1st Year Students

Workshop #1 - Orientation to Careers in Medicine (1 hour) Schedule in November of 1st semester
Use CiM ppt
Have students bring Student Guide
Ask students to do SIS on their own
Have students complete assessments (MSPI and PVIPS) and discuss outcomes

Workshop #2 – Understanding Yourself – Interests & Values (1 hour) Schedule in February of 2nd semester
Do party exercise (#2 handout) and discuss
Have each student discuss self-assessments
Express the importance of doing them often

2nd Year Students

Workshop #3 – Assessment and Exploring Options (1 hour) Schedule in October of 1st semester
Bring personal profile information to discuss
Talk about preceptors
Go over workshop #3 handout - discuss

Workshop #4 – Exploring Options: Getting Personal (1 hour) Schedule in January of 2nd semester
Bring in Clerkship Director or other Dr. to discuss experiences – lifestyle/money/home/hospital
“Would you do it again?”
Workshop #4 handout – do it and discuss
Successful networking & informational interviewing – see questions

3rd Year Students

Workshop #5 – Choosing a Specialty (1 hour) Schedule in April of 2nd semester
Workshop for writing CV’s and personal statements
Research residency training programs
Decision making

I will email the Personal Lifeline Exercise to work on independently.

Workshop #6 – Getting into Residency, Part 1: Applying for Residency (1.5 hours) Schedule in July of 2nd semester
ERAS training – LoR’s, MSPE’s, etc.

4th Year Students

Workshop #7 – Getting into Residency, Part 2: Residency Interviewing (1.5 hours) Schedule in September of 1st sem.
Discuss ERAS deadlines
Practice mock interviews in small groups
Hand out from residents – what to expect
Email sample interviews
Use workshop handout #7
*Outside workshop: Set up mock interviews with faculty

Workshop #8 – RANK ORDER (1 hour) – Schedule in January of 2nd semester