

BCOM Career Advising Plan – 4-year Timeline

Year	Domain	Tasks to be accomplished
YEAR 1	Knowing Yourself	<ul style="list-style-type: none"> • Prioritize coursework; learn how to reach out to Faculty if struggling with content. • Attend Orientation Week. • Meet with Advisor at least once per semester; Seek out additional mentors. • Attend career advising activities and presentations: “Third and fourth Year Clinical Rotations: Planning for Residency” and “Planning for Residency Training”. • Join BCOM clubs and interest groups, get involved. • Reach out to physicians (local or others) in fields of medicine in line with your interests for discussion and/or observation. • Start to integrate board prep material with coursework using Firecracker and other resources. • Begin working on your CV and update often; keep track of all your roles, activities and achievements. • During summer between Years 1 and 2, set up your account for Careers in Medicine (CiM). • Have completed the CiM self-assessment tools before beginning of classes in August of Year 2: MSPI-R (interests), PVIPS (values), PSI (skills), SIS (where to start), MBTI or Keirsey (personality). • Explore the CiM website and resources over the summer.
YEAR 2	Exploring Your Options	<ul style="list-style-type: none"> • Prioritize coursework; reach out to Faculty if struggling with content. • Continue to integrate board prep material with coursework using Firecracker and other resources. • Meet with Advisor at least once per semester; Seek out additional mentors. • Explore fields of medicine of interest by using CiM website. • Participate in extracurricular activities and research. Make sure it does not interfere with coursework/academic success. • Compare the results obtained from completed self-assessment (year 1) to information gathered about the specialties and discuss concerns with career advisor or mentor. • Continue working on your CV and update often; keep track of all your roles, activities and achievements. • Take COMLEX Level 1 (prior to clerkship). Should you take USMLE Step 1? • Complete Hub and Specialty (elective) Preference form. • Students will be notified of their clerkship assignment by the end of January of Year 2. • Plan for 3rd year clerkships following assignment to your hub.
YEAR 3	Choosing Wisely: Residency Selection	<ul style="list-style-type: none"> • Career Planning and ERAS Presentation from the Senior Associate Dean of Clinical Education. • Begin clinical rotations and request letters of recommendation. • Document your clerkship experiences to aid in composing your Personal Statement. Write about defining moments, patient experiences, aspects of the specialties you enjoy, personal strengths you bring to a specialty. • Complete the BCOM Specialty/Rotation Comparison Form. • Research desirable qualifications and competitiveness for specialties (use CiM competitiveness tab to aid). • Update CV to include updated information from Year 3. Provide CV to authors of your letters of recommendation. • Complete the Specialty Indecision Scale Assessment in Careers in Medicine if you are having a difficult time narrowing down your specialty choices or unsure of your competitiveness, then schedule an appointment with a career counselor to assess. • Determine the best timeframe in which to take COMLEX Level 2 CE & PE (and USMLE Step 2 CK & CS, if you elect) and select your test dates. Keep in mind that dates fill quickly. • Participate in Clinical Enrichment experiences outside of rotations. These experiences can be used to get more exposure to a specialty in a variety of practice settings, giving you the chance to check out a program and/or get face-time at a program and will be listed on your MSPE. • Draft Personal Statement for review by a BCOM Career Advisor. • Research residency positions and programs: AOA http://opportunities.osteopathic.org/search/search.cfm; ACGME https://www.ama-assn.org/life-career/search-ama-residency-fellowship-database. • Update Specialty Preferences with the Associate Dean of Clinical Education. • Any questions? Contact one of the BCOM Career Advisors.
	How to get a Residency	<ul style="list-style-type: none"> • Begin scheduling audition rotations at top-choice programs for August-December of 4th year. Check program due dates; AOA programs interview earlier than NRMP; Ask attending for expectations and feedback. Let the program director know you are interested in the program. Send a thank you note after the rotation. Leave a good impression. Find a trusted senior resident or physician to mentor you. • Utilize the on line Residency Program Tracking Spreadsheet to keep track of documentation needed for each program. • Complete clinical enrichment experiences outside of rotations if you are unable to audition to gain experience. • Take COMLEX level 2 CE & PE. Most programs will require that you take and pass before they interview or rank you. If you didn't do well on COMLEX Level I, a good score on COMLEX Level 2CE is even more important. Know your early match deadlines https://www.sfmatch.org/MatchCalendar.aspx; http://medicineandthemilitary.com/officer-and-medical-training/residency-and-match-day. • Register with ERAS https://www.aamc.org/students/medstudents/eras/. Begin uploading your CV, personal statements, and other documentation to apply to residency programs. It is important to know your deadlines.

Register for Match(es)

- Utilize the AOA <http://www.natmatch.com/aoairp/> and NRMP websites <http://www.nrmp.org/>; <http://www.nrmp.org/residency/main-residency-match/>.
- Deadlines: AOA (Early June) NRMP (Late August).
- Begin interviews with residency programs during August-November of your 4th year. Send follow-up correspondence to appropriate individuals.
- MSPE (the Dean's Letter) is released October 1st.
- Rate programs using the official Rank Order List (ROL) <http://www.natmatch.com/aoairp/applprepare.html>.

Post-Match Resources

- AOA SCRAMBLE <https://www.natmatch.com/aoairp/aboutoverview.html> (scroll to bottom) and <http://cf.osteopathic.org/aoapostmatch/index.cfm> . It is the student's responsibility to monitor the site.
- BCOM Scramble Toolkit
- ACGME SOAP (Supplemental Offer & Acceptance Program) <http://www.nrmp.org/faq-questions/i-am-soap-eligible-how-do-i-apply-to-or-contact-programs-about-unfilled-positions-during-soap/>