specialty training and whatever you're going to do like psychiatry or surgery whatever it is. This website is going to organize that material there because I'm pretty fond of that section to tell you the truth because my experience in the ER program is what really molded and shaped me in my spiritual life, in my professional life, and in a lot of ways in my marriage too because God used that as the crucible to mold me in who he wanted me to be, [it just about 00:35:55] killed me to get burned out and have to leave the program like that.

The dirty dark secrets of residency programs and I've been involved with the treatment for three years now in my current program and I'm the chief resident there. I've seen it done well. I've seen it done poorly and even in the best of circumstances. There are biases and stigma against mental health that just disappoint me. Even among the sweetest people I would not trade my current program for anything. I would do it all over again. I've already done it all over again. I did two-intern years folks. All of that stuff is going to stay

in the master or rather the Residency Applications section, the seventh career stage.

Interestingly, you could approach that material at any stage in the game, so you didn't hear about the website until you're halfway through medical school, it wouldn't really matter. If you're struggling within the area, I'll just recommend backup and find the appropriate section where it would have been nice to learn that step and I think you'll find that all of the career stage training, it's really professionalism and mentorship skills are all neatly organized on these seven pages.

Thank you for your feedback and your support to help build the Medical Mastermind Community into what it is today and I look forward to seeing you at your white coat ceremony or your graduation from medical school real soon. Keep me posted. I'm your host, Dr. Dan.