

The 1st Virtual Young Scalpels Bootcamp 2021

Webinar Self-Assessment Tools

1. The Key to Your Wellness

1. Define the wellness

2. List four of the eight wellness dimensions

1.	5.
2.	6.
3.	7.
4.	8.

3. Outline two strategies to maintain wellbeing

4. Define burnout

5. Outline two strategies to prevent it

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2. How to be Financially Smart

1. Define personal finance

2. Prepare a personal finance plan

*Note: Excel sheet available to help with personal finance plan (prepared by Mrs. Maha Al Sabej)