

When you enter medical school, even if you think you know what you want to do, be open minded. Approach each field, each experience, as if that was a possibility for your future, and you might surprise yourself with what you fall in love with. So be open. Remember you're a lifelong learner, and your only teachers are not professors, your patients are phenomenal teachers. I learn things from my patients every day. And to live a balanced life. That's what I learned from my medical student - my mentor - mentee. I told you she's my mentor, my mentee.

I remember I was complaining to her about how I had just hired this new pediatrician, and - this millennial. And she was like, she had kids, and she's like, Oh, 5 o'clock - I got to go. And it's like, but boo, you have a patient in the room. What do you mean you got to go? She's like, well I have to go, my husband's expecting me to - I'm sorry, I got to go. Or, you know, Halloween is coming, and I think we should be off for Halloween because we should all be able to trick or treat with our children. And I'm just like, but, first of all, it's not a national holiday, and secondly, kids still get sick on Halloween. We're not going to have that. Unfortunately, we won't be able to do that, but she decided to press the issue in a staff meeting, to try to get all these people on to her - she's gone. She was gone. This ain't working out.

But I was complaining about her generation. Ya'll don't want to work. You think it's all about just go in, and get out. You're entitled. And she was like, but Dr. Williams, you guys have been talking about revolutionizing the profession. You complain about way the way residency used to be. You complain about not having time for your family. You complain about yada yada yada. My generation is not going to do that. We will demand time with our family. Now she works hard. Don't get me wrong. She works hard, hard, hard. But her point was well taken.

Am I getting mad at them because they're demanding balance in their lives? Because we didn't have it, so why should you - like it's a hazing kind of thing, you know what I mean. And I really had to pull back, and I realized for the sake of medicine, because suicide is a high - we're at high risk for suicide in medicine, and drug use, especially ER workers and yada, yada. That's all another topic. But it's so important to take care of your mental health. Your first patient is you. So, I approach it differently. Be balanced. Think about these things when you choose a profession, right. If you know you need 9:00 to 5:00, like that, maybe you should be a pathologist. Not to rain on pathologists, I'm just saying, you know.

So, yeah, so that's what I would say: balance. Know yourself. Follow your passion. Learn from your patients. And balance, take care of your mental health. You're your first patient.

Question: Do you have any closing thoughts?

ANASTASIA WILLIAMS: I think the big thing, probably one of the most important things for me for this, is to really put out there the great changes that have happened here, and hopefully inspire other graduates who may have had a negative experience to come back and give us another chance, and make it a better experience for the future generations. That's probably the biggest thing to me, you know. That's what I feel motivated to do. It's hard. It's hard.