

CAREER AND LIFE PLANNING EXERCISE



AIM

Evaluating Daily Work

Workday paradise or hell hole. It's a matter of perspective and preferences.

Evaluating Daily Work

Take a walk through a physician's typical work day tasks and obligations. Identify which you prefer, which you do not, and why.

Objectives:

In this exercise the participants will be able to:

- Evaluate the routine tasks that typically comprise a workday to identify preferences that can be used to evaluate different opportunities and practices. They will:
 - Utilize their preferences to help assess offers and practices.



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How to Use This Tool:

1. Review each workday element and identify your preference for it. Quantify your preference by assigning it a value between 1 and 5 with 1 being a low preference or consideration and 5 being a high preference or consideration.
2. After completing the exercise, you will use the tool in your assessment of different job offers and practices.

Related Resources

To view resource, click on the desired Title or go to physiciancareerplanning.com and type in the desired title or Resource No. into the "Enter Keyword" field and click search.

TITLE	RESOURCE NO.
Evaluating Work Environment	E-12
Evaluating Practice Settings	E-11
Evaluating Leadership Competencies	E-04



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Instructions:

Now we get into the nitty gritty of day-to-day work. For each item listed below, note your preferences and why.

Items to Consider	Your Preferences
Clinical work	
Patient mix	
Support staff	
Schedule (hours, on-call, part-time or full-time)	
Pace of work (frantic or relaxed, number of patients per day)	
Activities in the average work day	
Hospital rounds	
Jeopardy call schedule	
Role of hospitalist	
Electronic medical records (coding)	