



YOUR CAREER DEVELOPMENT
TEAM PRESENTS:

SPECIALTY EXPLORATION

APRIL 2023 NEWSLETTER



APRIL 2023 ISSUE

SPECIALTY EXPLORATION

Career Development Team Monthly Newsletter



GREETINGS RVUCOM CLASSES OF 2025 AND 2026!

by Alex Fishburn, OMS II

Welcome to the April edition of our career development team monthly newsletter! This month, we're excited to kick off our theme on medical specialty exploration. As aspiring physicians, it's crucial for us to have a deep understanding of the various medical specialties available to us, as this knowledge will guide our career paths and shape the future of healthcare. Throughout this newsletter, we'll be featuring different resources that can assist you in specialty exploration, including a specialty panel from recent RVUCOM students who matched this March.

Let's embark on this exciting journey of medical specialty exploration together and uncover the vast possibilities that lie ahead in our medical careers. Stay tuned for our updates on the Teams page and through email; as always we encourage you to actively engage in discussions and ask questions as we delve into the fascinating world of medical specialties.

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CAREERS IN MEDICINE

Careers in Medicine (CiM), from the AAMC, is a valuable resource for medical students that are unsure of what specialty they are interested in pursuing. CiM provides a comprehensive overview of different healthcare professions, their requirements, and opportunities for specialization. It also offers guidance on selecting the right residency programs, and fellowship opportunities. Additionally, CiM provides resources for professional development, including mentorship programs, networking opportunities, and strategies for achieving work-life balance. If you need your login reach out to Madison (mtarleton@rvu.edu) or Jeddie (jherndon@rvu.edu).

You can access CiM through the Teams Page!

"RVUCOM Career Advising"

General

Toolkits

Career Assessments Kit

Careers in Medicine

CLUBS

Getting involved in specialty-specific clubs can greatly enhance your experience in a particular field of interest. These clubs provide a unique opportunity to connect with like-minded individuals who share the same passion and enthusiasm for a particular specialty. By joining these clubs, you can gain valuable insights, knowledge, and skills from experts in the field, as well as participate in various events, workshops, and competitions. Getting involved in these clubs can provide a supportive and engaging community where you can further explore your interests, expand your horizons, and develop your skills and expertise. So, don't hesitate to join these clubs (on Teams) and make the most out of your experience in your chosen field!

"The only way to do great work is to love what you do." - Steve Jobs



1. Understand Yourself

Self-exploration is essential to a satisfying specialty choice



2. Explore Options

Knowing about all career options that exist ensures well-informed decisions



3. Choose Your Specialty

Making a career choice that makes you happy is harder than you think



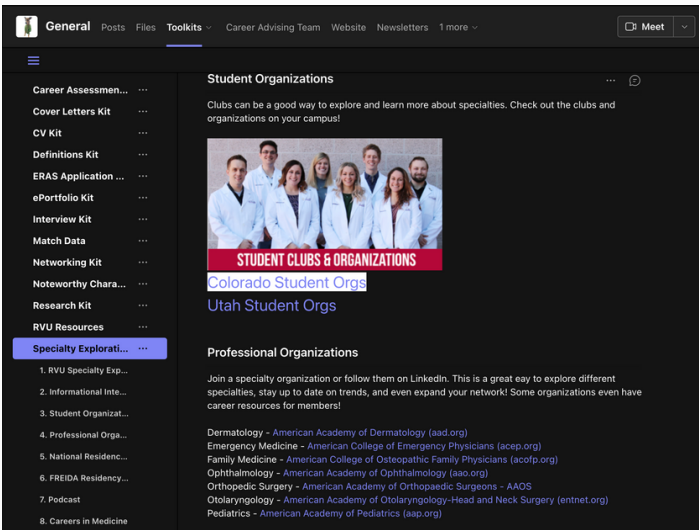
4. Prepare for Residency

Much is involved in the transition from applying to arriving at residency

TEAMS RESOURCES

The RVUCOM Career Advising Teams page is a valuable resource for medical students, providing a wealth of information on various aspects of their medical journey. In the **Specialty Exploration Tab** you can find:

- **Alumni sheet** - that showcases the former RVUCOM students that matched to each specialty every year.
- **Professional Student Organizations** - offers networking and learning opportunities for various specialties
- **National Resident Matching Program (NRMP)** - which helps students navigate the complex process of matching into residency programs
- **FREIDA (Fellowship and Residency Electronic Interactive Database Access)** - a comprehensive database that provides information on different residency and fellowship programs
- **And tons more!**



*Please note that I have "darkmode" on my Teams settings. Your view on Teams may not look the same.

SPECIALTY PANELS

Join a Zoom panel with recently matched 4th years and alumni! You'll have an opportunity to ask them questions about each specialty. click the panels below for Zoom links.

Anesthesiology April 11 5:30-6:30pm	Emergency Medicine April 11 6:30-7:30pm
Family Medicine/ Peds April 12 5:30-6:30pm	General Surgery April 12 6:30-7:30pm
Internal Medicine April 13 5:30-6:30pm	Neurology April 13 6:30-7:30pm
OB/GYN April 18 5:30-6:30pm	Orthopedic Surgery April 18 6:30-7:30pm
Psychiatry April 19 5:30-6:30pm	PM&R/ONMM April 19 6:30-7:30pm
Radiology/ Pathology April 20 5:30-6:30pm	Derm/Surgical Subspecialties April 20 6:30-7:30pm

SPECIALTY PANELS

Later this month, the career advising team is excited to host the **2023 Specialty Panels!** This will be a time for our fourth-year students (and hopefully alumni) to share the valuable knowledge and experience they gained on their journey to deciding on a specialty and securing a residency.

Please make sure to block some time out of your busy schedules to attend these panels. Students can learn about the application process, residency interviews, and other nuances specific to the specialty, which can help you better understand the requirements and expectations of that particular field.

We're excited to see you there!

