

## Developmental Milestones: A Year in the Life of a UTHSCSA Pediatric Intern

*According to Dina Tom and Sarah Stafford (UTHSCSA Pediatrics Class of 2013)*

**Newborn period:** It's the first day of orientation and you awaken at the first buzz of the alarm. It takes 4 cups of coffee and 3 outfits to get you out the door. You show up, 1/3 excited and 2/3 scared-to-death, but ready meet your new family. You feel a sense of comfort in their charismatic smiles and positive attitudes. They seem just like you – pediatricians-in-training.

**First steps:** Orientation and the intern welcome party is over... Now it's time to get to work. The first challenging months of intern year are nicely balanced by our weekly happy hours and monthly dinners which function as comedic relief and group therapy. Resident participation at the Texas Pediatric Society Annual Meeting and American Academy of Pediatrics National Conference & Exhibition show you that being a great pediatrician involves much more than well-child visits and inpatient care!



**Preschool:** Intern retreat is a welcome break in October where you have 2 days off with your intern posse. After the work chat subsides and you send some suggestions for program improvement suggestions to our leadership, you all head out to the ropes course and bond by lifting each other over a 10-foot wall. You celebrate the success of the day with a trip down the giant waterside and a party by the bonfire complete with s'mores, hot cocoa, and good friends.

**Puberty:** You have made it through your first winter in pediatrics, a true right of passage. Everyone had a taste of the holidays at the

Thanksgiving potluck, white elephant party, or the legendary Christmas morning breakfast made to order by our Child Neurologist. You also feel rejuvenated by the 5-day break given to each resident at Christmas or New Year's. You have spent 6 months in the trenches together and survived – and you are stronger as a result!

**Adolescence:** You finally feel like you (sort of) know what you're doing! The spring brings rejuvenation and intense competition with the faculty vs. resident kickball game to fundraise for our early child literacy program. Our annual Resident Appreciation Day gets residents, faculty, and families out to the ballpark for a day of Missions baseball, a picnic luncheon, and friendship.



**Homecoming:** You are thinking like an upper-level resident now, and that means it is time to say goodbye to some of the people who got you there. The third-years are graduating which culminates with the end-of-the-year party. And while the faculty and family members are cutting loose on the dance floor, you pass out hugs and hopes of working together in the future.

**Adulthood:** As you get together with your classmates to plan the intern welcome party, you reminisce over all the fun you never thought you would have in your first year of residency. Congrats! You have made it.

**Parenthood:** July 1st is here! You are an upper-level resident!

You are now in charge of raising newborn residents. You miss intern year already, but are excited about the many more adventures to come. You are excited to teach & inspire the next generation while continuing to learn new things each day.