Medical Students: Connect with the AAMC to help manage your career

• Understand yourself  
• Select or confirm your specialty  
• Explore your residency options

Get connected: aamc.org/cim

Careers in Medicine® is a program of the Association of American Medical Colleges
You’ve made a tremendous commitment to the field of medicine. Through Careers in Medicine® (CiM), the Association of American Medical Colleges (AAMC) provides resources that will help you channel your passion, learning, and investment into a fulfilling medical career.

Careers in Medicine is a comprehensive online repository of curated tools, guides, databases, and resources designed for medical students and residents. CiM is designed to complement the career-planning and advising services offered at your school. You’ll maximize the likelihood of success in choosing a specialty and preparing for residency if you:

- Take full advantage of the programs, experiences, and activities offered through your medical school.
- Work collaboratively with a trusted advisor who can give you personalized guidance.
- Explore the information, data, guidance, tools, and resources on the CiM website.
- Get started today!

Get connected.* Visit aamc.org/cim.

*Note: Faculty, staff, and students at U.S. MD and Canadian medical schools enjoy free access to the CiM website. All others must purchase an annual subscription. To find out which situation applies to you and how to get access, visit the CiM website at aamc.org/cim.
CiM Tools Snapshot

Below are examples of the career navigation tools available through CiM.

Assessment Dashboard
Generates a results overview of the comprehensive self-assessments available in CiM and is a powerful tool for both you and your advisor.

Specialty Comparison Tool
Allows you to compare specialties across important parameters to help you make an informed decision.
Visit the CiM website, either on your own or as part of a comprehensive career-planning program at your medical school.*

Reflective of a medical student’s journey, CiM is structured across four phases as illustrated by the pyramid below. For each phase, CiM provides comprehensive resources to help you move forward strategically. Through CiM, you can collect and interpret information about yourself, understand your options, make decisions, and take action to meet your career and professional goals.

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Prepare For Residency
CiM provides extensive insight into the residency process and specific programs.
- Residency and fellowship program search
- Residency Preference Exercise
- Residency Program Evaluation Guide
- Match timeline
- Frequently asked interview questions
- CV samples

Choose Your Specialty
Leverage the AAMC knowledge base for insight into medical specialties.
- Specialty Comparison Tool
- SIS (roadblocks)

Explore Your Options
Obtain current, curated information about the options available to you.
- Specialty and subspecialty profiles
- Clinical and Research Opportunities database
- Clinical Rotation Evaluation
- Day-in-the-life interviews

Understand Yourself
CiM provides scientifically based self-assessment tools, many customized for the medical profession.
- MSPI-R (interests)
- PVIPS (values)
- PSI (skills)
- SIS (where to start)
- MBTI® or Keirsey (personality)
### AAMC Career-Planning Checklist

This checklist will help ensure that you are taking all the steps necessary for choosing a residency and using all the resources available to you. At each phase, CiM provides resources to help you make the right choices. The **highlighted terms** indicate an available CiM resource, which requires access to the CiM website.

| Action item | 
|---|---|
| **Getting Started** | 
| Attend your school’s orientation to medical careers. | 
| Take the CiM video tour. | 
| Connect with a preclinical advisor or mentor to start exploring your career questions and goals. | 
| **Understand Yourself** | 
| Attend medical career-oriented workshops offered by your school. | 
| Work with your advisor to plan your second-year schedule. | 
| Work with your advisor to determine how you’ll use your summer to gain experience. Search CiM’s Clinical and Research Opportunities database for programs you’d like to apply to. Note all application requirements and deadlines. | 
| As you engage in clinical and research opportunities, identify and ask appropriate faculty for a letter of recommendation for your residency application. | 
| Take CiM’s Specialty Indecision Scale (SIS) to help you determine where to begin exploring specialties. Review results with your advisor. | 
| Take CiM’s Medical Specialty Preference Inventory (MSPI) to assess your interests. Review results with your advisor. | 
| Take CiM’s Physician Values in Practice Scale (PVIPS) to assess your values. Review results with your advisor. | 
| **Explore Options** | 
| Take CiM’s Physician Skills Inventory (PSI) to assess your skills. Review results with your advisor. | 
| Take one of the personality type self-assessments: Myers-Briggs Type Indicator (MBTI) or Keirsey Temperament Sorter. Review results with your advisor. | 
| Start exploring specialties by reading CiM’s specialty and subspecialty profiles. | 
| Attend specialty interest groups and panels at your school. | 
| Interview physicians who practice in specialties that interest you to get more information. | 
| Participate in a preceptorship. | 
| Review your assessment results and consider how they fit with the specialties that interest you. | 
| Work with your advisor to plan your third-year schedule. |
| M3 | Begin clinical rotations and record your reflections about your experience in each specialty using CiM's Clinical Rotation Evaluation.  
Create or update your curriculum vitae (CV). See the CiM website for CV samples.  
Compare your specialties of interest using CiM's Specialty Comparison Tool.  
Review the competitiveness of specialties to realistically assess your qualifications.  
**Choose a Specialty**  
Meet with your advisor to discuss your top specialty preferences.  
If you are having trouble identifying your top one or two specialties, complete CiM's Specialty Indecision Scale (SIS).  
Identify an advisor in your top specialties.  
Make final specialty decision. Have a parallel plan, if applicable.  
Work with your advisor to plan your fourth-year schedule. Include away rotations.  
**Prepare for Residency**  
Determine which residency application and match services you’ll participate in. Note all requirements and deadlines.  
Register for each of the residency application and match services you’ll participate in.  
Conduct an initial search for residency programs using CiM's Residency and Fellowship Program Search.  
Write your personal statement. Ask your advisor to review it and make suggestions for improvement.  
Complete your residency application.  
Register for early match programs, if applicable.  
Make an appointment with your student affairs office to discuss the Medical Student Performance Evaluation (MSPE) process.  
Finish securing letters of recommendation for your residency application.  
Identify your educational and career goals using CiM's Residency Preference Exercise and discuss with your advisor.  
Conduct further research on residency programs to identify those that best fit your educational and career goals.  
Apply to residency programs. (Visit the CiM website for profiles of residency programs.)  
Monitor the number of interview invitations you receive. If you’ve been offered fewer than 10 interviews by mid- to late October, contact your advisor or student affairs office to discuss your options.  
Prepare to interview.  
Practice interviewing using the frequently asked interview questions on the CiM website.  
Schedule a mock interview with your advisor or student affairs office.  
Attend residency interviews.  
Evaluate and compare residency programs using CiM's Residency Preference Exercise and Residency Program Evaluation Guide.  
Meet with your advisor to discuss how to rank the programs you are willing to attend.  
Finalize your rank order list and submit it to the matching service.  
Participant in your school’s Match Day ceremony and find out where you matched.  
Sign the contract with your residency program.  
Complete the AAMC Graduation Questionnaire (GQ).  
Graduate and transition to residency training. |
Founded in 1876 and based in Washington, D.C., the Association of American Medical Colleges is a not-for-profit association dedicated to transforming health care through innovative medical education, cutting-edge patient care, and groundbreaking medical research. Its members comprise all 145 accredited U.S. and 17 accredited Canadian medical schools, nearly 400 major teaching hospitals and health systems, and more than 80 academic societies.

In support of its mission, the AAMC develops comprehensive medical resources to assist medical students, residents, and doctors in their journeys.

**AAMC Resources for Medical Students**

**ERAS®: aamc.org/eras**
The AAMC developed and administers the Electronic Residency Application Service (ERAS®), an online application service you’ll use to find a residency program.

**Financial Information, Resources, Services, and Tools (FIRST): aamc.org/money**
This comprehensive online library of resources can help you manage your finances and build a student loan strategy that meets your needs.

**Visiting Student Application Service (VSAS®): aamc.org/VSAS**
This AAMC application is designed to streamline the application process for senior “away” electives. VSAS enables medical students to submit just one application for all institutions, effectively reducing paperwork, miscommunication, and time.

**Global Health Learning Opportunities (GHLO®): aamc.org/GHLO**
International opportunities enable final year medical students to pursue visiting electives outside their home countries.