Ten Rules of Survival in Clinical Laboratory Sciences

1. Be honest with yourself and with others.

2. Practice respect for your fellow classmates.

3. Never hesitate to ask for help from your instructors.

4. Budget your time wisely.

5. Take care of your health – follow all safety rules and regulations.

6. Always view information with a questioning mind.

7. Listen to graduates, but use your own judgment.

8. **Never** stop learning.

9. Take time for fun.

10. Always act professionally.