



WATCH AND LEARN: GUIDED NOTES

Fill in the Blank

Use this worksheet while watching the [First Step Career Skills: Resilience and Adaptability](https://www.youtube.com/watch?v=fKaw2Oz-IUk) video. Listen carefully and fill in the missing words or phrases.

1. One student said that _____ is proportional to the challenges you go through.
2. Growing up with a mother who didn't speak _____ taught one student independence.
3. The hardest part of adapting to medical school was the extremely intense _____.
4. Medical school felt like covering a whole _____ worth of material every day.
5. To build resilience, one student advised stepping out of your _____ zone.
6. Mistakes and _____ are part of succeeding, not a diversion from it.
7. A student said, "Challenges aren't forever ...[:] there is _____ at the end of the rainstorm."
8. Training hard at _____ camps helped one student make the soccer team.
9. Medicine is always _____, and doctors need to adapt quickly.
10. A student said that after each exam, they set a goal to do even _____ on the next one.

