

A DAY IN THE LIFE



SOOSAN JACOB

MS, FRCS, DNB



SLEEP PER NIGHT

I get about **7 hours** of sleep per night



WAKE UP!

At **6 am**



BREAKFAST?

Yes, I eat breakfast every day, usually a **vegetable smoothie**



TIME COMMUTING

My average commute time is **5 minutes** by **car**



LUNCH BREAK?

Yes, but it is a quick lunch lasting about **10 minutes**

WEEKLY WORK SCHEDULE

Typically I work **6 days a week** at the hospital; **Sundays I spend at home relaxing or doing personal and academic work**

2017						
S	M	T	W	Th	F	S



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eyetube.net/series/day-in-the-life



FAMILY TIME PER DAY

I get about **2 to 3 hours** of family time per day



TYPICAL BEDTIME

Around **11 pm**



LIGHTS OUT!



DAILY DOWNTIME

On any given day, I get **1 hour or less** of downtime, and I prefer to spend it with **family**



TELL US SOME MORE!

WHAT IS THE MOST REWARDING PART OF YOUR JOB?

Facing **tough and challenging cases** and the pure joy associated with **seeing successful outcomes**

WHAT IS THE BIGGEST COMPLAINT YOU HAVE ABOUT YOUR JOB?

Handling the **unnecessary small stuff**

WHAT GETS YOU THROUGH A BUSY DAY?

Dealing with **one thing after another**

WHEN YOU ARE NOT WORKING, WHAT CAN SOMEONE FIND YOU DOING?

Being with **my kids and my husband**

Soosan Jacob, MS, FRCS, DNB

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