Welcome MS3s!
Career Planning for Your 4th Year: MS3 Group Session

WWAMI Career Advising
Tonja Brown/ Linh Ngo/Sarah Thomson /
medadv@uw.edu
OVERVIEW

- Reminder to reflect during 3rd year
- Review 4th year planning
- Career plan for E&F phase
- Using Clinical Calendar
- Plan with 2-3 specialties in mind
- Build a strong residency application
- Look at career planning checklist
4TH YEAR PLANNING WEBPAGE

- E&F Scheduling is only one part of 4th year planning.
- Key considerations to plan for next year.

Steps in the 4th Year Planning Process

You may be working on a number of these steps at the same time.

| + Tentative 4th Year Timeline |
| + Where To Go For Help |
| + Understand Your Graduation Requirements |
| + Review and Select APC, APC-S and Electives |
| + Prepare Step 2 Study Plan |
| + Consider Your Specialty & Career and Prepare for Residency Application |
| + Register for APC, APC-S & Electives |
| + Understand WWAMI travel funding policies and resources |
| + Understand your Finances and Funding |
GUIDE TO 4TH YEAR PLANNING

This page consolidates the information and resources needed to make informed decisions when planning your 4th Year Phase.

General Orientation to the 4th Year Planning Process

Registration, Curriculum, Student Affairs, and Career Advising staff united to help explain 4th year planning and someone who will support you as you go through the process.

- Recording: An orientation to planning for your 4th year and Explore & Focus phase scheduling
  - Slide Deck
- Recording: Addresses student questions regarding the Explore & Focus scheduling process
  - Slide Deck

Planning Tool for Your 4th Year Schedule

Clinical Calendar for Organizing 4th Year Schedules (for Dec. 2021-June 2022 graduates)
During Patient Care Phase:

AAMC CiM Self-Assessment Tools

• Interests (MSPI)
• Values (PVIPS)
• Skills

https://www.aamc.org/cim/understand-yourself/about-self-assessment
During Patient Care Phase:

AAMC CiM Medical Specialties

https://www.aamc.org/cim/explore-options/specialty-profiles
During Patient Care Phase:

Gain experience & reflect

Use clerkships to evaluate specialties

AAMC CiM provides multiple resources:

- Specialties Comparison Tool
- Clinical Rotation Evaluation Worksheet
- "How to Research and Evaluate Specialties" article
Specialty Considerations

- Identify specialties of interest
- Know what you need to apply in each specialty
- Know your level of competitiveness for each specialty
- Parallel plan when...
  - you have a less competitive profile and are pursuing a more competitive specialty
  - you have a red flag
Challenges in Your Application

Discuss red flags with UWSOM Career Advisors and/or Departmental Specialty Advisors to help with your career planning:

• Fail in Step exam or Clerkship
• Low Step score
• Clinical or professionalism concerns
• 6+ years to complete med school, without a second degree
UWSOM Career Advisor vs Departmental Specialty Advisor

**UWSOM Career Advisor**

- Based in Student Affairs
- Contact across ALL YEARS of medical school
- Specialty/career decision-making
- Planning 4th year with several specialties in mind
- Residency application
- Interview preparation

**Departmental Specialty Advisor**

- Department designated faculty physicians
- Contact typically starts in 3rd year
- Answer questions about their specialty
- Assess likelihood of you matching
- SubI, APC & electives recommendation
- Residency programs to consider applying to
Determine Your Level of Competitiveness Compared to Your Specialty/s

- **NRMP Director Survey**: identifies factors programs prioritize, if specialty considers students with 2nd Step attempt
- **NRMP Charting Outcomes in the Match**: shows you avg. Step scores, Step range, avg. volunteer & research
- **Departmental Specialty Advisor**: assesses your likelihood of match
- **Career Advisors FAQ & AAMC CiM Medical Specialties**: shows rating of specialty competitiveness
Career Planning for E&F Phase

Planning with 3+ specialties in mind:

Note: can add/drop 6 weeks before course starts

1. rule out specialty of interest
2. prioritize top choice or one that you need more of a boost in your application
3. course that is more likely to fill up

Purpose of Clerkships

Before Residency Application

- Rule out specialties of interest
- Strategic for residency application

After Residency Application

- Fulfill graduation requirements
- Explore interests within & outside your specialty
- Develop a skill/knowledge in an area
- Prepare for internship
# Clinical Calendar for Organizing Schedules

- Enter courses, Step prep, interview block etc...
- Cells will color-code based on requirement type
- Use course number, ex. MEDECK 604, for color-coding
- Administrative deadlines & Grad Requirements included

### SPRING 2021

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<th>4 Weeks</th>
<th>6 Weeks</th>
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<td>Jun 18, 2021</td>
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<td><strong>Themes in Medicine:</strong> June 13-27, 2021</td>
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<td>Sep 17, 2021</td>
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<td><strong>Break:</strong> September 18-September 26, 2021</td>
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- Mid-May thru late June: Patient Care Phase OSCE (in
- June 30: Deadline to complete Step 2-
- Mid-Aug: Deadline to submit ophtho
- Aug 30: Deadline to complete Step 2-CS
- Sept 15: Deadline to submit residency
Career Planning for E&F Phase

Review Career Advisors FAQ for advice from Departmental Career Advisors

<table>
<thead>
<tr>
<th>Frequently Asked Questions</th>
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<tr>
<td><strong>Which clerkships are required for students to match in Dermatology?</strong></td>
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<tr>
<td>Dermatology - 4 week (MEDECK 604 or CONJ 629)</td>
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<tr>
<td><strong>Which Advanced Patient Care clerkships help students prepare for residency in Dermatology?</strong></td>
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<tr>
<td>Most students will take a Dermatology APC (MEDECK 604)</td>
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<tr>
<td><strong>Which UWSOM Sub-Is help students prepare for residency in Dermatology?</strong></td>
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<tr>
<td>Ward or Hospital Medicine, Hospital Medicine/Hematology, Oncology, Oncology Subinternship, Clinical Burn Care, Plastic Surgery, Pediatric as Advanced Pediatric Clerkship with APC-S designation or Advanced Pediatric Subinternship.</td>
</tr>
<tr>
<td><strong>Do you recommend that students take an elective in Dermatology at another institution (away rotation)?</strong></td>
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<tr>
<td>Yes, though we recommend no more than 1 away rotation in most circumstances so you can do other things that will help your education.</td>
</tr>
<tr>
<td><strong>Are there any electives outside this specialty that you recommend to students interested in matching into Dermatology?</strong></td>
</tr>
<tr>
<td>Infectious disease, rheumatology, pediatric dermatology, pathology, ENT</td>
</tr>
<tr>
<td><strong>Do you have any additional recommendations for students who are committed to matching in this specialty?</strong></td>
</tr>
<tr>
<td>This is a competitive specialty, so best to have realistic expectations. Also, it’s much harder to match if you are geographically restricted; it’s important to apply broadly. Lastly, know your back up plan and discuss this with your advisor.</td>
</tr>
<tr>
<td><strong>Please list the most common mistakes students make when they apply to your specialty:</strong></td>
</tr>
<tr>
<td>Not applying broadly enough. Not having multiple people read your personal statement. No Plan B; you will be asked about this during interview.</td>
</tr>
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- Refer to Questions #1-7
- Question #1: Recommend clerkship at UW or anywhere?
Career Planning for E&F Phase

Plan Your Interview Season

Figure FM-5

Family Medicine Program’s Interview Activities

Percentage of Program’s Interviews Conducted During Each Time Period

N=93

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Percentage</th>
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<tr>
<td>Prior to Oct. 1, 2019</td>
<td>1%</td>
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<tr>
<td>October 2019</td>
<td>23%</td>
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<tr>
<td>November 2019</td>
<td>38%</td>
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<tr>
<td>December 2019</td>
<td>28%</td>
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<tr>
<td>January 2020 or later</td>
<td>10%</td>
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Residency Application: Maximizing Your Profile During Pt Care Phase

- Letters of recommendation
- 3rd year clerkship grades
  
  Use your resources:
  
  o UWSOM AOA: Turkey Book & Pearls of Wisdom
  o College Mentor, other Mentors
  o Academic Advising & Tutors
  o Counselors, Family & Friends

- Research or volunteer
- Build your professional network
Residency Application: Maximizing Profile in E&F Phase

• Letters of Recommendation
• Sub-I, APC or elective in your specialty
• Away rotations
• Step 2 CK
• Research or volunteer
• Build your professional network
Career Planning Checklist

 ✓ Review the Guide to 4th Year Planning webpage
 ✓ Watch An Overview of 4th Year Career Planning [24:21]
 ✓ Watch Aligning 4th Year with Your Career Interests [15:10]

General

☐ Update CV
☐ Do well in 3rd year core clerkships (use clinical rotation reflection worksheet)
☐ Ask for Letters of Recommendations throughout clerkships
☐ Retake AAMC CIM Self Assessments
Career Advising is Here For You

**MS3 Dedicated drop-ins** for 10-15 minutes advising

- Nov. 9, 11-1pm PT
- Nov. 10, 11-1pm PT
- Nov. 12, 11-1pm PT

**1:1 Session** by making an appointment

Email: medadv@uw.edu

Website: education.uwmedicine.org/student-affairs/career-advising3/career-advising-resources/
Career Planning Checklist

Specialty Planning
- Review data to assess your competitiveness: AAMC CiM, NRMP Reports, Career Advisors FAQ
- Choose two specialties with different levels of competitiveness
- Utilize the Career Advisors FAQ for APC/Sub-Is and elective advice
- Draft Clinical Calendar for Organizing Schedules (have a plan a, b and c)
- Meet with a Departmental Specialty Advisor or SOM Career Advisor:
  - Discuss level of competitiveness, electives (Dept Specialty Advisor)
  - residency app planning (UWSOM Career Advisor)
- Join specialty associations and organizations
QUESTIONS?