

Career Advising Calendar – Student Tool

MS1: Foundation Phase

Time	Summer-Fall MS1	Winter-Spring MS1	Summer MS2
Research and Extracurriculars (iii):	<ul style="list-style-type: none"> Join interest groups Apply for leadership positions within your class Begin volunteering/serving at your site (refer to UWSOM service learning opportunities or local opportunities): Start logging volunteer work in your SERVICE TRACKER Refer to career advising website and specialty guides for suggestions, specialty advisors, and consider contacting them for research opportunities Begin researching III selective options (MSRTP, RUOP, Literature Review) If interested in a competitive specialty, get involved in a research project early on after you've acclimated to the rigors of school (MS1/MS2 years have the most free time) 	<ul style="list-style-type: none"> III Choice: Look at specialty guides and consult with College Mentor to see which aligns best with present career goals <ul style="list-style-type: none"> If you are applying into a competitive specialty, research would likely be the better option Stay engaged with volunteer/leadership work and research projects 	<ul style="list-style-type: none"> Complete III selective Stay engaged with volunteer/leadership work and research projects Don't forget to have fun/relax during your stretches of time off :)
Scheduling:	<ul style="list-style-type: none"> If pursuing a pathway (Underserved, Indian Health, Hispanic Health, Global Health, LGBTQ), schedule any required non-clinical selectives during MS1 or MS2 year Register for preclinical electives (1-2 per quarter) that sound interesting 	<ul style="list-style-type: none"> Consider registering for preclinical electives (1-2 per quarter) that sound interesting 	
Career Advising:	<ul style="list-style-type: none"> Attend Orientation to UWSOM Career Advising Register for and begin exploring different careers through AAMC CiM website, which includes helpful assessments that help identify initial specialty interests and values Begin preparing a CV (using similar info as service tracker) in preparation for applying to Summer MS1/MS2 opportunities <ul style="list-style-type: none"> AAMC CV Advice Attend SOM Career Advising CV workshop 	<ul style="list-style-type: none"> Continue exploring UWSOM career advising resources AAMC CiM Assessment Tool - make a free AAMC account if you haven't already <ul style="list-style-type: none"> Explore at least 3 specialties of interest of different competitiveness levels Career Exploration: Consider getting involved in interest groups, service projects, preceptorships to explore specialty interests, shadowing For advice on which summer plans align with career goal (research/MSRTP, III project, RUOP) consult your College Mentor, specialty guides, Specialty career advisors 	<ul style="list-style-type: none"> Consider preceptorship or shadowing in a specialty of interest (try multiple specialties as time permits over MS1-2 years) Begin gathering basic info about specialties of interest: <ul style="list-style-type: none"> AAMC specialty resources career advising website Review AOA Pearls of Wisdom document Explore at least 3 specialties of interest at different competitiveness levels
Residency Apps:	<ul style="list-style-type: none"> Participate in interest groups, leadership positions, service projects and extracurricular activities early on Start thinking about how you can position your III selective to support your career goals (i.e competitive specialties need research publications) Reach out to research faculty advisors regarding opportunities Fill out the activity tracker Regularly update your CV <ul style="list-style-type: none"> You will need your CV for residency applications/ERAS, applying for away rotations/VSAS, letter of rec writers will ask for a 	<ul style="list-style-type: none"> Continue with leadership and service activities (you will have more time this semester so lean into it!) Fill out the activity tracker Regularly update your CV and consider attending workshops on how to format this (useful when applying for research opportunities) 	<ul style="list-style-type: none"> Summer III / RUOP / MSRTP hopefully will align with your career goals and will allow you to build a foundation of clinical experience/ research for your application Fill out the activity tracker Regularly update your CV

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	<p>CV, applying for research/leadership positions, etc. - super helpful to keep this updated throughout medical school—saves you a lot of time later on!</p>		
<p>Boards/ OSCE:</p>	<ul style="list-style-type: none"> ● Consider glancing at different frequently used Step 1 resources and Qbanks (First Aid, SketchyMed, Pathoma) - see Pearls of Wisdom Doc ● Start integrating board prep resources into studying for UWSOM block course content ● Learn FCM benchmarks (will need for OSCEs) ● Peer Tutoring (group or individual) is available to help support your core classwork and boards prep 	<ul style="list-style-type: none"> ● Start creating Step 1 summer study plans, learn which resources work best for your study plans (most commonly UWorld, AMBOSS, First Aid, Sketchy, Pathoma) ● Take Foundations OSCE part I (practice) 	<ul style="list-style-type: none"> ● Complete individualized summer study plans focused on reviewing material from MS1 year <ul style="list-style-type: none"> ○ Can do this in a group! ● Consider starting practice questions from QBanks (ie AMBOSS, UWorld)

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MS2: Foundation Phase and Transition to Clerkships

Time	Fall MS2	Winter MS2	Spring MS2-3: Start of Clerkships	Summer MS3
Research and Extracurriculars (iii):	<ul style="list-style-type: none"> ● If interested, submit project for Western Medical Research Conference in Carmel, CA (will result in a presentation and publication if selected) ● Meet with specialty advisors for recommendations on research activity after reviewing specialty guides ● Stay engaged in volunteer/leadership work and continue to log in your SERVICE TRACKER 	<ul style="list-style-type: none"> ● If accepted, attend Western Medical Research Conference in Carmel, CA (January) ● If recommended or desired, stay engaged in research work ● Stay engaged in volunteer/leadership work - LOG IN YOUR SERVICE TRACKER 	<ul style="list-style-type: none"> ● If performing research, consider how to stay involved during clerkships - perhaps <u>downgrading your hours</u> or being involved in more flexible projects ● Stay engaged in volunteer/leadership work - LOG IN YOUR SERVICE TRACKER 	<ul style="list-style-type: none"> ● Continue desired research activity and develop system to keep track of work, will need for residency applications ● Stay engaged in volunteer/leadership work - LOG IN YOUR SERVICE TRACKER
Scheduling:	<ul style="list-style-type: none"> ● Explore clerkship opportunities and schedule MS3 rotations (totally okay to not know specialty at this point!) ● Consult clerkship reviews site and AOA Pearls document for help with survey to schedule MS3 clerkships <ul style="list-style-type: none"> ○ Student clerkship reviews ○ Pearls of Wisdom ○ UW Student Review Website ● If additional questions about MS3 scheduling, contact UWSOM Career Advisor ● If you have a specific field in mind (again, okay if not!), review specialty guides and consider reaching out to Specialty Career Advisors for specialty-specific scheduling advice 	<ul style="list-style-type: none"> ● Submit MS3 Clinical Rotations preference list to Registration & Scheduling office 	<ul style="list-style-type: none"> ● Receive MS3 year clinical rotation schedule <ul style="list-style-type: none"> ○ you can swap with classmates based on location/clerkship order preferences. Someone in the class should make a big editable spreadsheet for this ○ may be beneficial to have your specialty of interest in the middle of your schedule so you have some experience on rotations first 	<ul style="list-style-type: none"> ● When choosing your MS4 schedule, consider what clerkships you can handle while preparing your ERAS application (July-Sep) ● Keep in mind that <u>Summer B is the last clerkship grade that can be included on your MSPE/transcript</u> for residency applications (so if you want a Sub-I grade on your application, do it during or before Summer B, unless career advisor(s) recommend otherwise) ● Find out when interviews occur for your specialty and the recommended months to take off (usually two months, either Nov-Dec or Dec-Jan) ● Plan to take time off for dedicated Step 2 CK study time prior to June 30th deadline (typically ~4 weeks dedicated study, most students take time off in April-May depending on individual schedule/specialty) ● Consider reaching out to your mentors for suggestions on electives to take during MS4 year, Career Advising has advice for electives for each specialty

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<p>Career Advising:</p>	<ul style="list-style-type: none"> Consider preceptorship or shadowing in a specialty of interest (consider trying multiple specialties if time permits over MS1-2 years) Take (or retake) AAMC CIM Assessments and compare to interests Explore at least 3 specialties of interest of different competitiveness levels Attend UWSOM CV workshop 	<ul style="list-style-type: none"> Continue exploring different specialties through preceptorship and shadowing Consider talking to MS4 student applying in specialty(ies) of interest through AOA mentorship program, to sign up to be paired with mentor watch out for email from AOA 	<ul style="list-style-type: none"> During clerkships, identify attendings who could write letters of recommendation and ask whether they would be willing to write you a STRONG letter before you rotate off Check in with College Mentor and/or Career Advisor(s) regarding specialties of interest If you have a strong interest in a particular field, reach out to specialty specific career advisor for specialty-specific advice (this is especially important for more competitive specialties) 	<ul style="list-style-type: none"> Identify 1-2 specialties of interest of different competitiveness level Career and specialty exploration videos library includes very helpful information about different specialties Join professional national societies for chosen specialties of interest (if not done so already) 4th year planning website has amazing consolidated information! During clerkships, identify attendings who could write letters of recommendation and ask whether they would be willing to write you a STRONG letter before you rotate off
<p>Residency Apps:</p>	<ul style="list-style-type: none"> Regularly update your CV 	<ul style="list-style-type: none"> Continue updating your CV 	<ul style="list-style-type: none"> Finalize your CV so it's ready for identified letter writers!!! 	<ul style="list-style-type: none"> Continue updating your CV if you have new extracurriculars, research etc
<p>Boards/OSCE:</p>	<ul style="list-style-type: none"> Registration for NBME and selection of Step 1 test date (the earlier the better, you can change it!) Integrate Step 1 studying into UWSOM course studying; continue practicing occasional Qbank (UWorld, Amboss) questions and mock blocks Create individualized “boot camp” study plans - meet with academic advisor Take CBSE (covered by UWSOM) and update study plans/resources appropriately Continue to learn FCM benchmarks Take Foundations OSCE part II (practice) 	<ul style="list-style-type: none"> Begin individualized boot camp (usually ~6 weeks of dedicated study time), meet with academic advisor as needed Take Step 1 USMLE Exam <u>Deadline ~ March 15th (depends on year)</u> 	<ul style="list-style-type: none"> Purchase UWorld Step 2 CK - 360 day subscription: Shelf and Step 2 prep <ul style="list-style-type: none"> The best way to prep for Step 2 CK is to study for the shelf exams during MS3 - most popular resource for shelf exams/Step 2 CK is the Uworld Qbank Consider purchasing Turkey Book as resource for clerkship tips and advice 	<ul style="list-style-type: none"> Continue using Uworld Qbank and doing content review for each clerkship (ongoing through MS3 year, this will help with shelf exams as well as Step 2 CK/CS)

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MS3: Clinical/Patient Care Phase

Time	Fall MS3	Winter MS3	Spring MS3
Research and Extracurriculars (iii)	<ul style="list-style-type: none"> Continue desired research activity Consider top 1-2 specialties - meet with Specialty Career Advisors in desired specialties for advice Stay engaged in volunteer/leadership work as able - LOG IN YOUR SERVICE TRACKER 	<ul style="list-style-type: none"> Continue desired research activity Watch for AOA & Gold Humanism applications and nomination forms - <u>you will need to submit your service tracker!</u> Stay engaged in volunteer/leadership work as able - LOG IN YOUR SERVICE TRACKER 	<ul style="list-style-type: none"> Continue desired research activity Junior AOA elections held (April) Gold Humanism Awards announced Stay engaged in volunteer/leadership work as able - LOG IN YOUR SERVICE TRACKER
Scheduling	<ul style="list-style-type: none"> Research Career advising away rotation website Consult Specialty Guides, specifically the “away rotation recommendations” tab and then talk with specialty advisor about away rotation advice 	<ul style="list-style-type: none"> Consider need for away rotations, research programs, and apply for away rotations if necessary for your specialty - you will need an updated CV for the application <ul style="list-style-type: none"> review VSLO for more information about deadlines 	<ul style="list-style-type: none"> Review your 4th year schedule and adjust as needed; <u>try to avoid rotations during your specialty’s interview season</u>, click on your specialty of interest and go under “planning for interview season”
Career Advising	<ul style="list-style-type: none"> 4th year planning website has amazing consolidated information! During clerkships, identify attendings who could write letters of recommendation and ask whether they would be willing to write you a STRONG letter before you rotate off 	<ul style="list-style-type: none"> Required: Meet with SOM Career Advisor and/or Specialty Career Advisor(s) to review competitiveness for field, MS4 electives and residency app planning for specialties of interest (can be more than 1!) Re-assess specialties of interest and clarify values and priorities - goal to narrow down to 2 specialties of interest of different level competitiveness by Spring of MS3 year (see visual) If having difficulty with specialty decisions, meet with SOM Career Advisor, talk with mentors 	<ul style="list-style-type: none"> Think about final specialty decision (see visual below) Ensure that the department is aware that you are interested in their specialty—they will put you on a listserv for information
Residency Apps	<ul style="list-style-type: none"> Regularly update your CV if applicable (should already have an up to date CV with all preclinical activities at this point) Meet with SOM Career Advisor and/or Specialty Career Advisor(s) to review competitiveness for the field, MS4 electives and residency app planning for specialties of interest (can be more than 1!) 	<ul style="list-style-type: none"> Plan away rotations (if necessary/desired), will need CV updated as a part of away rotation application (some programs will also request a personal statement) Update CV and service tracker in preparation for ERAS application and 4th year awards (AOA, GHHS) 	<ul style="list-style-type: none"> Keep your eye out for “Residency Planning Newsletter” from Career Advising Start drafting your personal statement and watch UWSOM Personal Statement Workshop Review who you want to write letters of recommendation (ideally you asked these people when you worked with them on your rotations) and reach out <ul style="list-style-type: none"> for surgical subspecialties, you will likely need letters from your sub-Is in that field
Boards/OSCE	<ul style="list-style-type: none"> Register for Step 2 CK: <ul style="list-style-type: none"> Secure test dates: deadline to take CK is June 30th Plan for ~4 weeks of dedicated study time for Step 2 CK 	<ul style="list-style-type: none"> Continue studying for shelf exams (the best way to prep for Step 2 CK is to study for the shelf exams during MS3 - most popular resource for shelf exams/Step 2 CK is the Uworld Qbank and/or AMBOSS) 	<ul style="list-style-type: none"> Study and take Step 2 CK Watch for OSCE sign-up email, Take Patient Care Phase OSCE Exam May/June <ul style="list-style-type: none"> This MUST be in Seattle Review FCM benchmarks and other material (OSCE Skills app etc.)

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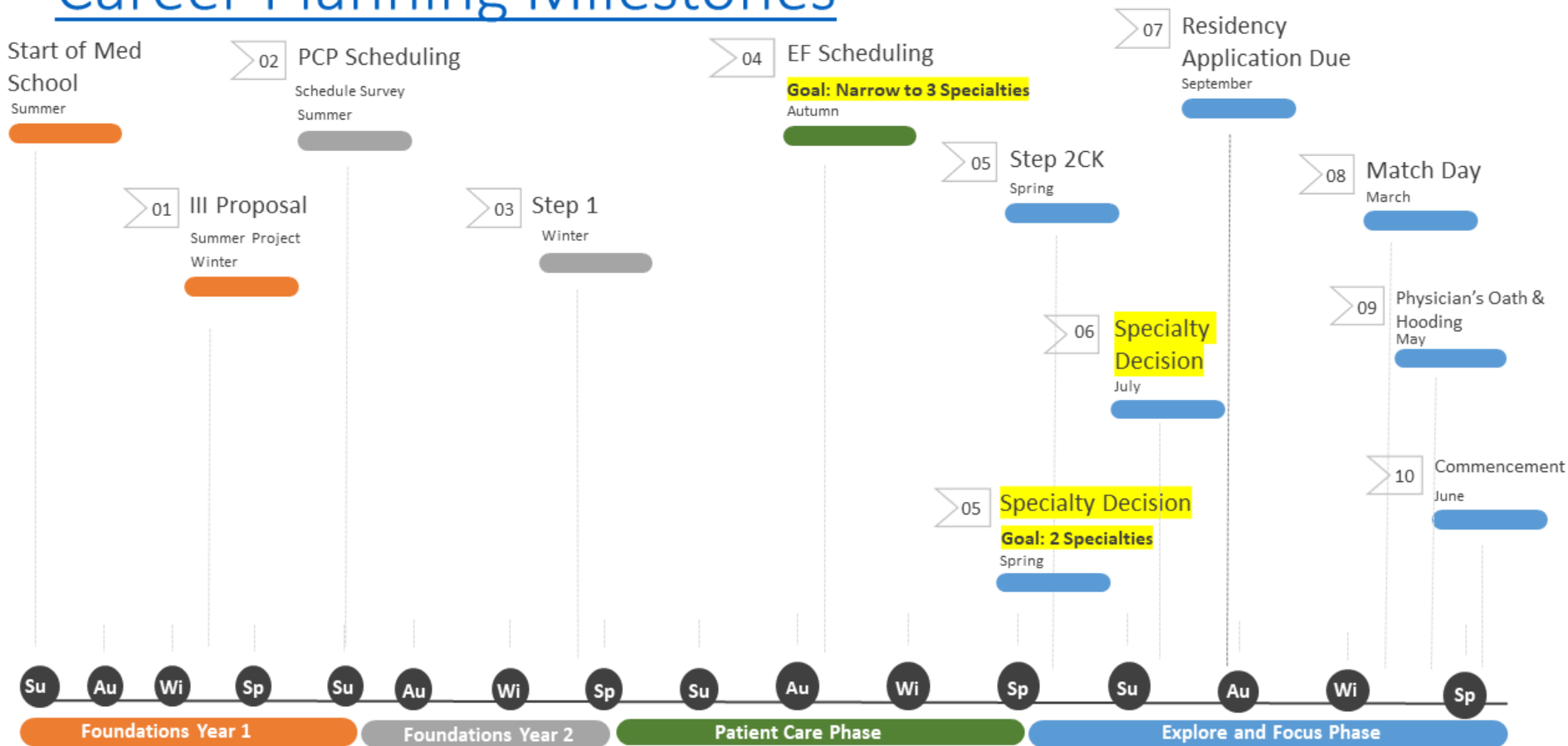
MS4: Explore and Focus Phase, Residency Application-Interview-Match

Time	Summer MS4	Fall MS4	Winter MS4	Spring MS4
Research and Extracurriculars (iii)	<ul style="list-style-type: none"> Continue desired research activity Stay engaged in volunteer/leadership work as able - LOG IN YOUR SERVICE TRACKER 	<ul style="list-style-type: none"> Continue/finalize desired research activity Fall AOA elections announced Stay engaged in volunteer/leadership work as able - LOG IN YOUR SERVICE TRACKER 	<ul style="list-style-type: none"> Finalize research activity Stay engaged in volunteer/leadership work as able 	<ul style="list-style-type: none"> Finalize research activity Stay engaged in volunteer/leadership work as able
Scheduling	<ul style="list-style-type: none"> Adjust MS4 schedule as needed/desired, confirm completion of appropriate credits required to graduate 			<ul style="list-style-type: none"> Attend UWSOM 2-week required Transition to Residency Capstone Ensure that after the match, you still study for EM/neuro shelf exams!
Career Advising	<ul style="list-style-type: none"> Make final specialty decision! Check in with College Mentor, career advisor(s) if needing help with career decisions Create Parallel Plan if necessary - contact career advisor and specialty advisor Consider reaching out to UW grads who are willing to talk with applicants - see Residents in Medicine for contact info Begin to research and create list of residency programs to apply to (consider program competitiveness, geography, advice from advisors/mentors): <ul style="list-style-type: none"> AMA's FREIDA is a great resource to research different programs Use Doximity (free account) to stratify competitiveness by reputation Look at TexasStar data (will be in an email) and there are instructions on how to use it here 	<ul style="list-style-type: none"> Prior to interviews, prepare responses to Career Advising Interview Advice, AAMC common interview questions, brainstorm experiences/scenarios for behavioral questions 	<ul style="list-style-type: none"> Make your rank list 	

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<p style="text-align: center;">Residency Apps</p>	<ul style="list-style-type: none"> ● Meet with UWSOM and/or Specialty Career Advisor(s) to review application, personal statement, CV and program list ● Review emailed UWSOM career advising newsletters which has timely high-yield information ● Review Match Systems Timeline ● Work on and finalize list of residency programs to apply to (# of programs is specialty dependent) <ul style="list-style-type: none"> ○ FREIDA ○ TexasStar ● Work on and submit MSPE survey (through UWSOM, watch your emails for more info) ● Take professional photo for ERAS app <ul style="list-style-type: none"> ● discounted service for UW students ● Applicants to transitional or preliminary programs should connect with IM or Gen Surg specialty advisors ● Finalize personal statement, print out copy and have mentor(s) review for content/spelling/grammar, there is a writing tutor resource available ● Request transcript from UW via Parchment for ERAS - due by early September ● Complete ERAS Residency Application, using your CV as a guide. Print ERAS application to review and edit - give to another person to look for typos, grammar, etc. (August-Sept) ● Submit ERAS Application before deadline (mid-late September) <ul style="list-style-type: none"> ○ Consider using separate/new email for ERAS - all interview communication will come to this account 	<ul style="list-style-type: none"> ● Participate in Mock Interview Program ● Complete final review of MSPE ● Register for the NRMP (can't do this until after Sept 15th, then add NRMP # to ERAS app) and urology/SF match (if applicable) ● Respond to interview invitations <ul style="list-style-type: none"> ○ Try to do so as soon as emails are received! Spots fill up fast ○ Some students create separate email account for ERAS with unique notification sound, so you are aware of interview invites ASAP ○ Consider having a partner/close friend/family member help you with interview scheduling ○ Be aware that Invites can come as soon as a few days after ERAS submission (this is specialty dependent) ● Review "Understand your Finances and Funding" section regarding financial aid for residency apps ● Late fall - If low interview numbers, read Specialty Guide "Securing Residency Interviews: Asking for Help" section, contact your Specialty Career Advisor to discuss when and how to reach out to residency programs 	<ul style="list-style-type: none"> ● Attend interviews (timing of interviews is generally November-January, but is specialty specific) ● Submit rank list <ul style="list-style-type: none"> ○ ERAS (due mid-February) ○ Urology and ophthalmology applicants (due early January) ● Urology and SF Match Results released early! ● Monday of Match Week: find out if you matched, begin SOAP process if unmatched - (watch out for emails prior to Match Week for more details on SOAP process) ● Match Day! (third Friday in March) 	<ul style="list-style-type: none"> ● Sign the contract with your residency program and complete on-boarding paperwork as requested by program ● Career Advising information about reviewing residency contracts
<p style="text-align: center;">Boards/OSCE</p>	<ul style="list-style-type: none"> ● Step 2 CK deadline is June 30th ● Take Patient Care Phase OSCE Exam in Seattle 			<ul style="list-style-type: none"> ● Consider when to take Step 3 (depending on specialty and residency program)

Career Planning Milestones



Notable Resources:

- AOA Pearls of Wisdom Document (Step Exam and Clerkship-Specific Advice from Students): <https://blogs.uw.edu/uwaoa/pearls-of-wisdom/>
- UWSOM Specialty Career Advisors and Specialty Info: <https://education.uwmedicine.org/career-advising/specialty-guides/>
- Career Advising MediaSite videos: <https://mediasite.hs.washington.edu/Mediasite/Channel/career-advising-student-videos>
- AAMC Careers in Medicine Website: <https://www.aamc.org/cim/>
- UWSOM Career Advising Web-Site: <https://www.uwmedicine.org/education/md-program/current-students/student-affairs/career-advising>
- AMA FREIDA (database of residency programs): <https://www.ama-assn.org/life-career/search-ama-residency-fellowship-database>