

M₃ ORIENTATION:
MATCH 201
CAREERS IN MEDICINE TIMELINE

Susan C. Brewer, MD, FACP
Associate Dean for Student Affairs & Admissions
February 16, 2018



MATCH 201

CAREERS IN MEDICINE TIMELINE

<https://www.aamc.org/cim/337658/cimtimeline.html>

The screenshot displays the 'Careers in Medicine Timeline' website. At the top, there are three navigation tabs: 'Choose Your Specialty', 'Prepare for Residency', and 'Shape Your Career'. Below these is a main content area with a 'Sign in' button. The main content is organized into four sections: M1, M2, M3, and M4. Each section contains a list of tasks and resources. To the right of the main content is a sidebar with an 'Apply Smart for Residency' section featuring an illustration of a doctor and a calendar, and an 'Overview of CIM' section with icons of three people and question marks. Below the sidebar is a 'Related Topics' section with links for 'Doctor-Matching Timeline' and 'Using CIM'.

Choose Your Specialty
Find the medical specialty, field, or field fit for you.

Prepare for Residency
Find and successfully match into the residency program that meets your career goals.

Shape Your Career
Develop practice patterns and maximize your career.

Careers in Medicine Timeline

M1

- Orientation to Careers in Medicine (CIM)
- Connect with an advisor or mentor

Understand Yourself

- Attend CIM workshops at your school
- Begin taking self-assessments on the CIM website

M2

- Complete self-assessments
- Review your assessment results with your advisor

Explore Options

- Begin gathering basic information about specialties of interest
- Attend specialty interest groups and panels at your school
- Conduct informational interviews or participate in preceptorships
- Compare your assessment results to the information you've gathered about specialties
- Plan your third-year schedule
- Take USMLE Step 1

M3

- Begin clinical rotations; record your reflections on the Clinical Rotation Evaluation
- Review completion rates to assess your qualifications
- Join appropriate specialty associations and organizations

Choose a Specialty

- Meet with your advisor to discuss your top specialty preferences
- Complete the Specialty Decision Scale if you're having difficulty making a specialty decision

Prepare for Residency

- ERAS opens for applicants
- Register with ERAS and begin preparing residency application materials
- Request letters of recommendation from faculty in your chosen specialty(ies)

M4

- Research residency training programs through the AMW's FREIDA Online
- Pinpoint your preferences using the Residency Preference Exercise
- Begin reviewing and comparing residency programs
- Register with the National Resident Matching Program for the Main Residency Match
- Register for early Match programs, if applicable

Apply Smart for Residency

Use the entering residency application season. Use these steps to help improve your chance for a successful match.

Overview of CIM

Answer the questions. Only CIM! in 7 minutes.

Related Topics

- Doctor-Matching Timeline
- Using CIM

Today's Overview!

- Review the timeline for your career planning
- Focus on self-assessment
- Relieve stress
- Review tips for clerkships
- Find resources for the big decision



Careers in Medicine

Timeline: M₃ Year

- M1 Understand Yourself
 - **Take self-assessments**
- M2 Explore Options
 - Gather information about specialties
 - Attend specialty interest groups
 - **Informational interviews** (formal and casual)
 - Review **CiM self-assessments**
 - Plan your **third-year schedule**
 - Take USMLE Step 1



Careers in Medicine

Timeline: Self-Assessments

- About self-assessment
- Interests
- Values
- Skills
- Personality
- How to apply self-assessment results



Careers in Medicine

Timeline: Self Assessments

- “Never have so many spent so much energy on something of so little consequence.”
 - Winston Churchill on the order of M3 clerkships
- As M4’s will tell you,
 - “It doesn’t really matter.”
 - “You’ll get a schedule that will work for you.”
 - Something unexpected makes all the difference



Careers in Medicine

Timeline: Explore Options

- M3 Choose a Specialty
- Begin clinical rotations
 - [Clinical Rotation Evaluation](#)-download pdf from CiM
- Review [competitiveness data](#) to assess your qualification
- Join a specialty organization
- Choose a Specialty
 - Meet with advisor
 - [Complete the Specialty Indecision Scale](#)



Resources for Clerkships

- Imagine yourself in that specialty
- Clerkship reflection form
- Listen and talk to the residents
- Listen and talk to the attendings
- AAMC Specialty Pages

Careers in Medicine

Timeline: Evaluating your Clinical Rotation

<https://students-residents.aamc.org/attending-medical-school/article/students-us-pursuing-electives-us/>

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.

Careers in
Medicine AAMC

Clinical Rotation Evaluation

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?

© 2013 AAMC. May not be reproduced without permission.

Careers in
Medicine AAMC

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 To a great degree
11. What information do I still need to find out about this specialty? And/or other comments and reflections:

© 2013 AAMC. May not be reproduced without permission.

Careers in Medicine

Timeline: [Review Competitive Data](#)

- <https://www.aamc.org/cim/specialty/exploreoptions/list/>
- 131 Specialties & 92 Specialty Paths



Careers in Medicine

Specialty Profiles

Overview	The Work	Salary	Training & Residency Tracks	Competitiveness	Workforce	Additional Resources
--------------------------	--------------------------	------------------------	---	---------------------------------	---------------------------	--------------------------------------

Overview

An anesthesiologist is trained to provide pain relief and maintenance, or restoration, of a stable condition during and immediately following an operation, obstetric, or diagnostic procedure. It is the anesthesiologist's foremost purpose and concern to protect the patient's well-being and safety just prior to, during, and after surgery. Anesthesiologists have many responsibilities: preoperative evaluation of patients to determine conditions that may complicate surgery; management of pain and emotional stress during surgical, obstetrical, and medical procedures; provision of life support under the stress of anesthesia and surgery; immediate postoperative care of the patient; and knowledge of drugs and their interactions with anesthetic agents. Their functions also include long-standing and cancer pain management; management of problems in cardiac and respiratory resuscitation; application of specific methods of inhalation therapy; and emergency clinical management of various fluid, electrolyte, and metabolic disturbances.

Subspecialties

- Adult Cardiothoracic Anesthesiology
- Critical Care Medicine, Anesthesiology
- Hospice and Palliative Medicine
- Obstetric Anesthesiology, Anesthesiology
- Pain Medicine, Anesthesiology
- Pediatric Anesthesiology, Anesthesiology

Spotlight on Anesthesiology

While the phrase "Just put me out, doc" makes anesthesiologists' work sound straightforward, the field is more robust. Learn just how broad the work is, how varied the settings are, and how rewarding the patient relationships can be. [Read more...](#)

[Source](#)

<p>Median Salary</p> <p>Early career</p> <p>\$ 411,715</p> <p>All physicians</p> <p>\$ 453,687</p> <p>Source</p>	<p>Mean USMLE Scores</p> <p>Step 1</p> <p>228</p> <p>Step 2 CK</p> <p>238</p> <p>Source</p>	<p>Average Hours Worked Per Week</p> <p>61.0</p> <p>Source</p>
---	--	--

<p>Length of Training</p> <p>4 year(s)</p> <p>(including PGY-1)</p> <p>Source</p>	<p>Specialty News</p>
---	------------------------------

Careers in Medicine Home | AAMC Home | Terms and Conditions | Privacy Statement
 © 1995-2015 Association of American Medical Colleges

Careers in Medicine

Timeline: Prepare for Residency

- ERAS opens for applicants
- Register with [ERAS](#) and begin preparing residency application materials
- Request [letters of recommendation](#) from faculty in your chosen specialty(ies)



Specialty Choice Review Form

<http://uthsc.edu/Medicine/documents/specialty-choice-review-form.pdf>

Our goal is to ensure that all medical students have a solid plan for pursuing their career choice by the time he/she reaches their fourth year. From getting advise on choosing electives and arranging for away rotations to dealing with the deadlines for the Match, the journey one must follow to reach his/her goal becomes much less stressful and much more clear when someone is lighting the way.

A listing of the current Specialty Advisors can be found on our website at

<http://uthsc.edu/Medicine/students/cim/docs/specialty-advisor-listing.pdf>

SPECIALTY CHOICE REVIEW FORM
Please return completed form to Debby Hester (dhester@uthsc.edu / 910 Plaza Room 1035) on or before 3:00 PM January 31st.

Student Name: _____ Date: _____
Specialty Choice: _____ Specialty Advisor Name: _____

What was your Step 1 score? _____ Any failures or repeats? _____ What is your current GPA? _____

Thinking about your performance during your first two years and during your clerkships, how confident are you that you will match into the specialty you have chosen? Not very confident Somewhat confident Confident

What factors were important to you when choosing your specialty? _____

What type of program are you looking for? Where do you plan to apply? _____

What unique qualities and strengths do you feel would make you a good candidate for this specialty? _____

What concerns, if any, do you have about your competitiveness for the specialty you have selected? _____

What is your parallel plan if you fail to match into this specialty or preferred program? _____

Please list your planned M4 electives, where you plan to take them (UT or Away) and in which block?
1. _____
2. _____
3. _____
4. _____

.....

The following section must be completed and signed by your specialty advisor.
(This is only advice; the student must take responsibility for ALL aspects of his/her application and Match process.)

I have reviewed this student's profile and have discussed his/her concerns & competitiveness for matching. YES NO
I have discussed this student's plan for M4 electives in his/her specialty and have the following suggestions: _____

.....

Based on your discussions with this student about his/her career decision, what can he/she do to improve his/her chances for matching into their chosen specialty? (check all that apply)

<input type="checkbox"/> This student is a good fit for this specialty	<input type="checkbox"/> Needs to have another specialty/sub specialty parallel plan
<input type="checkbox"/> Away rotations in the specialty	<input type="checkbox"/> Rank preliminary year in chosen field
<input type="checkbox"/> Research	<input type="checkbox"/> Discuss alternative career options with Dean of Student Affairs

This form is not a contract or a guarantee of an outcome for this student. It is merely my opinion based on my experience as a faculty member in this specialty. It is not the Chair's nor Program Director's opinion.

Student Signature: _____ Specialty Advisor Signature: _____
Date: _____

Demands on a rising M3

- Make your schedule
- Preparation for Clerkships Week

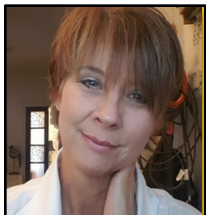
- Read and conform to the specialty's culture in 1.5 seconds
 - Acknowledge and respect the chain of command
 - A seemingly casual approach is deadly serious
 - Get along with the residents
 - Never turn down an opportunity to see a patient, procedure
 - Never lie

- What Fits?

QUESTIONS?

To schedule an appointment to speak with me "one-on-one," call me at 901.448.5684

OR reach out to my team!



Debbey Hester
Program Coordinator
448.5531 / dhester@uthsc.edu

- Residency Application Process
- Student Events Coordinator
- AOA Beta TN Administrator



Courtney Cook
Director of Career Counseling
448.1228 / ccook51@uthsc.edu

- Learning Communities:
 - M1/M2 Advisor
 - Faculty/Peer Mentors



Taylor Smith
Sr. Administrative Assistant
448.5684 / tsmit198@uthsc.edu

- Student Travel
- Learning Communities
- M3/M4 Peer-To-Peer Mentors