

NYU Langone Grossman School of Medicine

Transition to Residency Advantage Program

NYU Grossman School of Medicine is implementing a new approach to the medical school to residency transition called the Transition to Residency Advantage (TRA) program. TRA is rooted in helping students have a smoother transition from medical school to intern year, and for their early residency training to be informed by medical school experiences and goals. **This page serves as a guide to using the materials in the coaching resources to support meetings with residents.**

One-Pagers: The TRA program is structured to include quarterly semi-structured meetings arranged around themes. Each season focuses on a different aspect of engaging with coaching and goal-setting relevant to developing residents. You can also find the tools used in these meetings as stand-alone docs in other files. The meetings are:

Q1 (July/Aug) Meeting One-Pager: Document to guide first meeting between GME bridge coach and PGY-1 residents to reflect on values, personal trajectory and start process of goal-setting

Q2 (Oct/Nov) Meeting One-Pager: Use this template to help set goals using the WOOP framework

Q3 (Dec/Jan) Meeting One-Pager: Use this document to focus on strengths-based coaching

Q4 (Feb/Mar) Meeting One-Pager: Use this guide to facilitate the final structured meeting of the TRA coaching program, thinking about how to identify priorities for growth during the final months of PGY-1 year.

Time Management/Organization: Eisenhower Decision Matrix – Four quadrant time management tool that can help align tasks and priorities based on urgency and importance.

Visioning Exercises: Several different approaches to visioning exercises are offered. These can be useful to initiate goal-setting by identifying values and priorities with new coachees.

3-month Vision Worksheet: This is a suggested tool to start TRA coaching, allowing near-term projections around goals. (90 days is a useful timeframe to use, as it is about the length of time needed to change a habit.)

Wheel of Life: Describes life domains and asks coachees to identify the priority they place on different areas of their life and their satisfaction with each of those areas. This can help identify areas to focus on in setting goals.

Your Life-Map (Personal timeline): A line-drawing with peaks and valleys describing positive and negative events that shaped a coachee's life. A useful tool to get to know someone's background, roots and values when starting to get to know what strengths to draw on in coaching work.

- Please email abigail.winkel@nyulangone.org with questions you may have.