

# Med 1 Career Planning

- What should I be doing now to get the residency I want?
- Who is available to help me?
- What tools exist for me to use on my own?
- What is my timeline for a final decision?

# What to do now.

- Figure out who you are. What are your talents? Who are your influences? What is your learning style? What are your professional values?
- Learn as much of the curriculum as you can. Make it a part of you so that when you make the leap to clinical thinking the synergy will happen much quicker and more easily.
- Add extra activities if they don't impinge on your academics, but don't live in isolation.

# What to do Now

- Plan your summer. Activities in research or those that demonstrate academic rigor will carry more weight with the more competitive specialties. Developing patient skills or working in Public Health may strengthen your chances in a primary care residency. If you have an opportunity to have an international medical experience take it. If practicality says you need to pay your rent or spend time with your family, that too is a valid summer plan. Enrichment is vital, but being ready to start Med 2 with your feet on the ground and your head in the game is crucial.

# Who is available to help you?

- Career Advising Office
  - Jane Trask 061 Meiling Hall 292-0481  
[jane.trask@osumc.edu](mailto:jane.trask@osumc.edu)
  - Please note you get Myers-Briggs testing done at no charge through this office
- Your Associate Deans Office
- Your Learning Community Mentor
- Career Advising Champions designated by each department

# What tools exist for me to use on my own?

- College of Medicine Career Advising web site  
[http://medicine.osu.edu/students/life/career\\_advising/pages/index.aspx](http://medicine.osu.edu/students/life/career_advising/pages/index.aspx)
- Careers in Medicine developed by the AAMC  
<https://www.aamc.org/students/medstudents/cim/>
- Each specialty has resources available for prospective trainees.
- Small reference library for in-office use in 061 Meiling.

# What is my timeline for a final decision?

- Your final decision is made when you submit your match list. Please don't wait that long!
- Students who know what specialty they want to pursue by the end of the third-year clerkships are the most comfortable.
- The first few months of the fourth year can also be used to help you decide or you may opt to dual-apply.
- The application cycle is tightening and more pressure may be applied for earlier decisions, but choosing the right fit is more important than choosing a specialty in July at the beginning of Med 4 and being unsure of your choice.