

2**ND ANNUAL SYMPOSIUM ON***Well-Being in a
Competitive World
as Students and Beyond***PREAMBLE**

Medical students, as physicians-in-training, juggle a variety of professional and personal responsibilities. They must also be prepared for how to balance these duties as they continue with their professional lives in a sustainable manner. More recently, the media has highlighted shifting gender demographics and the preferences for practice patterns in the newer generation of physicians. Claims have been made that the new generation of physicians is unwilling to work the hours its predecessors did.

"*Well-Being in a Competitive World as Students and Beyond*" is a symposium organized by Massey Grand Rounds at Massey College, at the University of Toronto. This conference will explore issues related to the well-being of medical and health science students at the start and into their professional careers. Topics for discussion include: priority setting among students, the role of mentors, access to mental health resources for medical students, economic and personal stress, and balanced family life.

This Symposium will be of interest to medical students, residents, graduate students in the Health Sciences and to members of Faculty concerned with the well-being of the students they mentor.

MASSEY GRAND ROUNDS (MGR)

Massey Grand Rounds is comprised of members of the Massey College community, and includes physicians, medical students and graduate students in areas related to medicine and the health sciences. It convenes monthly during the school term and serves as a discussion forum for current topics related to medicine, the health sciences, and issues of interest to students. The group is guided by Dr. Aubie Angel, MD, FRCPC, Senior Resident/Fellow, President of Friends of CIHR.

This Symposium is a project of MGR for the benefit of the entire U of T academic community and for all medical and health science students. Student organizers of the Symposium include:

- Martin Betts, Jr. Fellow, 4th yr medicine
- Fiona Menzies, Jr. Fellow, 4th yr medicine
- Jai Shah, Jr. Fellow, 4th yr medicine
- Patrick Wong, Jr. Fellow, 3rd yr medicine

Cristina Castellvi supervised communications.

Website design by Patrick Wong www.massey.utoronto.ca/symposium

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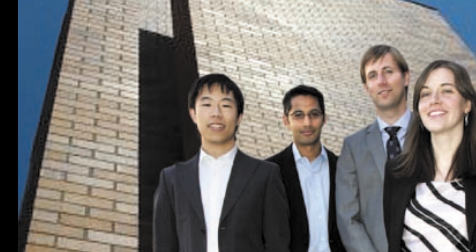
**Wednesday, April 16th, 2008
(12:00 – 5:00 pm)
Massey College
University of Toronto
4 Devonshire Place
Upper Library**

**Online Registration:
www.massey.utoronto.ca/symposium
For further details: (416) 506-1597**

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ND ANNUAL SYMPOSIUM ON

*Well-Being in a
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ORGANIZING COMMITTEE
Left to right: Patrick Wong, Jai Shah,
Martin Betts and Fiona Menzies

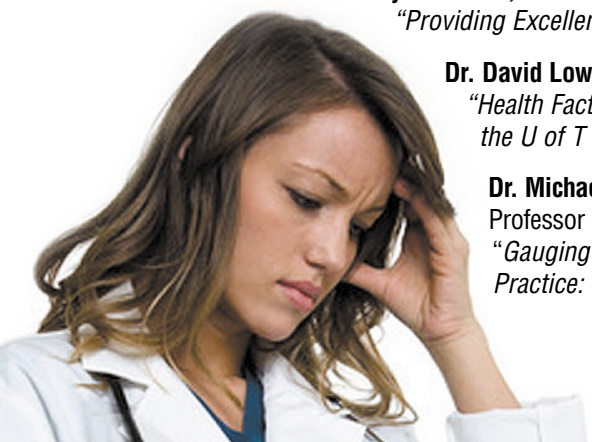
Program

- 12-12:50 pm** **Registration and Light Lunch** – Junior Common Room
Welcome: Victoria Arrandale, Junior Fellow
- 12:50 pm** **Call to Order** – Patrick Wong, Junior Fellow
- 1:00 pm** **Opening Remarks and Welcome** – Upper Library
Dr. Aubie Angel and Dean Catharine Whiteside
Fiona Menzies and Martin Betts, Junior Fellows
- 1:15-2 pm** **Keynote Address** – Introduced by Fiona Menzies, JF
Speaker: **Dr. Lawrence K. Altman**, Medical Correspondent,
New York Times
“The Stress of Dealing with Cheats and Miscreants”
- 2-3:00 pm** **ENVIRONMENTAL STRESSORS AND PROFESSIONAL DEVELOPMENT**
Introduction: Martin Betts, JF
Chair: Dr. Wendy Levinson

Dr. Wendy Levinson, Chair of Medicine, U of T
“Providing Excellent Care: Are we? Can we?”

Dr. David Lowe, Health & Wellness Centre, U of T
“Health Factors Affecting Success: Report on the U of T Experience”

Dr. Michael Hutcheon, Senior Fellow,
Professor of Medicine, U of T
“Gauging the Strain in Medical Training and Practice: Notes from the Front”



3-3:20 pm

Nutrition Break – Junior Common Room

3:20-4:30 pm

**ADAPTING TO A COMPETITIVE ENVIRONMENT:
PANEL DISCUSSION**

Introductions: Laura Banks, JF
Moderator: James Orbinski, Senior Fellow

Dr. Joshua Tepper, Assistant Deputy Minister, Health Human Resources Strategy Division
“Anticipating Future Training Opportunities in Post-graduate Medicine: Is there a Rationale?”

Mr. Ryan Grant, Financial Consultant, MD Management
“Financial Pitfalls and Dealing with Debt.”

Dr. Guy Faulkner, Assistant Professor, Phys. Ed & Health, U of T
“Role of Physical Activity in Promoting Mental Health”

Dr. James Orbinski, Senior Fellow, Past President, Médecins sans frontières
“A Balanced Life: Can it be defined?”

4:30-4:55 pm

Open Discussion and Summary Remarks

Introduction: Jai Shah, Junior Fellow
Dr. David Goldbloom, Senior Fellow, Prof. of Psychiatry and Senior Medical Advisor, CAMH

4:55 pm

Closing Remarks – Patrick Wong, Dr. Aubie Angel



***Sponsors:** Massey College, QCF, Quadrangle Society, Friends of CIHR, Faculty of Medicine (University of Toronto), Merck Frosst, MD Management

