

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



August: Welcome Back, MS2s!

We're thrilled to welcome you back for your second year of medical school! Whether you spent your summer conducting research, working in a clinical or community setting, traveling, or simply taking some well-deserved time to relax and recharge (which we hope EVERYONE did), we hope it was a fulfilling and restorative break. As you step into this next phase of your medical training journey, remember that second year is a time of professional and personal growth, deeper clinical understanding, and preparation for your clinical phase of medical school. It can be intense, but also incredibly rewarding. Stay organized, lean on your peers and mentors, and don't forget to make time for self-care. You've got this—and we're here to support you every step of the way!

Please peruse the following resources for success and reach out with anything you need!

-Team OSA

Attestations to Complete

- [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](#)
 - Review [School Policies](#)

Annual House Keeping

- Update your student Profile in [MedScope](#)
- Login to [SURFS](#) and verify/update your contact information
- Check on your financial aid information
- Confirm transportation plan for the year
- Save SAFE RIDE in your phone [Campus Safety](#) and [Safe Walk/Safe Ride](#)
- Review Learning environment policy [Personal Health & Safety in the Learning/Clinical Environment](#)

Office of Student Affairs Studentaffairs@som.umaryland.edu

House Advisory System-OSA Liaisons

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

OSA Career Advising-MS2

- Explore different specialties and connect with faculty
- Review Careers in Medicine resources under "Career Booster"
- Engage with OSA Career Development Program
- [Career Specialty Advisors](#)

OSA STEPS to Success

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

OSA Student Handbook

[Career Advising](#)
[Commitment to Wellbeing](#)

AAMC Resources

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

Career Booster: Explore and Develop

Explore: MS2 year is a wonderful time to [Explore Options](#) (requires an AAMC login)!

- Gather Information and Gain Experience
 - o [Medical Specialty Preference Inventory \(MSPI\)](#)
 - o [Physician Values in Practice Scale \(PVIPS\)](#)
 - o [Physician Skills Inventory \(PSI\)](#)
 - o [Co-Curricular Experience | Careers in Medicine](#)
- Look at Specialty Options and Explore Practice Possibilities
 - o [Specialty Profiles | Careers in Medicine](#)
 - o [Specialty Spotlights | Careers in Medicine](#)
 - o [Settings and Environments | Careers in Medicine](#)

Develop: OSA Career Development Program- [Career Advising](#)

- Embedded POM2 Career Workshops
- 1:1 Meetings with your OSA Advisors
- OSA Led Winter Workshops for Clinical/Clerkship Scheduling

Resources for Success: Wellness Reminder

As you step into your MS2 year, **remember that your well-being is just as important as your academic success.** The [Counseling Center at UMB](#) offers confidential support for mental health and stress management. The [Peer Support Network](#) connects you with fellow students who understand the journey and are here to listen. Our Wellness Committee organizes events and resources to help you recharge and stay balanced ([Commitment to Wellbeing](#)). And your [OSA Deans/Faculty](#) are always available to guide and support you through both personal and academic challenges. Prioritize rest, connection, and self-compassion—you've got a whole community behind you.

Physical Health: [URecFit](#)

Academic support: [Educational Support and Disability Services](#)

Cultural support: [Intercultural Leadership and Engagement](#)

Financial support: [Financial Aid and Wellness](#)

Variety of support: [Student Support - UMB Student Affairs](#)

Personal Growth: [Personal Growth Program](#)

To Do: Action Items

1. Do attestations and housekeeping as indicated on first page
2. Reach out to a house mentor to make connections
3. Explore Career Options
4. Make a wellness plan for the year
5. Review OSA Handbook [Student Handbook](#)

What's Ahead?

- Choosing a Specialty with Dr. Martinez- date TBD
- Medical Student Research Day [Medical Student Research Day](#)- Date TBD
- Exploring Careers in Medicine/Shadowing Clinical- Ongoing
- [Co-Curricular Opportunities by Theme](#)- Ongoing
- Clinical/Clerkship Scheduling and Support- starting December 2025
- Step 1 Studying and Support- starting Fall 2025

OSA Insider Podcasts

[Apple Podcasts](#)

Episode 110 The Peer Support Network
Episode 101: From Adaptive to Maladaptive: When Good Habits Go Bad
Episode 72: Your Personal Mission Statement and Brand
Episode 71: Personal Development and Self Improvement

How Can OSA Help You?

OSA Resources

[Administrative Support](#)

[Faculty and Staff](#)

[Financial Aid and Wellness](#)

[Records and Registration](#)

OSA Deans:

Kerri Thom, MD
John Allen, MD
Marissa Flaherty, MD
Elizabeth Lamos, MD

Tonya Webb, PhD- Assistant Dean for Student Engagement and Student Life for Student Affairs

Important Email Addresses

ESDS: disabilityservices@umaryland.edu

Financial Aid: somfinaid@som.umaryland.edu

OSA Email: studentaffairs@som.umaryland.edu

Registration: Bwynder@som.umaryland.edu