MS2 Advising Checklist – Meeting #1 (Jul)

MS2s should complete the self-exploration process and learn about specialties. Provide the student with resources on specialties through AAMC CiM. Stress the importance of USMLE Step 1. Be aware of the “second year slump”, a tendency to burnout as the workload gets heavier and more complex.

Objectives:

- Evaluate wellness, work-life balance, summer break recap
- Address curricular or performance concerns
- Encourage contacts in Specialty Advisor List and SIGs (explore 3-4 specialties)

Discussion topics:

☐ Adjustment to medical school
  - How are you handling the workload?
  - Are you receiving the support you need academically and personally?

☐ Academics
  - Any questions about courses, curriculum, or your performance?
  - Any questions about available resources?

☐ Specialty choice
  - Have you become involved in any SIGs?
  - Have you contacted any Specialty Advisors?
  - Any specialties you may want to learn more about?

☐ USMLE Step 1 plans
  - Have you thought about a study schedule for Step 1?
  - How is your stress and anxiety level about Step 1?

For student to do before next meeting:

➤ Careers in Medicine: Understanding Yourself and Specialty Pages
  - Complete CiM Understanding Yourself (if not already done)
    o Specialty Indecision Scale (20 min): identifies difficulties you may be having in choosing your specialty
    o Medical Specialty Preference Inventory (20 min): identify specialties that fit your interests
    o Physician Values in Practice Scale (10 min): assess those areas that matter most in your life and career
  - Look at the Specialty Pages of interest for detailed information

➤ Meet with OSLER to plan study schedule for Step 1

NEXT MEETING: JAN