

## 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](mailto:studentaffairs@som.umaryland.edu)

## OSA STEPs: Career Advising Newsletter

M2 | August 2026

### FROM THE ADVISOR'S DESK

**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! – Team OSA.

### THIS MONTH'S CAREER ADVISING SPOTLIGHT

This year, we continue to support you through optional meetings with career advisors, workshops in PoM2, specialty spotlights correlating with pre-clerkship learning, specialty interest group sessions, winter clinical/clerkship scheduling workshops, and an expanded career advising team.

#### STEP 2 | Year 2 | Explore Your Options

**Explore Your Options** is where you begin translating self-knowledge into curiosity about the world of medicine. This phase encourages you to research specialties, learn about different career paths, and start connecting what you know about yourself with what each field has to offer. The goal isn't to decide yet — it's to cast a wide net and gather information.

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

#### Ways to Explore:

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

### 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/urecfit/>
- 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](https://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

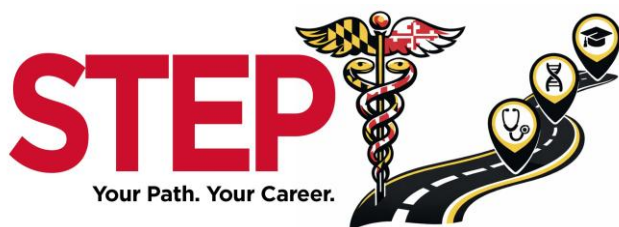
- ✉ [studentaffairs@som.umaryland.edu](mailto:studentaffairs@som.umaryland.edu)
- **Caroline Bierly**  
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- **Adam Esselman**  
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- **Chandler Stafford**  
✉ [cstafford@som.umaryland.edu](mailto:cstafford@som.umaryland.edu)

#### Financial Aid & Wellness

- ✉ [SOMFINAID@som.umaryland.edu](mailto:SOMFINAID@som.umaryland.edu)
- **Sofia Cascio**
- **Juanita Simmons**

#### Registration

- **Registrar**  
[medschool.umaryland.edu/osa/student-support/registrar/](https://medschool.umaryland.edu/osa/student-support/registrar/)



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### A SPOTLIGHT ON WELLNESS

**U MATTER** As you step into your MS2 year, remember that your well-being is just as important as your academic success. The SOM U Matter Program and our campus partners provide key support framework! Prioritize rest, connection, and self-compassion—you've got a whole community behind you. And, remember the OSA Team always available to guide and support you through both personal and academic challenges.



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](#)

### OSA DEANS BY HOUSE

Eva Dodge (ED)

**Beth Lamos, MD**

✉ [elamos@som.umaryland.edu](mailto:elamos@som.umaryland.edu)

Julius Friedenwald (JF)

**John Allen, MD**

✉ [jallen@som.umaryland.edu](mailto:jallen@som.umaryland.edu)

Mario Garcia-Palmieri (MGP)

**Marissa Flaherty, MD**

✉ [mflaherty@som.umaryland.edu](mailto:mflaherty@som.umaryland.edu)

Lois Young-Thomas (LYT)

**Kerri Thom, MD, MS**

✉ [kthom@som.umaryland.edu](mailto:kthom@som.umaryland.edu)

### STUDENT ENGAGEMENT AND STUDENT LIFE

Assistant Dean

**Tonya Webb, PhD**

✉ [twebb@som.umaryland.edu](mailto:twebb@som.umaryland.edu)

### CAREER ADVISORS

Dr. Lamos (ED)

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Dr. Thom (LYT)

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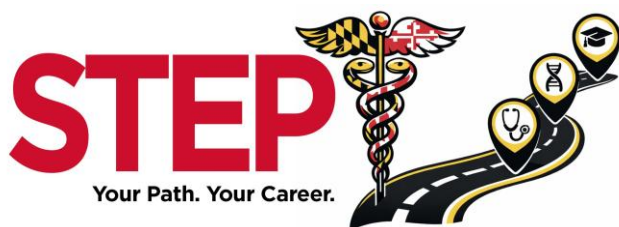
### EVENTS & WORKSHOPS

| DATE     | EVENT                                           | LOCATION |
|----------|-------------------------------------------------|----------|
| TBD      | Choosing a Specialty with Dr. Martinez          | TBD      |
| November | Medical Student Research Day                    | TBD      |
| Dec-Mar  | Clinical/Clerkship Schedule & Support Workshops |          |
| Fall     | USMLE Step 1 Support/Studying                   |          |

### DID YOU KNOW?

#### The OSA Academic Handbook is your go-to guide

Review school policies for Administration, Curriculum, Registration, and the Learning Environment at: <https://medschool.umaryland.edu/osa/community/academic-handbook/school-policies/> (see email, and review attestations)



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### IMPORTANT TASKS & UPCOMING DEADLINES

#### KEY TASKS & DEADLINES

|                                                                          |                             |
|--------------------------------------------------------------------------|-----------------------------|
| EXXACT – Immunization Requirements and OSHA Form                         | 09/15                       |
| Respiratory Fit Testing                                                  | <b>*Sign Up on Schedule</b> |
| Personal Health & Safety and Risk Mitigation <a href="#">Attestation</a> | 08/31                       |
| UMSOM Technical Standards <a href="#">Attestation</a>                    | 08/31                       |
| <a href="#">Review and Attest</a> Academic Handbook/Student Policies     | 08/31                       |
| Login to SURFS and verify/update contact information                     | 08/31                       |
| Check on financial aid information                                       | 08/31                       |



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

### CONNECT WITH US

#### Call Us

410-706-7476

#### Email Us

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

#### Visit Us

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

685 W Baltimore St; Suite 150

**Your Path. Your Career.**

### 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](mailto:kgoetzinger@som.umaryland.edu)

#### Dr. Moran 'Roni' Levin

**Ophthalmology**

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#### Dr. Krista Tookhan

**Pediatrics**

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#### Dr. Gentry Wilkerson

**Emergency Medicine**

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