

# CAREERS IN MEDICINE CHECKLIST

## YEAR 1: UNDERSTAND YOURSELF

*(R) Required (O) Optional*

- Attend the CiM Orientation (August) (R)
- Complete the UCRSOM CiM MSI Inventory (August) (R)
- Complete the UCRSOM CiM Supplemental Inventory (November) (R)
- Complete AAMC CiM Assessments (August-December) (O)  
We recommend the following in year 1 and 2:  
(Check out the at a Glance Chart for a summary)
  - Interests (MSPI)
  - Values (PVIPS)
- Sign up for your CiM 1:1 Advising Meeting during block 3 (January/February) (R)
- Attend Careers in Medicine Workshops (O):
  - Special Lecture Series (Career Development Workshops)
  - Specialty Round Tables
  - Meet the Chair
  - Alumni Connect
- Create a rough draft of your CV and submit here for review (O)
- Join a student Interest Group/ Organization (O)
- Search for summer research fellowships, clinical shadowing, and other community engagement/enrichment opportunities (December/January) (O)
  - Search the AAMC Clinical & Research Opportunities Database
  - UCRSOM Summer Externship Program (Announced in Spring)
  - Sponsored programs at other institutions (sent via email)
- Consider taking on a leadership role with an interest group or the Medical Student Council during the election season in the Spring (O)
- Read your CiM Newsletter with events and career development topics

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## YEAR 2: EXPLORE OPTIONS

*(R) Required (O) Optional*

- Complete the UCRSOM CiM MS2 Inventory (September) (R)
- Retake AAMC CiM Assessments (August-December) (O)  
We recommend the following in year 1 and 2:  
(Check out the at a Glance Chart for a summary)
  - Interests (MSPI).
  - Values (PVIPS).
- Sign up for your CiM 1:1 Advising Meeting during block 7 (November/December) (R)  
Attend Careers in Medicine Workshops (O):
  - Special Lecture Series
  - Specialty Round Tables
  - Meet the Chair
  - Alumni Connect
- Update your CV and submit here for review (O)
- Join a student Interest Group/ Organization (O)
- Consider potential specialties for selective options for year 3 in the winter (O)
- After taking STEP 1, give yourself a break and celebrate by investing in your personal wellbeing before year 3 begins (R)

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## YEAR 3: CHOOSE A SPECIALTY

*(R) Required (O) Optional*

- Attend the CiM Tools and Resources Advising Workshop during CFIII (June) (R)
- Complete the UCRSOM CiM MS3 Inventory (R)
  - Summer Survey (July)
  - Winter Survey (December for Career Advising Pairing)
- After receiving your STEP 1 score, schedule a 1:1 advising session with the Careers in Medicine team (O)
- Attend Careers in Medicine Workshops (O)
  - Specialty Round Tables
  - Meet the Chair
  - Alumni Connect
- Submit your Noteworthy Characteristics by January 15 (R)
- Receive and register your ERAS token (R)
- Complete AAMC CiM Assessments (July-December) (O)  
We recommend the following in year 3 and 4  
(Check out the At a Glance Chart for Summary.)
  - Skills (PSI).
  - Specialty Indecision Scale (SIS)
- Attend CiM Class Advising Sessions (R)
  - LOR's and Competitive Eligibility (September)
  - What is the MSPE? (November)
- Reach out to your Career Advisor to begin planning your 4th year schedule (February)
- Sign up for a 1-1 Advising Session with the Residency Development Specialist (April-May)
- Attend the following Residency Preparation Workshops (R)
  - CV Workshop (March)
  - Personal Statement Workshop (April)
  - Roadmap to Residency Workshop (May)
- Use the following online tools to help you narrow down your specialty interests and research best fit residency programs (O):
  - Residency Explorer Tool
  - NRMP Program Director Survey (At a Glance)
  - Careers in Medicine Specialty Profiles
- Sign up and study for Step 2 CK (R)

# CAREERS IN MEDICINE CHECKLIST

## YEAR 4: PREPARE FOR RESIDENCY

*(R) Required (O) Optional*

- Start your application in ERAS when it opens (June) (R)
- Take Step 2 CK (R)
- Schedule 1-1 Residency Advising & MSPE Review Meeting (R)
- Schedule an appointment with the Graduate Writing Center for CV and Personal Statement review (O)
- Start researching programs and compiling program list (O)
- Gather application materials (request LoRs, check unofficial transcript in Banner, personal statement, CVs, program specific materials) (R)
- Request Chair Letter Meeting (specialty-specific) (R)
- Schedule a meeting with Career Advisor to discuss programs and review application materials (O)
- Attend the following Residency Preparation Workshops:
  - Troubleshooting ERAS submissions and Technical Support
  - Mock Interviews
  - Strategies for Ranking Programs
  - SOAP Q&A
- Finalize application materials (via ERAS, SF Match, UAU) (R)
- Register for the NRMP when it opens (Sept 15) (R)
- Certify and submit your application (R)
- Check for MSPE and Transcript Upload in ERAS, SF Match, UAU (taken care of by the school) (R)
- Coordinate Interview requests (R)
- Interview at Programs (October-February) (R)
- Submit Ophthalmology Rank Order List by February 1, 2022 deadline (R)
- Ophthalmology results released February 8, 2022
- Note NRMP Match Rank Order list submission opens February 1, 2022
- Attend Back to Basics (R)
- Certify NRMP Match Rank Order in advance of March 2, 2022 deadline (R)
- Participate in Match Week Preparation and Activities (R)
  - Unmatched students participate in the Supplemental Offer and Acceptance Program (SOAP) March 14-17, 2022
- Participate in Match Day with your Class on March 18, 2022 (O)
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