

# ASSOCIATE DEANSHIP FOR STUDENT AFFAIRS

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## UPR School of Medicine Careers in Medicine Program First Year (understand yourself)

### GETTING STARTED

As you begin your medical school and become engrossed in classes and clinical work, it is important that you start to evaluate what path you want your medical career to follow. As daunting a task as planning decades down the line, there are many resources to help you make the best decisions possible.

### WHERE TO START?

Choosing the correct specialty should only happen when potential fields you are interested in have been thoroughly researched, and a great place to start the search is at the AAMC website: <https://www.aamc.org/cim/>

Here, specialty information, career information, and other related resources are available for you to explore. To log-in, simply use your AAMC log-in and password that you used for registering for the MCAT, submitting your primary application for medical school, etc.

### INTEREST GROUPS

Attend as many interest group meetings as possible. This will expose you to different specialties, their faculty and residents. Most students make their final career decision in the latter half of the third year (some even in the first half of the fourth year), so don't feel like you have to commit to any field right now.

### "CONVERSATORIO"

First year students will have the opportunity to learn about different specialties through a "Conversatorio". Chief residents from many different specialties are invited to present their respective specialties. This year's event is scheduled for December, 2016.

### WHERE DO YOU FIT?

Perhaps you have no idea where to start exploring, or even what types of specialties would appeal to you! Many students take personality tests to evaluate potential fields. A common one is the Jung Typology Test:

<http://www.humanmetrics.com/cgi-win/JTypes2.asp>

To understand your score, go to <http://www.capt.org/mbti-assessment/type-descriptions.htm>. This test could help you understand your personality better, and as you meet physicians from different fields and hear about the lifestyle and characteristics of various fields, assess if that specialty is right for you. Other similar resources to understanding both your personality and how specialties fit into your goals, visit: Career MD, <http://careermid.com/>

Also meet with your mentor to discuss your top specialty preferences.

### BUILDING YOUR CV

It is important to document your accomplishments and activities you have participated in, so that when residency applications and interviews come around, you are prepared with complete and up-to-date curriculum vitae. Here are some helpful resources to compiling a strong CV and application.

CVs section of this Website: *Aamc cim*, *AMA Guide for Medical Students*. This website has excellent resources for all of the things discussed earlier, as well as residency advice and application resources.

Hopefully, these websites and resources have given you just a taste of where to start. Remember, you have plenty of time to think about all of the choices you will have to make, but it's never too early to get started and have an idea of where all you can go, what you should do, and how to make all of that happen. *Enjoy this year!!!*

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## UPR School of Medicine Careers in Medicine Program Second Year (Explore)

AT THIS STAGE, you will start to narrow your interests and this can help in scheduling your clinical course work. The University of Puerto Rico School of Medicine will host a career fair with attending, and residents from various fields available to answer your questions. Continue meetings with the mentor and participating in student organizations.

### USMLE STEP 1 PREPARATION TIPS

The Step 1 Board Exam is a cumulative test of the preclinical period of medical school. The test is eight hours long, which includes seven 60-minute sections of 46 questions each for a total of 322 questions and a 45-minute break to be used between sections. Our medical students have consistently done very well on this exam. Do not feel the need to study for this exam during your preclinical period. Focusing your coursework is all you need to do.

### "CONVERSATORIO"

First year students will have the opportunity to learn about different specialties through a "Conversatorio". Chief residents from many different specialties are invited to present their respective specialties. This year's event is scheduled for December, 2016.

### CAREER FAIR

Second-year students will attend a two-hour specialty fair. Similar to an undergraduate "job fair", hospital departments are invited to set up booths with information about their

respective fields while medical students have the opportunity to casually choose where to visit. Three to four representatives attend each booth, including residents, attending physicians, and fourth-year medical students matching into the respective field. The diversity of the representatives allows them to offer their unique perspectives to students. This year's event is scheduled for April, 2017.

### BUILDING YOUR CV

It is important to document your accomplishments and activities you have participated in, so that when residency applications and job interviews come around, you are prepared with complete and up-to-date curriculum vitae. Here are some helpful resources to compiling a strong CV and application.

AAMC CiM

AMA Guide for Medical Students

This website has excellent resources for all of the things discussed earlier, as well as residency advice and application resources



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## UPR School of Medicine Careers in Medicine Program

### Third Year (choose a specialty)

WELCOME to your third year, now you are going to begin your clinical rotations, remember to continue the journey across the associations and organizations. Review competitiveness data to assess your qualifications. Complete the Specialty Indecision Scale if you're having difficulty making a specialty decision. Also meet with your mentor to discuss your top specialty preferences.

#### CAREER FAIR

Third- year students will attend a two-hour specialty fair. Similar to an undergraduate "job fair", hospital departments are invited to set up booths with information about their respective fields while medical students have the opportunity to casually choose where to visit. Three to four representatives attend each booth, including residents, attending physicians, and fourth-year medical students matching into the respective field. The diversity of the representatives allows them to offer their unique perspectives to students. This year's event is scheduled for April, 2017.

#### ORIENTATION PROCESS

**RESIDENCY APPLICATION OVERVIEW** – associate dean for student affairs walks the rising senior class through the entirety of the residency application process. The following topics are covered: Checklist of Responsibilities, ERAS, NRMP, Application Timeline, Interviewing, CV and Personal Statement Preparation, MSPE Process, Letters of Recommendation, & Application Strategy. Also associate dean for graduate medical education offers an orientation about the residency programs.

**OPTIMIZING YOUR PERSONAL STATEMENT** - Dr. María Padilla conducts a session on writing a personal statement. She pays close attention to recommended content and style, allowing for individualization, but also adhering to standards.

### Fourth Year (Land a Residency)

#### LAND A RESIDENCY

- Meet with your mentor to discuss your top specialty preferences
- Request letters of recommendation from faculty in your chosen specialty(ies)
- Research residency training programs through the AMA's FREIDA Online
- Begin reviewing and comparing residency programs
- Register with the National Resident Matching Program® for the Main Residency Match
- Register for early Match programs, if applicable
- Begin applying to programs and transmitting applications through ERAS (September)
- Take USMLE Step 2
- Medical Student Performance Evaluation (MSPE) released (October 1)
- Interview with residency programs
- Rate programs using the Residency Preference Exercise
- Early Match deadline (early-mid January)
- Rank your selections for the NRMP Main Residency Match (late February)
- Match Day (third Friday in March)



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## Match Calendar

2016

### SEP 15, 2016

Registration opens at 12:00 p.m. ET

### OCT 1, 2016

Allopathic medical school functionality to upload rising seniors opens at 8:00 a.m. ET

### NOV 30, 2016

Standard registration deadline for applicants at 11:59 p.m. ET. After November 30, applicants incur a \$50 late fee in addition to the standard registration fee

2017

### JAN 15, 2017

Rank order list entry opens for applicants and programs at 12:00 p.m. ET

Also at 12:00 p.m. ET

- School verification of student/graduate graduation credentials opens at 12:00 p.m. ET View Instructions

### FEB 22, 2017

Rank Order List Deadline: ROLs must be certified by 9:00 p.m. ET

Also at 9:00 p.m. ET

- Applicant late registration/Match withdrawal deadline
- School deadline to verify student/graduate graduation credentials

### MAR 6, 2017

Schools begin verifying SOAP eligibility of students/graduates at 8:00 a.m. ET

### MAR 8, 2017

School deadline to verify SOAP eligibility of students/graduates at 5:00 p.m. ET

### MAR 10, 2017

Applicant SOAP eligibility notification sent by email and posted in the R3 system at 12:00 p.m. ET

- Notification is not an indication of whether an applicant is matched or unmatched, but rather whether an applicant can participate in SOAP if the applicant is unmatched on Monday of Match Week

### MAR 13, 2017 MATCH WEEK

Supplemental Offer and Acceptance Program (SOAP) Begins at 11:00 a.m. ET for unmatched and partially matched applicants

- School officials can access their Unmatched Applicants Report beginning at 10:30 a.m. ET. Report is embargoed until 11:00 a.m.
- School officials receive the List of Unfilled Programs via email and the R3 system at 11:00 a.m. ET

*Detailed Match Week and SOAP schedule*

### MAR 16, 2017

Confidential Match results reports and Match notification letters available in the R3 system at 8:00 a.m. ET  
Advance Data Tables available in the R3 system at 8:00 a.m. ET. Information embargoed until March 17, 1:00 p.m. ET  
SOAP concludes at 11:00 a.m. ET

### MAR 17, 2017 MATCH DAY!

- Medical school Match Day ceremonies at 12:00 p.m. ET
- Match results sent by email and posted in the R3 system at 1:00 p.m. ET

### MAY 1, 2017

List of Unfilled Programs unavailable in the R3 system after 11:59 p.m. ET

### JUN 30, 2017

Match closes in R3 system at 11:59 p.m. ET  
Match reports no longer available