

UMKC School of Medicine Career Advising Activities by Year Level of Students

Class Year	Careers in Medicine Phase	Careers in Medicine Activities and Tasks
Year 1	Introduction	<ul style="list-style-type: none"> <li>• AOA Student Presentation on Careers in Medicine (CiM)</li> <li>• Orientation to Careers in Medicine</li> <li>• Seek out the Docent</li> <li>• Self-exploration: Why Did You Choose Medicine?</li> <li>• Introduction to the MSPE</li> <li>• Extracurricular Activities – Making the Most of Them</li> <li>• Career Fair</li> <li>• Residency Training: Introduction</li> <li>• The Curriculum Vitae: Building a CV</li> </ul>
Year 2		<ul style="list-style-type: none"> <li>• Professionalism Series</li> <li>• Residency Training – A day in the Life of a Resident</li> <li>• Curriculum Vitae – Your CV Needs Annual Updates</li> <li>• MSPE –Your Work in Progress</li> <li>• Career Fair</li> </ul>
Year 3		<ul style="list-style-type: none"> <li>• Orientation to Careers in Medicine</li> <li>• Seek out the Docent</li> <li>• Career Fair</li> </ul>
Year 3	Understanding Yourself	<ul style="list-style-type: none"> <li>• Meyer-Briggs Type Inventory: Improving Team Work</li> <li>• Attend CiM workshops and begin completing <a href="#">self-assessment exercises</a></li> <li>• Continue Self-assessment</li> <li>• Initiate the MSPE</li> <li>• Complete Self-assessment Exercises</li> <li>• Review Completed Personal Profile with Your Docent</li> </ul>
Year 4		<ul style="list-style-type: none"> <li>• Begin gathering basic information about specialties of interest through <a href="#">CiM Specialty Pages</a>, other online sites, and library research</li> <li>• Attend specialty panel and informative Special Interest Group sessions provided by the UMKC School of Medicine</li> <li>• Career Fair</li> <li>• Compare self-assessment information to the information gathered about specialties; narrow preferences to 3-4 top specialty choices; explore alternative career paths in medicine</li> <li>• Consider Career Advising Elective</li> <li>• Plan Your 5<sup>th</sup> Year Schedule, including a description of Required Rotations by a student panel</li> <li>• Review MSPE at semi-annual Interview with Docent</li> </ul>
Year 5		<ul style="list-style-type: none"> <li>• Begin clinical rotations; Record your reflections on the <a href="#">Clinical Rotation Evaluation</a></li> <li>• Identify potential referees for future letters of reference</li> <li>• Specialty Exploration: Review the "<a href="#">Charting Outcomes in the Match</a>" report to assess qualifications and competitiveness for different specialties</li> </ul>

		<ul style="list-style-type: none"> <li>• Specialty Exploration: Conduct <a href="#">informational interviews</a> and/or participate in preceptorships</li> <li>• Specialty Exploration: Contact associations and specialty organizations</li> <li>• Program Directors' Forum</li> <li>• Career Fair</li> </ul>
	Choosing a Specialty	<ul style="list-style-type: none"> <li>• Meet with your advisor to discuss your top choices</li> <li>• Complete the <a href="#">Specialty Indecision Scale</a> if you're having difficulty making a decision and consider the Career Advising Elective</li> <li>• Complete the "<a href="#">Choosing Your Specialty</a>" Exercise</li> <li>• Personal Statements/Curriculum Vitae – Refine and Update</li> <li>• Letters of Reference</li> <li>• Review MSPE at Semi-annual Interviews with Docent</li> </ul>
Year 6	Getting into Residency	<ul style="list-style-type: none"> <li>• Preparation for Residency Application: Curriculum Vitae and Personal Statements (The Finishing Touches); Interview Skills</li> <li>• Research residency training programs through <a href="#">AMA's FREIDA</a> or the <i>AMA's Graduate Medical Education Directory (Green Book)</i></li> <li>• Rate preferences using the <a href="#">Residency Preference Exercise</a></li> <li>• Begin reviewing and comparing residency programs</li> <li>• Register with <a href="#">ERAS</a> and begin preparing residency applications (CV, letters of recommendation, personal statements, etc.)</li> <li>• Register with the <a href="#">NRMP</a> for the Main Residency Match</li> <li>• Register for early Match programs, if applicable</li> <li>• Complete applications and designate programs to which materials will be submitted</li> <li>• Program Directors' Forum: Strengthening Your Application</li> <li>• Mock Interview</li> <li>• <a href="#">Interview with residency programs</a></li> <li>• Post-Interviews Feedback at Class Meeting</li> <li>• Rate programs using the <a href="#">Residency Preference Exercise</a></li> <li>• Early match deadline, early-mid January</li> <li>• Rank-order your selections in the NRMP Main Residency Match</li> <li>• Residency Training: Preparing to make the move to residency training</li> </ul>