

Course Title: Career Advising Elective (Academic General Elective; Medicine 9714; serial # 2169)
Independent Study; Observership; Weekly meeting with Assistant Dean for Career Advising
UMKC School of Medicine

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Course Prerequisite: None

Required Reading: Found at <https://services.aamc.org/careersinmedicine/>

Course Description: The course will use a variety of tools to help the student move from the stage of specialty indecisiveness to one of informed specialty selection. These tools include the review of educational materials on the Careers-in-Medicine website, real-time experience of life in selected specialties by observing “a day in the life of the specialist”, and weekly discussion and review of experiences with the Assistant Dean for Career Advising.

Goals of the Course: Self-discovery and skills training toward independent specialty selection.

Learning objectives: On completion of the course, the student will

- Develop an understanding and awareness of a variety of resources for selecting a specialty in medicine
- Develop an understanding of their professional self
- Describe the lifestyles of physicians in different specialties of interest
- Narrow the specialty interest to one or two specialties

Learning Methodologies

- Readings on the Career-in-Medicine website
- Observation of the range of daily activities of select specialists
- Written report of assigned reading and specialist-observation for end-of-week review with Assistant Dean of Career Advising

Student Conduct: It is important for students enrolled in this course to complete all assignments in a timely manner. Students are expected to conduct themselves professionally while observing their assigned specialists. For additional information, please visit <http://www.umsystem.edu/ums/departments/gc/rules/programs/200/010.shtml>

Course Requirements: Students are responsible for reading the on-line materials from Careers-in-Medicine and for appropriate professional interactions with their assigned specialist.

UMKC School of Medicine, Career Advising Elective

CAREER ADVISING COMPETENCY	REQUIRED SKILL	SPECIFIC LEARNING OBJECTIVES FOR REQUIRED SKILL	LEARNING OPPORTUNITIES	TIMING OF ACTIVITY	SKILL ASSESSMENT
<p>Mission: The Career Advising Office will help the medical student use their understanding of themselves to make appropriate selections of career paths and entry into the specialty/residency program that is best suited for them.</p>	<p>Successfully identify, select, and gain admission to a specialty residency that is an appropriate fit for the student</p>	<p>Recognition and successful completion of the 4 phases of selecting and gaining admission into a residency training program</p>	<p>Workshops and counseling (individual and group) sessions</p>		<p>Match into a specialty and program of choice</p> <p>Graduation Questionnaire (GQ)</p>
<p>Goal 1. Develop awareness of the resources for career options/selection through the UMKCSOM Office of Career Advising and AAMC Careers in Medicine (CiM) program</p>	<p>Identify career advising resources at UMKCSOM</p> <p>Recognize the different phases of career determination</p>	<p>The Y4/5 medical student will be introduced to the Career Advising Staff and assigned an adviser</p> <p>The Y4 medical student will be able to navigate the CiM website to learn about relevant phases and resources for the process of selecting a medical specialty</p>	<p>Introduction to UMKCSOM Career Advising Services staff</p> <p>Workshop on Careers in Medicine</p>	<p>Week 1 Monday</p>	<p>Weekly meeting with the Assistant Dean</p> <p>Successful (80% correct) completion of a work sheet</p>
<p>Goal 2: Developing a professional identify</p> <p>(Professionalism and Interpersonal/Communication Skills)</p>	<p>Develop an understanding of professional self</p> <ol style="list-style-type: none"> 1. Personality type 2. Personal values 3. Personal influences 4. Interests 5. Skills 6. Educational experiences 7. Environmental factors/Practice needs 8. Specialty-indecisiveness 	<p>The Y4/5 medical student will able to articulate a sense of self and how personal values influence career choices and professional interpersonal/communication skills by attaining the following objectives;</p> <ul style="list-style-type: none"> - Y3 - Learn about personality types - Y3 - define their personal values - Y3/4 - explore role of personal influences - Y3/4 - identify interests that may influence choice - Y3 - recognize skills applicable to specialty - Y3/4 - identify desired activities/subj/environments - Y5 - identify intrinsic and extrinsic factors that may contribute to daily work satisfaction (Fall/Summer) - Y5 – will identify areas of career indecision 	<p>Quarterly review of evolving MSPE</p> <p>CiM assessments / workshops</p> <ul style="list-style-type: none"> - MBTI - “Values” assessment - Personal Influence Ex. - MSPI - Skills assessment - EE exercise semi/year-end - Environmental factors and Practice Needs Exercise - Specialty Indecision Scale 	<p>Week 1 Monday -Friday</p> <p>Administration and explanation of MBTI by UMKC Career Services</p>	<p>Record of completed activity</p>

UMKC School of Medicine, Career Advising Services, Office of Student Affairs

CAREER ADVISING COMPETENCY	REQUIRED SKILL	SPECIFIC LEARNING OBJECTIVES FOR REQUIRED SKILL	LEARNING OPPORTUNITIES	TIMING OF ACTIVITY	SKILL ASSESSMENT
Goal 3: Experience the daily life of specialists	Develop an understanding of the scope and intensity of the routine activities of specialists	Identify specialty activities that correspond with and contrast with personal values and skills Describe how the overall daily activity impacts one's non-professional interests	Spend a week working with a specialist <ul style="list-style-type: none"> - arriving at and departing at the same time - Performing similar tasks (consistent with the student's level of training) 	Week 2 -4	Reflection
Goal 4: Make one or two Specialty selection (s)	Identify specialty that is most appealing	Synthesize a summary document using education gleaned from <ul style="list-style-type: none"> - recommended readings - comparing and contrasting specialty experiences 	Discussion with Assistant Dean	Last day of the rotation	Ability to arrive at a decision

Timeline for Educational Activities for the Career Advising Elective

Week	Monday	Tuesday	Wednesday	Thursday	Friday
1	Review of the self-assessment tool	Review of the self-assessment tool	Review of the self-assessment tool	Review of the self-assessment tool	Meeting with Assistant Dean to discuss student's understanding of self and factors that may influence selection of a specialty
2	Spend the day with Specialty-A mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Spend the day with Specialty-A mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Spend the day with Specialty-A mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Spend the day with Specialty-A mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Meeting with Assistant Dean to discuss student's experience as documented on the Rotation Evaluation form
3	Spend the day with Specialty-B mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day y	Spend the day with Specialty-B mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Spend the day with Specialty-B mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Spend the day with Specialty-B mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Meeting with Assistant Dean to discuss student's experience as documented on the Rotation Evaluation form
4	Spend the day with Specialty-C mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Spend the day with Specialty-C mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Spend the day with Specialty-C mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Spend the day with Specialty-C mentor performing similar tasks (including administration, lecture preparation/delivery, etc) from start to end of the day	Meeting with Assistant Dean to discuss student's experiences with goal to select a specialty

Clinical Rotation Evaluation (CiM)

In addition to beginning your practice of clinical medicine and learning the basics of being a physician, clinical rotations are a great chance for you to try on different specialties and start figuring out which one might be a good fit for you. As you complete each of your rotations, fill out and compare the evaluation questions below to assist you in gathering your thoughts, feelings, and reflections on each specialty as a possible career choice for you.

1. Name and Location of Clinical Rotation:

2. What did I like most about this specialty?

3. What did I like least about this specialty?

4. Did this clinical rotation give me a good sense of what practice in this specialty would be like? Yes No

Comments:

5. Did my interests, values, skills, and/or personality “fit” with this specialty? If yes, in what way did they “fit?” If no, why might they not be compatible?

6. What are the possible practice settings for specialists in this field? Which of these settings interest me and do I know enough about them?

7. What information do I still need to find out about this specialty?

8. Has my perception of this specialty changed based on my clinical rotation experiences?

Yes No

If yes, how did it change?

9. Did my clinical rotation experience influence the likelihood of choosing a career in this specialty? Yes No

If yes, how did it influence me?

10. Right now, how interested am I in this specialty as a career option?

1 2 3 4 5 6 7 8 9
Not at all Neutral a great degree

11. Other comments or reflections about this rotation or specialty:



Understanding Yourself

Take a number of assessment tools and exercises designed to help you understand and explore your interests, values, personality, skills and other personal experiences that have influenced your career. As you complete each of the assessments, your results will be stored in your [Personal Profile](#).

Information

- 🌀 [Understanding Yourself: An Introduction to Self-Assessment](#)
Learn about the importance of self-assessment in making a smart specialty choice and the assessments available through CiM
- 🌀 [How Do I Use My Assessment Information?](#)
Once you have some assessment results, what do you do with them? Learn how to use your assessment information to find your best fit.

Self-Assessment Tools

- 🌀 [Specialty Indecision Scale, 2nd Edition](#)
Identifies difficulties you may be having in choosing your specialty
- 🌀 [Specialty Indecision Scale, 2nd Edition - Interactive Manual](#)
Provides advisors additional information and ideas for working with students who present their results from the Specialty Indecision Scale.
- 🌀 [Interests: MSPI-R](#)
Take the [Medical Specialty Preference Inventory - Revised Edition \(MSPI-R\)](#) to identify specialties that fit your interests
- 🌀 [Values: PVIPS](#)
Take the [Physician Values in Practice Scale](#) to assess those areas that matter most in your life and career
- 🌀 [Personality Type and Learning Styles](#)
Store information from the MBTI
- 🌀 [Skills](#)
Identify your top transferrable skills



Understanding Yourself

Other Exercises

- ⊗ [Personal Influences](#)
An exploration of your past influences
- ⊗ [Educational Experiences](#)
What you have enjoyed from your coursework
- ⊗ [Environmental Factors and Practice Needs](#)
Where you want to work and live

Resources

- ⊗ [Timeline](#)
Timeline for planning your career development and specialty choice activities
- ⊗ [CiM Specialty Pages](#)
Information and resources on over 100 specialties and subspecialties
- ⊗ [Online Career Resources](#)
Other career planning links and resources
- ⊗ [Charting Outcomes in the Match: Characteristics of Applicants Who Matched to Their Preferred Specialty in the 2009 NRMP Main Residency Match](#)
The report explores the relationship between applicant characteristics and success in matching to the preferred specialty in the National Resident Matching Program for U.S. seniors and all others.
- ⊗ [Myers-Briggs Type Indicator](#)
Information on the MBTI from the Center for Applications of Psychological Type
- ⊗ [Learning Styles and Personality Type](#)
Information from Georgia State University on how different types learn
- ⊗ [Kiersey Temperament Sorter](#)
Personality assessment to assist you in understanding your own patterns and preferences



Exploring Options

Now that you have a good understanding of your personal characteristics, it's time to learn more about your future career and specialty options. The following information and resources will assist you in researching specialties, and narrowing your choices. You will also have the chance to see what other options are available including non-clinical careers and academic medicine.


Information

- ⊗ [Exploring Options: Getting Started](#)
Types of information you will be looking for and how to start exploring your options
- ⊗ [Researching Specialties](#)
Four activities and resources you can use to begin specialty research
- ⊗ [Using Your Clinical Rotations to Explore Specialties](#)
How to best utilize your clinical rotation experiences
- ⊗ [Specialty Training Paths](#)
Learn about the different types of residency programs and the training paths for major specialties
- ⊗ [Getting Personal: Conducting In-depth Specialty Exploration](#)
Methods for developing contacts and getting hands-on experience in your top specialties
- ⊗ [The USMLE and Me](#)
An overview of Step 1 and 2 of the USMLE licensing examination
- ⊗ [Alternatives to Traditional Clinical Practice](#)
Fields and industries to consider if you are interested in primarily non-clinical careers
- ⊗ [Academic Medicine](#)
Information about academic medicine careers
- ⊗ [Budgeting and Financial Management](#)
Tools and resources to assist you in planning for your financial future
- ⊗ [Using your Summer Experience](#)
Things to consider as you plan your summer between 1st and 2nd year










Exploring Options

Tools

-  [Clinical Rotation Evaluation](#)
Document your specialty choice likes and dislikes as you rotate through your clinical clerkships

Resources

-  [CiM Specialty Pages](#)
Information and resources on over 100 specialties and subspecialties
-  [Timeline](#)
Timeline for planning your career development and specialty choice activities
-  [AMA FREIDA](#)
Search for residency information in the AMA's Fellowship and Residency Electronic Interactive Database Access
-  [Charting Outcomes in the Match: Characteristics of Applicants Who Matched to Their Preferred Specialty in the 2009 NRMP Main Residency Match](#)
The report explores the relationship between applicant characteristics and success in matching to the preferred specialty in the National Resident Matching Program for U.S. seniors and all others.
-  [Online Career Resources](#)
Other career planning links and resources
-  [USMLE](#)
Official site for information on the United States Medical Licensing Examination
-  [Accreditation Council for Graduate Medical Education \(ACGME\)](#)
Accreditation Council for Graduate Medical Education