

# NYU Langone Grossman School of Medicine

## Transition to Residency Advantage Program

### Q2 Meeting Suggested Agenda:

1. Your coach may have sent you this before your meeting so that you could reflect on a goal area that you have. If you're just thinking about this during the meeting, take a few minutes to think about a goal that you've got for yourself in your professional or personal life. Some goal areas that trainees have set goals in include: *Academics, Research / Scholarship, Reflective practice (self-reflection), Well-being, Career Planning, Non-technical skills (i.e. teamwork), Technical skills (i.e. procedures), Using Evidence to Advance Care and Patient Care*

<b>W = Wish</b>
What is an important wish that you want to accomplish in the next _____ [time period]?
<b>O = Outcome</b>
What will be the best result from accomplishing your wish? How will you feel?
<b>O = Obstacle</b>
What is the main obstacle inside you that might prevent you from accomplishing your wish? Where and when might this obstacle arise?
<b>P = Plan</b>
Select an effective action to tackle the obstacle. If [obstacle], then [effective action]

- a. **Goal:** Write a brief description of the learning goal. What is your wish? Be specific about when you will achieve it and how you'll know whether you did it or not?
    1. Consider why this goal is important for your career path or current role and why the goal is important to accomplish at this point in your training. Remember that **mastery/learning goals** (focus on gaining competence) are more meaningful and pleasurable, even if not completely met than **performance/achievement goals** which focus on how others view you, and can paradoxically decrease motivation if not met.
  - b. Using the **WOOP** framework, think about the outcome of the goal, what might interfere with reaching that goal. (Obstacles should be internal, things that you have control over). Make a specific plan to approach that obstacle and still reach the goal.
2. After the Meeting, be sure to log in to [Navigator](#) to write down your goals! Research shows that writing down goals increases the likelihood of reaching them.