

ECP03-03 - HOW TO SET PRIORITIES AND DECIDE ON OWN'S CAREER

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The process of choosing a career is one that requires not only self knowledge but a certain amount of vision about what one finds meaningful. It is important to take time and consider exactly what one wants, not only in terms of the ideal job, but also all aspects that surround it, such as its location, pay, and distance from home. One should also consider the aspects of home life that are important and how a compromise between work and non-work can be achieved. Balance is an important part of this process, and therefore taking care of oneself is extremely important. Although the choice of a career is not easy, it becomes easier with self knowledge, an ideal in mind of what is personally fulfilling work, and a balanced approach to life. Also deciding on priorities in professional life is not an easy task. A doctor in medicine should decide as soon as possible if orientating his/her activity toward public health, research, clinical activity, or academic life. So, how can someone select the appropriate priority when he/she does not have the relevant basic knowledge to choose?

Some practical advices on how to choose a career in psychiatry and how to set priorities are identified. The role of leisure activities and satisfaction in order to prevent work stress and burnout is emphasized.