MEDICAL STUDENT CAREER COACHING


Who am I?
I am a physician anesthesiologist, an experienced medical educator and a certified, professional coach. I served as residency program director in anesthesiology at UWMC for 12 years and I have a first-hand perspective of the residency application process. I use all these skills to help medical students navigate career decisions including early career exploration as well as advising students who are preparing for residency application in anesthesiology.

What to Expect
When I work with you as a career coach, the agenda and conversation are focused around your goals and interests. I use structured, open-ended questions to help you process your ideas, identify goals and explore next steps & resources to help you move forward.

For Career Explorations, it is helpful if you can complete some or all of the inventories on the AAMC Careers in Medicine website. (See my notes below about “Unpacking the CiM Website”)
Unpacking the AAMC Careers in Medicine (CiM) Website
Notes by Karen J Souter

This is a great resource, but can be a bit daunting at the first pass! Here are some suggestions on how to start your explorations. Navigate to the CiM page (https://www.aamc.org/cim/) and watch the “Why CiM?” video (found on the right hand side of the page about half way down). This 7 min video is a great place to start and provides a good framework for the process.

Start with the “Choose Your Specialty” dropdown, go to “Understand Yourself”. From there navigate to the Four-step career planning process Here you can access the links to the various inventories. You probably need a full hour when you are not rushed to complete all the inventories.

I encourage you to take notes as you go along. Some of the questions in the inventory may cause other questions, thoughts and feelings to bubble up, note these down, they will make perfect starting points for our conversation together.

I frame career exploration in terms of Why? How? and What? the first 3 inventories mirror this paradigm.

- The Physician Values in Practice Scale (PVIPS) (The PVIPS is a self-assessment that uses your responses to 60 statements to identify how you prioritize six core values found in physician careers: autonomy, management, prestige, service, lifestyle, and scholarly pursuits - takes about 10 mins) helps to address the “whys?”

- The Medical Specialty Preference Inventory (MSPI) (the MSPI inventory asks you to answer 150 questions and measures your interest in various activities, tasks, and experiences found in the field of medicine - takes about 30 mins) helps to address the “whats?”

- The Physician Skills Inventory (PSI) (Uses 47 skill statements and descriptions to measure your strengths and weaknesses in three major transferrable skill areas: psychomotor, problem solving, and counseling skills. – takes about 10 mins) helps to address “hows?”

- Finally, if you are having trouble deciding about your specialty interests, the Specialty Indecision Scale (SIS) gives you an idea of the barriers holding you back. This could also be a good place for us to work when we meet.

You can easily access all the inventories at once by clicking on the “View My Assessments – Assessment dashboard” on the right hand side of the Four-step career planning process page.

If you choose you may send the inventory reports to me before we meet, but that is not required. We can review them when we meet up.