

# Post-Residency Survival Tips

## 1 Professional Goal Setting

Identify short term vs. long term goals! Be patient and open-minded with your journey as every opportunity, no matter how unexpected, will bring you one step closer to your goals.

## 2 [Work Life Balance](#)

Your priorities may change post-residency - reevaluate how you'd like to balance personal vs. professional goals. Remember to practice self-care, continue to build resiliency, and prevent burnout.

## 3 [Overcoming Imposter Syndrome](#)

Understand and accept that you may not know everything at your first job - we are lifelong learners as pharmacists! Continue to learn from your mistakes and build upon your best practices.

## 4 [Financial Planning](#)

Assess your finances post-residency to consider loan repayment, living expenses, and planning for the future.

## 5 [Continuing Education](#)

Utilize CE sessions to stay up to date on clinical practice and new literature. Consider attending trainee presentations at your workplace such as journal clubs, didactics, and grand rounds.

## 6 [Mentorship and Preceptorship](#)

Explore mentorship and preceptorship opportunities through ASHP, other professional organizations, work facility, and pharmacy schools.

## 7 [Volunteering Opportunities](#)

What are some initiatives/causes that resonate most with you - within and outside of pharmacy? Consider exploring new opportunities that you feel passionate about.

## 8 Professional Engagements and Networking

Explore professional engagement opportunities within ASHP, specialty organizations, facility committees, residency committees, and more.

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For more tips, check out [the ASHP NPF Transitioning from Residency to Workforce Guide](#)