

APPD Professional Development Worksheet for Graduating Chief Residents

The Professional Life You Really Want:

- Don't ask yourself "What I want to do?"
- Ask instead:
 - "What is my purpose in life?"
 - "How can I best engage my talents & abilities to make a contribution as a pediatrician?"
 - "Where do I find genuine satisfaction professionally?"
 - Skill set:
 - "What are my professional strengths?"
 - "What are my professional weaknesses?"
 - "What is the ideal job that I want to attain in 5 years?"

List of Priorities:

- Circle the 5 most important skills from the list below that you want to develop during the next 2 years

| Clinical | Teaching Skills | Research Skills | Administration | Other |
|----------------------------|---------------------------------|---------------------|---|------------------------|
| Competency in Patient Care | 1 on 1 precepting | Writing skills | Medical education administration: skills: APD, PD, clerkship director | Public speaking |
| Communication Skills | Leading small group discussions | Research design | Leadership & administration skills (Division, group practice) | Medico-legal |
| Procedural Skills | Facilitating rounds | Statistics | Finance of Medicine | Global health |
| Medical Knowledge Base | Large group presentations | Database management | Medical operations | Advocacy |
| | Writing curriculum | | QI/patient safety | Work Life Satisfaction |
| | Mentorship | | | |

- Now list the skills you circled in order of priority
- Then select the 2 skills you want/need to work on *this* year