

Four-Year Career Advisory Plan

RVUCOM

Year	Steps	Action Items				
Pre-Clinical Years	Year One	Understanding Yourself Building your Portfolio	Fall Semester	<input type="checkbox"/> Explore clubs, organizations & leadership options	Summer	<input type="checkbox"/> Informational Interviews <input type="checkbox"/> Network with RVU 2 nd , 3 rd , & 4 th year students <input type="checkbox"/> Specialty exploration <input type="checkbox"/> Professional associations <input type="checkbox"/> Research/Publications/presentations <input type="checkbox"/> International travel/service missions <input type="checkbox"/> Conference attendance/presentations <input type="checkbox"/> Volunteer service <input type="checkbox"/> Military training <input type="checkbox"/> Summer research program
				<input type="checkbox"/> Career planning with advisor		
				<input type="checkbox"/> Complete Career in Medicine (CiM) assessments:		
				<input type="checkbox"/> MSPI – Medical Specialty Preference inventory		
				<input type="checkbox"/> PVIPS – Physician Values in Practice Scale		
			<input type="checkbox"/> Specialty Indecision Scale			
			<input type="checkbox"/> Personality Assessment			
			<input type="checkbox"/> Residency Preference Exercise			
			<input type="checkbox"/> Research & apply to enrichment tracks			
			<input type="checkbox"/> Volunteer service			
	<input type="checkbox"/> Start Portfolio (CV, CiM, reflections)					
	Spring Semester	<input type="checkbox"/> Network with physicians and students				
		<input type="checkbox"/> HPSP medical students COT registration				
		<input type="checkbox"/> Apply to Leadership roles				
		<input type="checkbox"/> Apply to clubs & organizations elected offices				
		<input type="checkbox"/> Attend Professional Development sessions				
	<input type="checkbox"/> Volunteer service					
	<input type="checkbox"/> Apply for summer research opportunities					
	<input type="checkbox"/> Update portfolio					
	Year Two	Exploring Options Enhancing your Portfolio	Fall Semester	<input type="checkbox"/> Career assessments review/update	Summer	<input type="checkbox"/> Board Prep <input type="checkbox"/> Take USMLE Step 1 Exam (by July 1) <input type="checkbox"/> Take COMLEX Level 1 Exam (by July 1)
<input type="checkbox"/> Specialty Exploration						
<input type="checkbox"/> Update portfolio						
<input type="checkbox"/> Apply for Fellowships						
<input type="checkbox"/> Attend Professional Development sessions						
<input type="checkbox"/> Prepare student bio for Clinical Affairs						
<input type="checkbox"/> 3 rd year clinical rotations lottery						
<input type="checkbox"/> Career planning with advisor						
<input type="checkbox"/> Start Board Prep [for Step 1 and Level 1]						
Spring Semester			<input type="checkbox"/> Update portfolio			
	<input type="checkbox"/> Complete Noteworthy Characteristics worksheet					
	<input type="checkbox"/> Apply for tutoring position					
	<input type="checkbox"/> Continue Board Prep					
	<input type="checkbox"/> Attend the Fundamentals of Clinical Medicine Training in May					
<input type="checkbox"/> Complete Noteworthy Characteristic draft						
<input type="checkbox"/> Complete Student bio						

Clinical Years	Year Three	Choosing a Specialty	Fall Semester	<input type="checkbox"/> Core Clerkships & Subject Exams*	Summer
				<input type="checkbox"/> Letters of Recommendation	
				<input type="checkbox"/> Update Noteworthy Characteristics worksheet	
				<input type="checkbox"/> Career planning with advisor (required)	
	Spring Semester	<input type="checkbox"/> Virtual Interview Practice (Big Interview)			
		<input type="checkbox"/> Continue core clerkships			
		<input type="checkbox"/> Elective clerkships (2)			
		<input type="checkbox"/> Study and register for Boards (Level 2, possibly Step 2]			
<input type="checkbox"/> Participate as Panelist in RVU events					
<input type="checkbox"/> ERAS Match Application (September)					
<input type="checkbox"/> NRMP Registration					
Year Four	Securing a Residency	Fall Semester	<input type="checkbox"/> NRMP Registration needs clarification	Post-Graduation	
			<input type="checkbox"/> ERAS Residency Application due		
			<input type="checkbox"/> Update portfolio (CV, Personal Statement)		
			<input type="checkbox"/> Review interview guidelines, tips, techniques		
Spring Semester	<input type="checkbox"/> Residency interviews (October-January)				
	<input type="checkbox"/> Match results (duplication looks odd) <ul style="list-style-type: none"> <input type="checkbox"/> Military Match (December) <input type="checkbox"/> San Francisco Match (February) <input type="checkbox"/> NRMP Match (March) <input type="checkbox"/> Urology Match (when?) 				
	<input type="checkbox"/> Match results <ul style="list-style-type: none"> <input type="checkbox"/> Military Match (December) <input type="checkbox"/> San Francisco Match (February) <input type="checkbox"/> Urology Match (February) <input type="checkbox"/> NRMP Match (March) 				
	<input type="checkbox"/> Complete Elective clerkships (May 1)? Add a minimum of 8 credit hours required in Audition Clerkships (more encouraged)				
	<input type="checkbox"/> Attestation				
<input type="checkbox"/> RVU graduation (May)					

Tips, Guidelines, Deadlines, and Links

Year One	Understanding Yourself/ Building your Portfolio	<ul style="list-style-type: none"> • Ensure that your coursework and academic success is your top priority • Reach out to faculty, phase directors, support advisors and tutors if struggling with content • Utilize University resources • Set up your Careers in Medicine (CiM) website account • Complete all career assessments found on the CiM website by the end of Spring Semester • Discuss your self-assessments results and specialty information gathered with your Career Advisor • Attend professional development activities (workshops, speaker series, panel discussion, networking events, etc.) • Create your Portfolio and include your updated Curriculum Vitae (CV)-- Seek out experiences to fill gaps • Join specialty Clubs, Interest groups and Organizations • Obtain meaningful leadership experience (Peer Mentor, Tutor RVU Ambassador, Club Leader, Student Government, etc.) • Participate in enrichment tracks and electives (must be in good academic standing) • Utilize your breaks and summer to participate in career-building activities (networking, informational interviewing, research, military trainings, volunteer service, international travel medical trips, related work experience, etc.) • Explore summer enrichment programs at ExplorehealthCareers.org and Services.aamc.org/summerprograms/ • Utilize the latest publication of "The Successful Match" book to better understand specialty areas • Explore Program Director Survey by specialty of interests
Year Two	Exploring Options/ Enhancing your portfolio	<ul style="list-style-type: none"> • Continue your focus on coursework, reach out for assistance when needed, utilize University resources • Integrate Board prep materials with coursework utilizing board prep subscriptions and other resources • Attend professional development sessions • Explore 4-6 specialties of interest through Careers in Medicine website and other resources • Narrow your specialty search to 2-3 specialties of interest • Take USMLE Step 1 and COMLEX Level 1 (must pass) by July 1 • Update your Portfolio to include relevant information from Year 2 • Attend the Fundamentals of Clinical Medicine Training in May to obtain pertinent information for Year 3
Year Three	Choosing a Specialty	<ul style="list-style-type: none"> • Register ERAS token (June) • Core Clerkships: (Family Medicine, Surgery... • Meet with Clinical Career Advisor • Have Letters of Recommendation uploaded during 3rd year • Make adjustments to be successful with the clinical rotation process • Register VSLO token Schedule "audition" clerkships at top-choice programs for 4th year • Create residency program tracking spreadsheet • Complete clinical enrichment experiences outside of rotations as a way to get "face time" with programs • Take COMLEX Level 2 CE & USMLE Level 2(optional) • Explore Residencies through FREIDA Online and Texas Star and AAMC Residency Explorer, ACGME website • Be aware of applicable early match deadlines https://www.sfmatch.org/match-calendar or http://medicineandthemilitary.com/officer-and-medical-training/residency-and-match-day also Urology, https://www.auanet.org/meetings-and-education/for-residents/urology-and-specialty-matches • Noteworthy Characteristics due in Critical Reflections course
Year Four	Securing a Residency	<ul style="list-style-type: none"> • Start your ERAS application (June) **Do not "Certify and Submit" your application until you are completely finished - once certified, you cannot make changes*** • Work with Clinical Career Advising on ERAS application content (June-September) • Participate in Mock Interviews, Virtual Interview Practice (Big Interview) (June-September) • Start applying to Residency Programs (September) • Supplemental application (due mid-September) • Register for the NRMP (September-January) • MSPE's and Transcripts are released to programs (end of September) • Interview with residency programs (October-January) • Submit rank order list (February-March) • Match/SOAP week (March) • Post-Match Scramble (March-July) • Match Results Announced <ul style="list-style-type: none"> ○ Military Match (December) ○ Ophthalmology and Urology (February) ○ NRMP Main Residency Match (March) • Clerkship Completion Deadline (May 1) • RVU Graduation (May)