

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



Office of Student Affairs
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OSA Career Advising

House OSA Liaisons

Dr. Allen: Julius Friedenwald
Dr. Flaherty: Mario Gargia-Palmieri
Dr. Lamos: Eva Dodge
Dr. Thom: Lois Young-Thomas

OSA STEPS to Success

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

OSA Student Handbook

- [Getting Around](#)
- [Commitment to Professionalism](#)
- [First Generation Students](#)

AAMC Resources

[Four-phase career planning process](#)
[FIRST \(Financial Information, Resources, Services and Tools\)](#)

August: Welcome!

Welcome to medical school!

This is the beginning of an exciting, challenging, and deeply rewarding journey. As you settle in, it's normal to feel a mix of excitement, uncertainty, and even a bit of overwhelm—**you're not alone**. The transition into this new phase of your life comes with big adjustments, from managing a heavier academic workload to finding your rhythm in a new environment. Take time to get to know your classmates, lean on your support systems, and remember that building new habits and routines takes time. Be patient with yourself. **You belong here, and with each step, you'll grow more confident** and connected to the person and physician you're becoming. We encourage you to review the [OSA Academic Handbook](#), and the links below.

School Policies

- Administrative
- Curriculum
- Registration/Enrollment
- Learning Environment

Attestations

- On [MedScope](#)
 - ✓ FERPA
 - ✓ HIPPA 125
 - ✓ OSHA Respirator Questionnaire
- [Personal Health & Safety and Risk Mitigation](#)
- [UMSOM Technical Standards](#)
- [Receipt and Review of the Academic Handbook/Student Policies](#)

UMB Student Affairs

[URecFit](#)

[The Writing Center](#)

[Educational Support and Disability Services](#)

[Intercultural Leadership and Engagement](#)

[One Card](#)

[List of Student Organizations](#)

[UMB Police and Public Safety](#)

[Safe Walk/Safe Ride](#)

Career Booster: Wellness in Medical School

Prioritizing wellness during your first year of medical school is **essential—not only for your academic success but for your long-term health and fulfillment.** The pace and pressure of medical training can be intense, especially as you adjust to new expectations and information overload. It's easy to feel like there's no time for anything beyond studying, but **making space for rest, connection, and self-care isn't a luxury—it's a necessity.** Whether it's taking a walk, getting enough sleep, eating well, or talking with friends and mentors, small, intentional habits can protect your mental and physical well-being. **Building these practices early** will help you stay grounded, resilient, and better able to care for both yourself and, eventually, your patients. We encourage you to review our [Commitment to Wellbeing](#).

Personal Growth Program

The first months of medical school are a period marked by developing **resilience**, building **professional identity**, and discovering **how to learn more effectively**. Through these challenges, many students begin to **gain confidence, clarity** about their goals, and a deeper understanding of their **values and motivations** in medicine.

Career Advising

Career growth begins with **exposure** to the vast possibilities within the field of medicine. Students start to **explore** different specialties, engage with **mentors**, and reflect on the type of physician they hope to become. Early clinical experiences, lectures, and interest groups help **shape initial career interests** and lay the foundation for future decisions, even as those **interests evolve over time**.

OSA Insider Podcasts

[Apple Podcasts](#)

E 10: Finding your Passion
E 72: Your Personal Mission
E 85, 88: Mentorship Success and Mentorship Pearls

How Can OSA Help You?

Registration

Brian Wynder

Bwynder@som.umaryland.edu

OSA Advisors

[OSA Deans](#)

Kerri Thom, MD

John Allen, MD

Marissa Flaherty, MD

Elisabeth Lamos, MD

Assistant Dean for Student

Engagement and Student Life for

Student Affairs: Tonya Webb, PhD

[Specialty Advisors](#)

OSA Resources

- [Administrative Support](#)
- [Administrative Resources \(including Jury Duty and Letters of Good Standing\)](#)
- [Financial Aid and Wellness](#)

Your Next Steps: Action Items

1. [Link](#) your UMID to your SOM Account
2. Login to your [SOM email](#) (email setup: [instructions](#))
3. Update your student Profile in [MedScope](#)
4. Login to [SURFS](#) and verify/update your contact information
5. Immunization Requirements
6. COVID-19 Vaccination
7. OSHA Questionnaire/Respiratory PPE/Fit Testing
8. [After Orientation Checklist](#)

What's Ahead

Choosing a Specialty with Dr. Martinez

Dual-degree Open House

Medical Student Research Day (November 18-19, 2025)

Student Group Fair (September 2, 2025)

Exploring Careers in Medicine/Shadowing

[Co-Curricular Opportunities by Theme](#)