

Career Advising at A Glance

MS1

Understand Yourself

- ❖ Access the AAMC [Careers in Medicine \(CiM\) website](#) and take the MSPI assessment to help you think about potential specialties
- ❖ Meet with your Coach to discuss your interests and your CiM assessments
- ❖ Visit a [Student Run Clinic](#)
- ❖ Consider attending different [SIG](#) events, Career Speed Dating, lunch time talks and Activities Fair events to learn about extracurricular activities and specialty areas
- ❖ Learn about [research opportunities](#)
- ❖ Improve your learning skills by attending an [OSLER](#) session
- ❖ Get involved in extracurricular activities ([SRC](#), [Research](#), [SIG](#) etc.). Set goals with your [Coach](#) for career exploration
- ❖ Keep a record of all the extracurricular activities in which you are involved for your CV
- ❖ Plan and select your Summer Project
- ❖ Start Shadowing
- ❖ If you are interested in a competitive specialty (e.g., dermatology, orthopedics, plastic surgery, urology, ENT etc.), meet with the [specialty advisor](#)
- ❖ Attend Monthly Career Advising Series
- ❖ Learn about and attend [Poster Day](#)
- ❖ Attend Career Speed Dating session: understand yourself and explore your options

MS2

Explore Your Options

- ❖ Meet with your [Coach](#) to review your goals
- ❖ Continue to shadow and attend lunch time talks
- ❖ Attend USLME informational session sponsored by [OSLER](#)
- ❖ Register for your [USLME Step 1 exam](#)
- ❖ Present your research at [Poster Day](#)
- ❖ Meet with the [OSLER](#) team to create Step 1 study plan
- ❖ Attend Career Speed Dating session: how to be successful on your clerkships
- ❖ Attend Monthly Career Advising Series
- ❖ Check out the Specialty Information Sheets

MS3

Choose your Specialty

- ❖ Meet with your [Coach](#) to review your clinical skills performance & career decision making
- ❖ Consider meeting with the [OSLER](#) team to prepare for your shelf exams
- ❖ Consider revisiting the [MSPI](#) and [PVIPS](#) assessment to clarify whether your career preferences are stable or evolving
- ❖ Meet with mentors about your career interests
- ❖ Identify away rotations for your 4th year
- ❖ If you are considering a gap year, meet with your [Coach](#)
- ❖ To address any areas of indecision, take the [Specialty Indecision Scale \(SIS\)](#) assessment on the AAMC website
- ❖ Start working on your CV using the CV template and send it to Woubejig for feedback
- ❖ If you are considering [couples matching](#), set up an appointment with Dr. Jain to learn more about the process
- ❖ Sign up for [USMLE Step 2 CK](#)
- ❖ Explore specialty web resources including [FREIDA](#) database, [TexasSTAR](#), and [Residency Explore](#)
- ❖ Attend Career Speed Dating session: how to choose a specialty and Road to Residency
- ❖ Attend Monthly Career Advising Series
- ❖ Arrange individual meetings with Dr Jain to plan your residency application process

MS4

Prepare for Residency

- ❖ Meet with your [Coach](#) and [specialty advisor](#)
- ❖ Complete your away rotation before September
- ❖ Request letters of recommendation for your [ERAS@](#) application (April)
- ❖ Complete your 3 noteworthy characteristics due 6/30
- ❖ Start working on your CV and personal statement due in September
- ❖ Meet with your [Specialty advisor](#) to choose programs to which you wish to apply
- ❖ Complete your [ERAS@](#) residency application by 9/15
- ❖ Schedule Mock interview
- ❖ Get your Interview outfit ready
- ❖ Review your CV and Personal Statement before your interview
- ❖ Prepare for interview by reviewing common interview questions
- ❖ Attend Last Minute Interview Advice workshop
- ❖ Do your research about different programs
- ❖ Alumni Connect: [Visit the UC Davis Alumni Association](#) to connect with Alumni
- ❖ Take pros/cons notes after each interview
- ❖ Get your [NRMP ID](#) and work with your advisor to rank your order list
- ❖ Attend Match Day events
- ❖ Attend Transition to Residency (T2R)
- ❖ Consider mentoring 3rd year students
- ❖ Graduation!