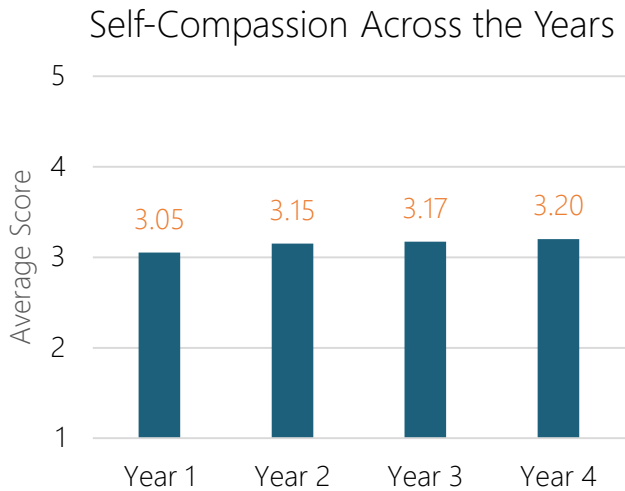


Research Brief #3: Medical Student Motivations

Thank you to the 200 medical students at the University of Alberta for your ongoing support. You have helped us learn about how motivation in medical school relates to a variety of interesting outcomes, such as self-compassion and resilience. Our research would not be possible without you!



Students' self-compassion tended to increase across four years of medical school

Students with greater self-compassion were **less** burned out and **more** resilient



E.g. Resilience Item:
"When I am in a difficult situation, I can usually find my way out of it"

1 (strongly disagree)

2

3

4

5

6 (strongly agree)

4.7

U of A medical students

Negative/Avoidance Goals

Positive/Approach Goals

Self-Compassion & Resilience