

STEP

Your Path. Your Career.



JULY: CAREER/SPECIALTY CHOICE

The OSA Career Advising Program takes a student-centered approach to help every student explore options, build self-awareness, and find the specialty that is the right fit for them. This year, we continue to support you through career advising workshops, winter Advanced Clinical Phase scheduling workshops, scheduling support and office hours, and an expanded career advising team (see below).

Read more → [OSA STEP Career Advising](#)

STEP 3 | Year 3 | Choose Your Specialty

The AAMC Careers in Medicine (CIM) framework identifies Year 3 as the “Choose a Specialty” phase — the time to narrow your interests, gain hands-on clinical exposure, and build the self-knowledge you’ll need heading into the residency application process.

Ways to Explore: AAMC Careers in Medicine offers Year 3-specific tools, including specialty exploration modules, physician specialty data, and a personalized timeline to help guide your decision-making this year. Log in with your AAMC credentials at careersinmedicine.aamc.org to get started.

During Clerkships

- **Notice the thinking, not just the tasks** — do you love pattern recognition, procedures, longitudinal relationships, or acute problem-solving?
- **Ask attendings and residents** what a hard day looks like, not just the highlights.

Keep a Reflection Journal

- **Log it weekly:** note what energized you and what drained you in each rotation.
- **Rate what fits:** specialty intellectual fit, pace, patient population, procedural interest.
- **Revisit at year's end** — patterns often emerge that aren't obvious in the moment.

Use Structured Self-Assessment

- **AAMC CiM** specialty-matching tools compare your values against specialty norms.

Talk to People – how did they make their decision

- **Discussions** with residents, fellows, attendings — even in fields you're unsure about.
- **Meet with a career advisor** and near-peer M4 mentors

Look at the Data

- **Review NRMP Match data** and AAMC specialty lifestyle/compensation surveys
- **Compare “day-in-the-life” content** on AAMC CIM specialty pages

Office of Student Affairs
Studentaffairs@som.umaryland.edu

OSA STEP to Success

S. Self-Assessment
T. Target Specialty
E. Experience
P. Preparation & Planning

How Can OSA Help You?

ERAS Tokens

Adam Esselman

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VSLO/Aways

Bailey Jenkins

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Registration

Sofia Cascio

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OSA Advisors/MSPE Questions

[OSA Career Advisors](#)

Kerri Thom, MD

John Allen, MD

Marissa Flaherty, MD

Katie Goetzinger, MD

Elizabeth Lamos, MD

Moran ‘Roni’ Levin, MD

Krista Toohan, MD

Gentry Wilkerson, MD

[Specialty Advisors](#)

Student Engagement/Student Life

Tonya Webb, PhD – Assistant Dean

Career Advising

WELCOME TO THE TEAM!

Our Career Advising Program is growing from four to eight faculty advisors this year! With more advisors on board, you'll have greater access to one-on-one guidance, exposure to a wider range of specialties, and more chances to network with faculty across diverse career paths.

New OSA Career Advisors

Dr. Katie Goetzinger
Obstetrics & Gynecology
kgoetzinger@som.umaryland.edu

Dr. Moran 'Roni' Levin
Ophthalmology
rlevin@som.umaryland.edu

Dr. Krista Tookhan
Pediatrics
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Dr. Gentry Wilkerson
Emergency Medicine
gwilkerson@em.umaryland.edu

OSA Insider Podcasts

[Apple Podcasts](#)

E 72: Mission & Brand
E 24, 25: Applying to Residencies
E 95: A Brave Career Path

Wellness Resources



Read more → [U Matter](#)

- Wellness Committee
- House Advisory System
- Peer Support Network
- First Generation Taskforce
- Personal Growth Program
- The OSA Insider Podcast

UMB CAMPUS Resources

[Student Counseling Center](#)
[Student Health Center](#)
[URecFit & Wellness](#)
[Educational Support and Disability Services](#)
[Student Success, Leadership, and Engagement](#)
[Safe Walk/Safe Ride](#)

ACP Scheduling – Reminders

Student self-scheduling (Add/Drop period) is ongoing.
Scheduling resources can be found in the [Clinical Scheduling](#) OSA page.

- Clerkships cannot be dropped/changed (see an OSA Dean for questions)
- [Changes to Ambulatory Rotations](#) require approval from Dr. Millstein
- Drops must be made at least 4 wks prior to Sub-I start (2 wks for electives)

What's Ahead

DATE	EVENT	LOCATION
Aug 4	Wellbeing during the Clerkship Year	PoM3/TBD
Aug 4	OSA Career Advising Overview/Timeline	PoM3/TBD
Aug 4	Specialty Choice	PoM3/TBD
Oct 27	Developing a Narrative/Mission & Brand	PoM3/TBD
Oct 27	CV Tips	PoM3/TBD
Oct	Taking a Gap Year Workshop	TBD