Commensality Groups

Discussion Sample Question Set

Set 4:

1. If you could do something differently in your professional life over the next 6 months, what would it be?

2. How have you used personal scheduling techniques to enhance work/life integration, especially in times of unpredictable work life intensity (e.g. hospital duties, flu season, grant deadlines)?

3. What is the one thing you do for yourself that you find most important as self-care?

4. What have been the personal consequences (positive and negative) for you and your loved ones because you chose medicine/healthcare as a profession?

5. Think of a time you cared for a patient for whom there were no effective medical treatments to offer, but where your honesty and compassion seemed to make a difference. Describe this experience.