

## 6 post-residency career tips for new doctors

01

### Don't settle for the first thing that comes along

Make sure any permanent job you consider meets all your expectations, so you're not tied into a long-term situation that isn't ideal. Locum tenens assignments can help you figure out what you're looking for without the long-term commitment.

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### Take time to explore life post-residency

Test out different practice settings, work schedules, and geographic locations by working temporary assignments. Get to know what kind of medicine you're most passionate about before settling down.

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### Don't be afraid to negotiate

It can be awkward but negotiating your salary and benefits can give you a job you're happier with. Asking about sign-on bonuses, relocation allowances, and flexible schedules are all fair game too!

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### Don't sign the contract as is

Contracts can contain provisions like non-compete clauses and other post-employment restrictions. Be sure you understand everything in the contract. It's a good idea to retain an attorney that specializes in physician contracts to help.

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### Don't change your financial lifestyle too quickly

Many finance experts recommend that new physicians continue to "live like a resident" to more quickly pay down student loans and put away savings for retirement or a new home.

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### Have a back-up plan

Not every job offer works out. Having a plan B can help you get back to work faster if you find yourself without a paycheck. Locum tenens is a great way to keep practicing while looking for a new position. You might even want to continue working locums full time!