Advisory Process:

Why Careers in Medicine (CiM)?

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UofSC SOM Columbia
Why CiM?

• Choosing your medical specialty is not as easy as you might think

• You are likely to …
  • change your mind about specialty
  • or not decide until M3 or M4
MEDICAL STUDENTS' SPECIALTY CHOICE

- Same specialty throughout med school: 27%
- Decide/Change mind during med school: 73%

Why CiM?

Common Misconception: “There is no way to learn about specialties until you start clinical clerkships”.

The Truth: “We have ways!”
Why CiM?

- To practice your chosen specialty, you first complete residency training in that specialty.

- To secure this “GME” training, you apply after core clerkships (M3).
Jot down: If I **had** to choose **today**…

- Specialty?
- Patient Population? (ages, genders, needs?)
- Inpatient? Outpatient? Both? Neither?
Why CiM?

Early in medical school we want you to consider…

• specialty and
• practice options

... to avoid stress and to prepare for the residency application process
Why CiM?

Getting help from informed, reliable, and trusted sources will:

1. enable a well-informed decision, and
2. maximize your chances to match
How CiM can help.

CiM helps you confidently and effectively …

• Identify your goals - education, career, and life
• Explore options
• Choose a specialty that fits
• Select & apply to GME programs that fit
• Make well-informed career decisions
What factors might influence your specialty choice?

- Patient factors?
- What have you seen or experienced?
- Acuity of care?
- Longitudinal relationships?
- Your characteristics?

Thoughts ?
Pair & Share.
Factors Influencing Specialty Choice

Source: 2021 AAMC Graduation Questionnaire
CiM Career Planning Model

1. Understand Yourself
2. Explore Options
3. Choose your Specialty
4. Prepare for Residency

Partner with your General Advisor

Get Specialty Advisor
Choosing a medical specialty is one of the most significant decisions you’ll make. We can help.

Learn if you are eligible for a free subscription.

1. Understand Yourself
   Self-exploration is essential to a satisfying specialty choice

2. Explore Options
   Knowing about all career options that exist ensures well-informed decisions

3. Choose Your Specialty
   Making a career choice that makes you happy is harder than you think

4. Prepare for Residency
   Much is involved in the transition from applying to arriving at residency
Understand Yourself

Understanding the phase: Understand Yourself

Discovering who you are and identifying what you want for your future requires much thought over time.
## AT A GLANCE:

**Careers in Medicine® Assessments**

Careers in Medicine® (CIM) assessments focus your specialty exploration in an organized and efficient way. Take each assessment more than once to note the evolution of your thinking.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Asks</th>
<th>Benefits</th>
<th>Measures</th>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Specialty Preference Inventory (MSPI)</td>
<td><em>What do I like to do in medicine?</em></td>
<td>Creates awareness of specialty options and provides personalized specialty recommendations</td>
<td>19 medical specialties, 18 areas of medical practice</td>
<td>20-30 minutes to answer 150 questions</td>
</tr>
<tr>
<td>Physician Values in Practice Scale (PVIPS)</td>
<td><em>What in medicine is personally meaningful and satisfying to me?</em></td>
<td>Identifies values vital for well-informed specialty decisions and helps to articulate values in application process</td>
<td>Values: Autonomy, Lifestyle, Management, Prestige, Scholarly pursuits, Service</td>
<td>10-15 minutes to answer 60 questions</td>
</tr>
<tr>
<td>Physician Skills Inventory (PSI)</td>
<td><em>What am I good at, and how can I improve?</em></td>
<td>Identifies skills to develop for specific specialties, and illuminates choices</td>
<td>Psychomotor, Counseling, Problem-solving</td>
<td>5-10 minutes to answer 47 statements</td>
</tr>
<tr>
<td>Specialty Indecision Scale (SIS)</td>
<td><em>Why can’t I decide?</em></td>
<td>Identifies strategies and actions to overcome obstacles for specialty decision-making</td>
<td>Decision-making obstacles: Readiness, Information, Identity, Earmark, Indecisiveness, Self-doubt</td>
<td>10-15 minutes to answer 35 questions</td>
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</tbody>
</table>
Explore Options

Phase 2

The 4 Phase Model

1. Understand Yourself
   - Self-exploration is essential to a satisfying specialty choice

2. Explore Options
   - Knowing about all career options that exist ensures well-informed decisions

3. Choose Your Specialty
   - Making a career choice that makes you happy is harder than you think

4. Prepare for Residency
   - Much is involved in the transition from applying to arriving at residency

View content from the 2022 Virtual Specialty Forum

Content and session recordings from the annual AAMC Virtual Specialty Forum for medical students is still available to view through May 31.
Explore Options – How might you do so?

Advisor Discussions
Student Interest Groups
Lunch and Learns
Community Engagement
Web sites and more!
Choose Your Specialty

Making your specialty decision

There is no magic formula to decision making. This is especially true when deciding on something as important as your career. Different people have different strategies for making important decisions. Some use a systematic approach such as weighing pros a
“When do I actually have to choose my specialty?”
Overview: Applying to residency

Here's an overview of what to expect as you begin the application process.

Apply Smart for Residency

Match Day will be here before you know it! The residency application process is complex — and there are steps you can take to help improve your chances of a successful outcome.
Your Personal and Professional Development: building you and your CV

“\textit{I am a human being becoming}”
1. You have been assigned to a general advisor.

2. You will have dinner with your advisor or a student affairs faculty member during orientation.

3. We will introduce you to the Career Advising page in Blackboard!
Careers in Medicine – Start Here!