

University of Maryland School of Medicine

Office of Student Affairs — Career Advising
655 W. Baltimore St., Suite 1-006, Baltimore, MD 21201
(410) 706-7476 ✉ studentaffairs@som.umaryland.edu

OSA STEPs: Career Advising Newsletter

MS1 | August 2026

FROM THE ADVISOR'S DESK

Welcome to the SOM Community! This is the beginning of an exciting, challenging, and rewarding journey. As you settle in, it's normal to experience a mix of excitement, uncertainty, and moments of feeling overwhelmed. Adjusting to this new phase takes time—from navigating a more demanding academic workload to finding your place in a new environment. Take the time to connect with your classmates, use your support systems, and build routines that work for you. Be patient with yourself as you grow and adapt. **You belong here**, and with each step, you'll become more confident and connected to the person and physician you are becoming. We are excited to get to know you – **Team OSA**.

THIS MONTH'S SPOTLIGHT

UMatter – Wellness in Medical School

Prioritizing wellness during your first year of medical school is essential—not only for academic success but for your long-term health and fulfillment. The pace and demands of medical training can be challenging as you adjust to new expectations and a significant amount of information. While it may feel like there's no time beyond studying, rest, connection, and self-care are essential. Small, intentional habits—such as getting enough sleep, staying active, eating well, and connecting with friends or mentors—can support your mental and physical well-being. Building these practices early will help you stay grounded, resilient, and better prepared to care for yourself and, ultimately, your patients.



Read more → [U Matter](#)

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

CAMPUS PARTNERS AND ADDITIONAL RESOURCES

- Student Counseling Center | 410-328-8404 | <https://www.umaryland.edu/counseling/>
- Student Health | 667-214-2233 | <https://www.umaryland.edu/studenthealth/student-health-center/>
- URecFit & Wellness | <https://www.umaryland.edu/urecfi/>
- Educational Support & Disability Services | <https://www.umaryland.edu/disabilityservices/>
- Student Success, Leadership, and Engagement | <https://www.umaryland.edu/ssle/>
- Intercultural Leadership and Engagement | <https://www.umaryland.edu/ile/>
- UMB Policy and Public Safety | Emergencies 999 | Non-Emergency 410-706-6882
- Safe Walk/Safe Ride | 410-706-6882 | <https://www.umaryland.edu/police/>
- One Card | <https://www.umaryland.edu/onecard/>

OFFICE OF STUDENT AFFAIRS

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QUICK LINKS

- ▶ **OSA Website**
medschool.umaryland.edu/osa
- ▶ **Schedule an Advising Appt.**
[\[Insert booking link\]](#)
- ▶ **Residency App. Manual** [\[Insert link\]](#)
- ▶ **Specialty Exploration** [\[Insert link\]](#)
- ▶ **Match Info & Resources** [\[Insert link\]](#)

HOW CAN OSA HELP YOU?

Our team is here to support you throughout medical school. Reach out anytime.

Administrative Support

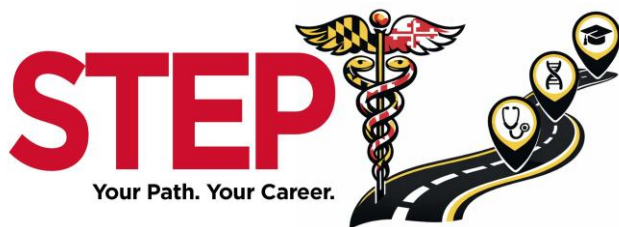
- ✉ studentaffairs@som.umaryland.edu
- ▶ **Caroline Bierly**
✉ cbierly@som.umaryland.edu
- ▶ **Adam Esselman**
✉ aesselman@som.umaryland.edu
- ▶ **Bailey Jenkins**
✉ bailey.jenkins@som.umaryland.edu
- ▶ **Chandler Stafford**
✉ cstafford@som.umaryland.edu

Financial Aid & Wellness

- ✉ SOMFINAID@som.umaryland.edu
- ▶ **Sofia Cascio**
- ▶ **Juanita Simmons**

Registration

- ▶ **Registrar**
medschool.umaryland.edu/osa/student-support/registrar/



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CAREER BOOSTER

OSA STEPs to SUCCESS CAREER ADVISING

Our comprehensive career advising program supports students from early exploration through residency match. We help you better understand your strengths, interests, and values; explore specialty options; navigate uncertainty or indecision; and build a thoughtful, competitive residency application plan. Through individualized advising, structured programming, and milestone-based guidance, we partner with you at every stage to ensure your career path reflects both your professional goals and your personal priorities.

STEP 1 | Year 1 | Understand Yourself

Understanding yourself is the foundation of career exploration – before you can find the right fit specialty, you need to understand what drives you. In this first year of medical school, we invite you to reflect on your personal values, interests, skills and personality to identify what you are looking for in a career. Taking time now to explore will help you make more intentional choices in future phases.

Ways to Get Started

- Complete AAMC CiM Self Assessments
- Reflect on what energized you during your pre-med experiences
- Explore interests through shadowing and interest groups
- Talk with an advisor

EVENTS & WORKSHOPS

DATE	EVENT	LOCATION
TBD	Choosing a Specialty with Dr. Martinez	TBD
TBD	Dual Degree Open House	TBD
Nov17/18	Medical Student Research Day	SMC
TBD	Student Group Fair	TBD

DID YOU KNOW?

School Policies can be found in the OSA Academic Handbook

<https://www.medschool.umaryland.edu/osa/community/academic-handbook/school-policies/> Stay in the know and familiarize yourself with important/frequently used policies in Administration, Curriculum, Registration and the Learning Environment.

OSA DEANS BY HOUSE

Eva Dodge (ED)
Beth Lamos, MD
✉ elamos@som.umaryland.edu

Julius Friedenwald (JF)
John Allen, MD
✉ jallen@som.umaryland.edu

Mario Garcia-Palmieri (MGP)
Marissa Flaherty, MD
✉ mflaherty@som.umaryland.edu

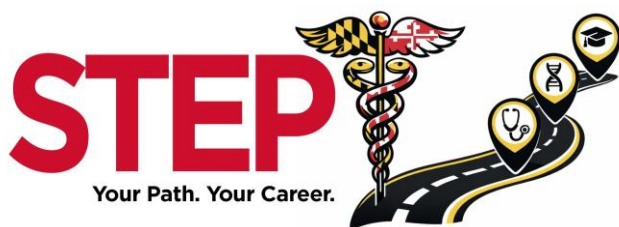
Lois Young-Thomas (LYT)
Kerri Thom, MD, MS
✉ kthom@som.umaryland.edu

STUDENT ENGAGEMENT AND STUDENT LIFE

Assistant Dean
Tonya Webb, PhD
✉ twebb@som.umaryland.edu

CAREER ADVISORS

Dr. Lamos (ED)
elamos@som.umaryland.edu
Dr. Wilkerson (ED)
gwilkerson@em.umaryland.edu
Dr. Allen (JF)
john.allen@som.umaryland.edu
Dr. Goetzinger (JF)
kgoetzinger@som.umaryland.edu
Dr. Flaherty (MGP)
mflaherty@som.umaryland.edu
Dr. Tookhan (MGP)
ktookhan@som.umaryland.edu
Dr. Levin (LYT)
rlevin@som.umaryland.edu
Dr. Thom (LYT)
kthom@som.umaryland.edu



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IMPORTANT TASKS & UPCOMING DEADLINES

KEY TASKS

	Check Schedule
Complete Respiratory Fit Testing	
Complete immunization requirements (Student Health)	09/15
UMB After-Orientation Checklist	TBD



THE OSA \$NSIDER
UNIVERSITY OF MARYLAND
SCHOOL OF MEDICINE

A podcast about medical student life and the journey to becoming a physician. Featuring survival tips, wellness strategies, the inside scoop on major milestones of med school, and interviews with inspirational faculty members, residents, and students. Join Dr. Neda Frayha and find out what doctors wish they knew when they were in medical school.

<https://podcasts.apple.com/us/podcast/the-osa-insider/id1202475808>

- Episode 10: Finding your Passion
- Episode 72: Your Personal Mission
- Episode 85, 88: Mentorship Success and Mentorship Pearls
- Episode 138: Student Engagement and Student Life

WELCOME TO THE TEAM!

New OSA Career Advisors

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.

Dr. Katie Goetzinger

Obstetrics & Gynecology

kgoetzinger@som.umaryland.edu

Dr. Moran 'Roni' Levin

Ophthalmology

rlevin@som.umaryland.edu

Dr. Krista Tookhan

Pediatrics

ktookhan@som.umaryland.edu

Dr. Gentry Wilkerson

Emergency Medicine

gwilkerson@em.umaryland.edu

CONNECT WITH US

Call Us

410-706-7476

Email Us

studentaffairs@som.umaryland.edu

Visit Us

<https://www.medschool.umaryland.edu/osa/>

685 W Baltimore St; Suite 150

Your Path. Your Career.