## BCOM Career Advising Plan – 4-year Timeline

<table>
<thead>
<tr>
<th>Year</th>
<th>Domain</th>
<th>Tasks to be accomplished</th>
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<tr>
<td>YEAR 1</td>
<td>Knowing Yourself</td>
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- Prioritize coursework; learn how to reach out to Faculty if struggling with content.
- Start to integrate board prep material with coursework using [Firecracker](https://www.firecracker.com) and other resources.
- 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 shadowing.
- Begin working on your CV and update often; keep track of all your roles, activities and achievements.
- During summer between year 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 2017: 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 |  
- Prioritize coursework; learn how to 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 making sure it doesn’t 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?
- Students will be notified of their clerkship assignment by the end of September 2017. |
| YEAR 3 | Choosing Wisely: Residency Selection |  
- Career Planning and ERAS Presentation from the Senior Associate Dean of Clinical Education.
- Begin clinical rotations and request letters of recommendation. See link for help with 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 competencies 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 Counselor.
- Update Specialty Preferences with the Associate Dean of Clinical Education.
- Any questions? Contact one of the BCOM career counselors. |
| YEAR 3 | How to get a Residency |  
- During August-December of 4th year, begin scheduling audition rotations at top-choice programs. 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 online [Residency Program Tracking](https://www.sfmatch.org/MatchCalendar.aspx) 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 1, a good score on COMLEX Level 2CE is even more important. Know your early match deadlines [https://www.sfmatch.org/MatchCalendar.aspx](https://www.sfmatch.org/MatchCalendar.aspx); [http://medicineandthemilitary.com/officer-and-medical-training/residency-and-match-day](http://medicineandthemilitary.com/officer-and-medical-training/residency-and-match-day).
- Register with ERAS [https://www.aamc.org/students/medstudents/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)
- 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](http://www.natmatch.com/aoairp/applprepare.html).

Post-Match Resources
- AOA SCRAMBLE [https://www.natmatch.com/aoairp/aboutoverview.html](https://www.natmatch.com/aoairp/aboutoverview.html) (scroll to bottom) and [http://cf.osteopathic.org/aoapostmatch/index.cfm](http://cf.osteopathic.org/aoapostmatch/index.cfm). It is the student’s responsibility to monitor the site.
- BCOM Scramble Toolkit