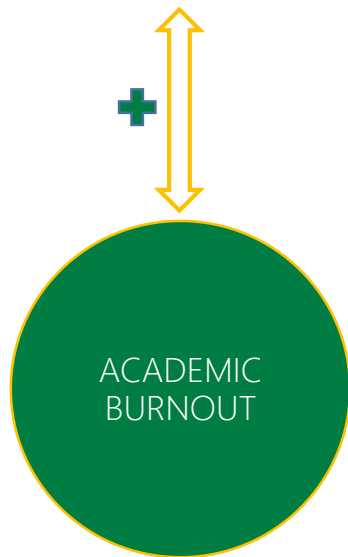


# Research Brief #2: Medical Student Motivations

**Thank you** to the 195 medical students at the University of Alberta for your continued participation in our study. Your ongoing support has helped us learn about how motivation in medical school changes over time, and relates to a variety of interesting outcomes. Our research would not be possible without you!

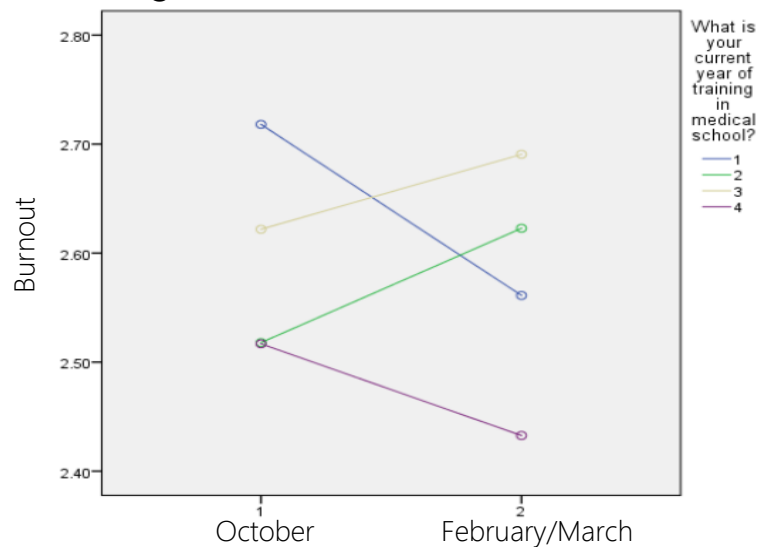
## Negative/Avoidance Goals



## Positive/Approach Goals

Students with negative/avoidance goals reported higher burnout, whereas those with positive/approach goals reported lower burnout.

## Changes in Burnout Over the School Year



Students in years 1 & 4 felt less burned out by March, while students in years 2 & 3 felt more burned out.

Weekly Mild and Moderate Exercise



STRESS

