

Flex Week Proposal:

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| Title | Atomic Adulting | |
| Experience Category [bold your category] | Clinical shadowing Research-related Community Service Other: | Professional Enrichment Courses (PECs) Professional Development Wellness |
| Goal | At this critical juncture as a new medical student, the goal of the Flex Week is to learn skills that you can carry and that will carry you through medical school, residency, and the life of a busy physician. | |
| Brief Description | We all struggle to “get our lives together.” Healthy habits, like having a calendar and making to-do lists, help us all lead more organized lives (and get enough sleep!). Eating is also important. Join us for shared meals and discussions as we read James Clear’s “Atomic Habits” and work our way to less exhausted, more whole and effective versions of ourselves. | |
| Organizer | Allison Serra, MD, MPH and Greg Null, MA | |
| Admin Coordinator (contact info) | Greg Null Grn18@pitt.edu | |
| Department | OMED | |
| Capacity (# students) | 5 | |
| Location | Alan Magee Scaife and/or Zoom | |
| Reporting Info/First Day Location | Dinner at 5pm Tuesday (location TBD) | |
| Maximum # of students | 5 | |
| Minimum # of students | 1 | |

| MS1 (Class of 2028) | | | |
|----------------------------|-------------------------|-----------------------|-------------------|
| Week | Start Date (Mon) | End Date (Fri) | Available? |
| 5 | TUE 9/3/2024 | 9/6/2024 | X |
| 12 | TUE 10/22/2024 | 10/25/2024 | |
| 26 | 1/27/2025 | 1/31/2025 | |
| 30 | 2/24/2025 | 2/28/2025 | |
| 59 | 9/16/2025 | 9/20/2025 | |
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Weekly Schedule (5 hours/day with 2 hours synchronous activity; Avg. 25 hours per week)

| | MON | TUE | WED | THU | FRI |
|-----------|-------------------------------|---|---|---|--|
| AM | No activities Office Hours | Asynchronous time Podcast: Search Spotify for “Atomic Habits A Bit of Optimism” Podcast title: Atomic Habits with author James Clear on the “A Bit of Optimism” podcast hosted by Simon Sinek. Give it a listen: 42min Reading: Atomic Habits (book): 2 hours | 10-12PM in person: Tools for living an organized life (read: Can I help you make your calendar?). We will talk as a group about the systems that work for us. Then, we will work on individual action plans for “getting our lives together” | 10-11AM in person: Zoom panel with M2-4 students 11-1PM: Asynchronous independent reading time: Finish up Atomic Habits, find a new podcast to enjoy (and tell us about it!) | 10-12PM in person: Creation and maintenance of homeostasis: Map out your next week as a blueprint for many weeks to come |
| PM | No activities | 5-7PM in person Dinner and discussion of selected chapters from Atomic Habits Location TBD (dinner will be provided). Everyone chooses a habit to build. Looking ahead, we will discuss them on Friday afternoon as Flex Week winds down | Asynchronous time: Reading: Atomic Habits: 3 hours | 1-3PM: Drop In Office Hours IT -Elentra -Teams -Respondus -Assessment ADs/Coaches CAP LAP Schedule necessary appointments: AD Coach PCP Dentist, etc. | 12-1PM: Shared Lunch and reflections in person 1-2PM: Advanced Tactics and Share: Strategies for next week and beyond |

Please be as descriptive as possible as schedule will be made available to students

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| Schedule splitting: | Partial OK |
| Would it be possible for students to take SOME of the weekly schedule (e.g., just | Full required |

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| <p>mornings or just a few half-days), or would you prefer that a student take the schedule in its entirety?</p> <p>[bold your choice]</p> | |
| <p>If so above, please designate which parts of your schedule this would impact</p> | <p>Interested students not signed up for the whole flex week may “drop in” for the Wednesday and Thursday sessions.</p> |

NOTES:

- Schedules should have activities for students at least 5hr/dy, with at least 2hr/dy synchronous
- Unlike PEC’s, students will not receive grades/certificates for flex week completion

Reading List: Clear, James. (2018). *Atomic Habits*. New York, Avery. Available at [Carnegie Library of Pittsburgh](#) or [University of Pittsburgh Libary System](#)