

# OSA S.T.E.P.S. to Success



## April: OSA STEPS to Success

The OSA Steps to Success Career Advising Program is a longitudinal program designed to support your personal and professional growth on your journey to becoming a physician.

### **Making the Most of the Summer**

Summer is a valuable time to recharge while also engaging in experiences that support your long-term growth. Whether you're pursuing research, gaining clinical exposure, joining community or advocacy projects, or simply taking time to rest and reset, summer can help you clarify your interests and build confidence heading into MS2. The key is being intentional—choose opportunities that match your capacity, spark curiosity, and contribute to your personal and professional development.

#### ***Self-Care & Wellness***

*Summer is the perfect time to recharge mentally, physically, and emotionally. Small routines—exercise, hobbies, mindfulness, or social time—can help you return to MS2 refreshed and focused. Even brief moments of self-care can help you return to school refreshed and focused.*

#### ***Practical Skills & Experiences***

*Build skills that make MS2 smoother by volunteering, shadowing, or participating in service projects. Hands-on experiences let you apply classroom knowledge while gaining exposure to patient care.*

#### ***Non-Clinical Experiences***

*Broaden your perspective through student organizations, specialty societies, advocacy work, or community projects. These opportunities develop leadership, teamwork, and communication skills while exploring areas that interest you.*

#### ***Academic Prep & Readiness for MS2***

*Reinforce first-year knowledge and get a head start on MS2 with light review, practice questions, or study planning. Focus on strategies that work for you without turning summer into full-time study.*

#### ***Research***

*Use summer to explore research opportunities, develop skills, and connect with mentors. Early research is about curiosity and learning—short-term projects can clarify interests and strengthen your career development. Can you get FRCT behind you and get ready for Medical student Research Day?*

**Office of Student Affairs**  
[Studentaffairs@som.umaryland.edu](mailto:Studentaffairs@som.umaryland.edu)

### **OSA Career Advising**

### **OSA STEPS to Success**

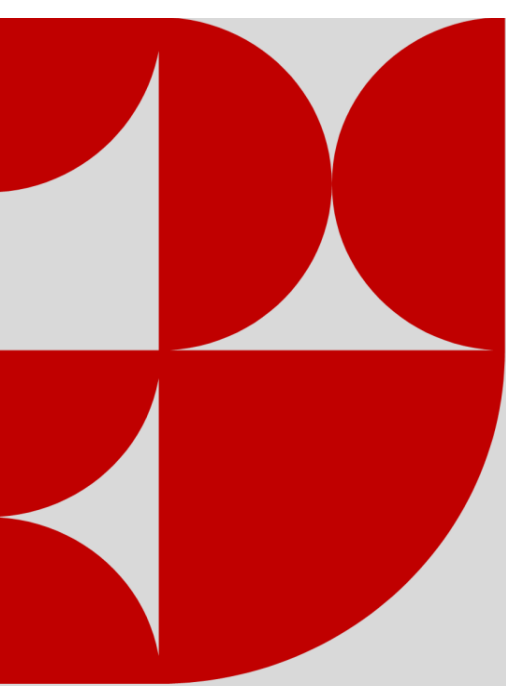
- S. Self-Assessment
- T. Target Specialty
- E. Experience
- P. Preparation & Planning
- S. Strategy Execution

### **OSA Student Handbook**

- [Administrative Support](#)
- [Commitment to Professionalism](#)
- [UMatter Wellbeing Program](#)
- [First Generation Students](#)
- [School Policies](#)

### **AAMC Resources**

[Four-phase career planning process](#)



## SUMMER BUCKET LIST

These suggestions are meant to help you be the **best person you can be**. In turn, this will allow you to be the **best doctor you want to be**.

1. Pick an **inspirational quote** for your summer. If you can't think of one borrow ours: "**The beautiful thing about learning is that no one can take it away from you.**" - B.B. King
2. Answer this question: My **best attribute** is what?
3. Answer this question: My **biggest fear** for the next 1 month and 1 year is what?
4. Call your **support person** and tell them your best attribute and biggest fears.
5. **Declutter** 1 personal space (desk, closet, bedroom, car).
6. **Give away** some of your free time. Volunteer 1 hour or 1 day or 1 week. When the arrow points outward, the personal reward is doubled.
7. Send a **friendly text** or emoji to the first person that comes to your mind.
8. Check out 1 topic from the [Personal Growth Program | UMSOM](#)
9. Release endorphins and serotonin. Find **10 minutes** every day for physical activity. Count steps, add a minute per day of meditation, download a ½ marathon run plan.
10. Do a **digital detox**. Pick a time frame where you stop the scroll and meet a friend in-person. Delete or silence notifications on an App.
11. Learn **something new about Baltimore**. Check out a festival, museum (think AVAM/Walters/BMA), Sunday Market under 83, Harbor walk.
12. **Call a friend** and offer to be a good listener.
13. Answer: **Why are you great?** Go around the dinner table or ask your loved ones to write them and put them in a jar. Pull them out throughout the year as a "pick me up"
14. Watch **your favorite movie**.
15. **Eat** an apple every day. (Or any fruit )
16. Answer: What are your **red flags** for burnout?
17. Answer: What is **your plan** when you notice those red flags?
18. Call you your **support person** and share with them your red flags for burnout and how they can help you during that time?
19. Make a **summer playlist**.
20. Organize your **email inbox**. [How to Organize Email in Outlook](#)
21. Make a **worry box**. Write your worry on a small piece of paper and put it the box for safe keeping and move forward.
22. Make a **sunshine box**. Collect words/pictures/things that make you smile. At a down or low time, go to your sunshine box.
23. **Go to bed** at a normal time, three nights in a row.
24. Send a **quick email** to a faculty member who you think made a difference in your education.
25. **Close your eyes, place your hand on your heart, breath in and out, visualize the sun, feel its warmth from the top of your head to your toes. Repeat often.**

If you don't have a support person, reach out to us (Dr. Allen, Dr. Flaherty, Dr. Lamos, Dr. Thom). We want to hear about your best attribute, worst fear, why you are great, your concerns.

### OSA Insider Podcasts

[Apple Podcasts](#)

E 123: The Wellness Committee  
E 110 Peer Support  
E 85 Mentorship  
E 88 Mentorship  
E 72 Mission/Brand

### How Can OSA Help You?

#### Registration

Brian Wynder

[Bwynder@som.umaryland.edu](mailto:Bwynder@som.umaryland.edu)

#### OSA Career Advisors

##### [OSA Deans](#)

Kerri Thom, MD (LYT)

John Allen, MD (JF)

Marissa Flaherty, MD (MGP)

Elisabeth Lamos, MD (ED)

##### [Specialty Advisors](#)