



MS1

Understanding
Yourself/Explore
Options



MS2

Explore
Options/Choose
your Specialty



MS3

Choose your
Specialty/Prepare
for Residency



MS4

Prepare for
Residency



MS1: Understanding Yourself/Explore Options

Events	Programing	OSA Insider Podcast (selected)	Tools	Financial Services	Task List
<ul style="list-style-type: none"> • Orientation to Careers in Medicine (Intro to Medical School) • Choosing a Specialty with Dr. Martinez • Dual-degree Open House • OSR Mid-Summer Retreat • Medical Student Research Day 	<ul style="list-style-type: none"> • Pre-clerkship Electives • Exploring Careers in Medicine/Shadowing • Service Learning • Student Group Fair • AAMC Virtual Specialty Forum • PoM1 • Leadership Training/SGA reps • First Generation Students 	<p>Episode 10: Finding Your Passion with Dr. Devang Patel</p> <p>Episode 19: Career Surprises with Dr. Nirav Shah</p> <p>Episode 20: Picking a Specialty with Dr. Beth Lamos</p> <p>Episode 26: Hitting the Career Jackpot with Dr. Sandra Quezada</p> <p>Episodes 28 and 29: New Beginnings with Dr. Olga Ioffe</p> <p>Episode 37: Women in Surgery and SO MUCH MORE with Dr. Kim Lumpkins</p> <p>Episode 38: Making Hard Decisions with Dr. Nikki Southall</p> <p>Episode 41: Advocacy and Legislative Medicine</p> <p>Episode 60: QI 101</p> <p>Episode 72: Your Personal Mission Statement and Brand</p> <p>Episode 85: Mentorship Success: Mentee Perspectives with Chloe Snow and Dr. Rebka Tekeste</p> <p>Episode 88: Mentorship Pearls with a Mentor Mentee Duo</p> <p>Episodes 16 and 17: Failures, Setbacks, and Mistakes</p>	<p>AAMC Careers in Medicine</p> <p>Personal Growth Program</p> <ul style="list-style-type: none"> • Motivation/Passion • Purpose/Vision <p>The Learning Institute Micro-credentialing</p> <p>Co-Curricular Opportunities by Theme</p>	<p>Managing Your Finances During Medical School-AAMC</p> <ul style="list-style-type: none"> • Transitioning to Medical School Financial Tips • AAMC Budget Worksheet 	<ul style="list-style-type: none"> • Medical Specialty Preference Inventory (MSPI) • Physician Values in Practice Scale (PVIPS) • Physician Skills Inventory (PSI) • M1 OSA 1:1 Meeting • OSR Group and 1:1 Meetings • MSRD Attendance

MS2: Explore Options/Choose Specialty

Events	Programing	OSA Insider Podcast (selected)	Tools	Financial Services (selected)	Task List
<ul style="list-style-type: none"> • Choosing a Specialty with Dr. Martinez • Dual-degree Open House • OSR Mid-Summer Retreat • Medical Student Research Day 	<ul style="list-style-type: none"> • Pre-clerkship Electives • Exploring Careers in Medicine/Shadowing • Service Learning • Student Group Fair • AAMC Virtual Specialty Forum • PoM1 • Leadership Training/SGA reps • First Generation Students 	<p>Episode 19: Career Surprises with Dr. Nirav Shah</p> <p>Episode 20: Picking a Specialty with Dr. Beth Lamos</p> <p>Episode 26: Hitting the Career Jackpot with Dr. Sandra Quezada</p> <p>Episodes 28 and 29: New Beginnings with Dr. Olga Ioffe</p> <p>Episode 37: Women in Surgery and SO MUCH MORE with Dr. Kim Lumpkins</p> <p>Episode 38: Making Hard Decisions with Dr. Nikki Southall</p> <p>Episode 41: Advocacy and Legislative Medicine</p> <p>Episode 60: QI 101</p> <p>Episode 85: Mentorship Success: Mentee Perspectives with Chloe Snow and Dr. Rebka Tekeste</p> <p>Episode 88: Mentorship Pearls with a Mentor Mentee Duo</p> <p>Episode 54: #USMLEPassFail with Dr. J. Bryan Carmody</p> <p>Episode 4: Preparing for Step 1</p> <p>Episode 7: Step 1 - A Student Perspective</p> <p>Episode 45: Step 1 Disappointment</p> <p>Episodes 16 and 17: Failures, Setbacks, and Mistakes</p>	<p>AAMC Careers in Medicine</p> <ul style="list-style-type: none"> • Specialty Profiles • AAMC Clinical & Research Opportunities <p>Personal Growth Program</p> <ul style="list-style-type: none"> • Motivation/Passion • Purpose/Vision • Time Management • Skill Building <p>The Learning Institute Micro-credentialing</p> <p>Co-Curricular Opportunities by Theme</p>	<p>Managing Your Finances During Medical School-AAMC</p> <ul style="list-style-type: none"> • Roommates and Finances • Unforeseen Emergencies and Financial Needs • AAMC Budget Worksheet 	<ul style="list-style-type: none"> • Medical Specialty Preference Inventory (MSPI) • Physician Values in Practice Scale (PVIPS) • Physician Skills Inventory (PSI) • Join professional societies • M2 OSA 1:1 Meeting

MS3: Choose Specialty

Events	Programing	OSA Insider Podcast (selected)	Tools	Financial Services (selected)	Task List
<ul style="list-style-type: none"> Clinical Scheduling Meeting Taking a GAP Year: Considerations and Planning Meeting Advanced Clinical Phase Scheduling Meeting Specialty Specific Scheduling Sessions Junior/Senior Day 	<ul style="list-style-type: none"> POM 3 Day: <ul style="list-style-type: none"> CV Writing Workshop Developing a Residency Theme Away Rotations and VSLO Workshop Residency Application Preview Workshop Personal Statement Writing Workshops 	<p>Episode 19: Career Surprises with Dr. Nirav Shah</p> <p>Episode 20: Picking a Specialty with Dr. Beth Lamos</p> <p>Episode 38: Making Hard Decisions with Dr. Nikki Southall</p> <p>Episode 9: Transition to Third Year - Student Perspectives</p> <p>Episode 44: Transition to Third Year, Redux</p> <p>Episode 83: Nontraditional Career Paths and Entrepreneurship with Dr. Maurice Reid</p> <p>Episode 90: The 4th Year Student Who Decided Against a Clinical Career</p> <p>Episode 95: A Current MS4's Brave Career Path</p> <p>Episode 103: Gap Years with MS4 Kimia Abtahi</p> <p>Episode 104: All About Preventive Medicine</p> <p>Episode 105: A Gap Year Before Residency with MS4 Manaahil Rao</p> <p>Episode 30: Step 2 Clinical Knowledge</p> <p>Episode 65: Interview with a Program Director</p> <p>Episodes 24 and 25: Applying to Residency Programs</p>	<p>Residency Application Manual</p> <p>AAMC Careers in Medicine</p> <ul style="list-style-type: none"> Specialty Profiles Compare Specialties Competitiveness <p>Personal Growth Program</p> <ul style="list-style-type: none"> Motivation/Passion Purpose/Vision Time Management Skill Building <p>The Learning Institute Micro-credentialing</p>	<p>Managing Your Finances During Medical School-AAMC</p> <ul style="list-style-type: none"> The Cost of Applying for Medical Residency The Cost of Interviewing for Residency AAMC Budget Worksheet POM 3 <ul style="list-style-type: none"> Student Loan Debt Relief and Personal Finance 	<ul style="list-style-type: none"> Specialty Indecision Scale Medical Specialty Preference Inventory (MSPI) Physician Values in Practice Scale (PVIPS) Physician Skills Inventory (PSI) OSA Office hours OSA Specialty Advising Group Sessions OSA 1:1 Advising Session

MS4: Prepare for Residency

Events	Programing	OSA Insider Podcast (selected)	Tools	Financial Services (selected)	Task List
<ul style="list-style-type: none"> Specialty Specific Advising Sessions Transition to Residency Elective Information Session 	<ul style="list-style-type: none"> ERAS Workshop Personal Statement Writing Workshops Interview Prep Workshop Match Week and SOAP week Workshop 	<p>Episodes 5 and 8: Transition to Residency</p> <p>Episode 83: Nontraditional Career Paths and Entrepreneurship with Dr. Maurice Reid</p> <p>Episode 15: Interviewing for Residency</p> <p>Episode 21: Rank Lists, SOAP, and Match Day</p> <p>Episodes 24 and 25: Applying to Residency Programs</p> <p>Episode 31: Revisiting the Residency Interview</p> <p>Episode 42: Transition to Intern Year, Redux</p> <p>Episode 47: The Couples Match</p> <p>Episode 55: What If I Don't Match?</p> <p>Episode 65: Interview with a Program Director</p> <p>Episode 3: Should I Stay, or Should I Go?</p> <p>Episode 90: The 4th Year Student Who Decided Against a Clinical Career</p> <p>Episode 95: A Current MS4's Brave Career Path</p> <p>Episode 30: Step 2 Clinical Knowledge</p> <p>Episode 65: Interview with a Program Director</p> <p>Episodes 24 and 25: Applying to Residency Programs</p> <p>Episode 30: Step 2 Clinical Knowledge</p>	<p>Residency Application Manual</p> <p>AAMC Careers in Medicine</p> <ul style="list-style-type: none"> Compare Specialties Competitiveness Prepare for Residency <p>Residency Explorer Tool AAMC</p> <p>FREIDA AMA</p> <p>Personal Growth Program</p> <p>The Learning Institute Micro-credentialing</p>	<p>Managing Your Finances During Medical School- AAMC</p> <ul style="list-style-type: none"> The Cost of Applying for Medical Residency The Cost of Interviewing for Residency AAMC Budget Worksheet 	<ul style="list-style-type: none"> Specialty Indecision Scale Medical Specialty Preference Inventory (MSPI) Physician Values in Practice Scale (PVIPS) Physician Skills Inventory (PSI) OSA Specialty Advising Group Sessions OSA 1:1 Advising Session Mock Interview