

6 post-residency career tips for new doctors

01

Don't settle for the first thing that comes along

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

02

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.

03

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!

04

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.

05

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.

06

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!