

Advising Checklist: M1

Goals

- Establish rapport
- Evaluate how the student is adjusting to medical school
- Begin exploring specialty choice by introducing the concept of self-assessment
- Introduce Careers in Medicine
- Discuss summer plans

Advising Framework

The most important task in working with first-year students is building rapport; ensure they feel your conversations are “a safe space” and that they can trust you. Build rapport with students by establishing the goals and expectations for the advising relationship, being available, asking appropriate questions, actively listening, and maintaining confidences.

Questions for discussion

☐ Establishing rapport and expectations

- How can I be most helpful to you as your advisor?
- How often would you like to meet?

☐ Adjustment to medical school

- How are you handling the workload?
- Are you receiving the support you need academically and personally?

☐ Curricular concerns

- Describe your performance so far in medical school.
- Do you have any questions about the curriculum?
- Are you aware of available resources?

☐ Background and influences

- How did you decide to become a physician?
- What was the most influential factor in your decision?
- What experiences have you had in the health care field, if any?

☐ Specialty choice

- What is important to you in your future practice of medicine?
- What skills do you have that you would like to incorporate into your career?
- What are your interests?

- What specialties are you currently drawn to?
- What interests you about those specialties?
- What do you know about your specialty options?



Summer plans

- How would you like to spend the summer between your first and second years?
- Do the specialties you're considering require research or other experiences to be competitive?

CiM Tools and Resources available on www.aamc.org/cim

- Medical Specialty Preference Inventory (MSPI)
- Physician Values in Practice Scale (PVIPS)
- Specialty Indecision Scale (SIS)
- Physician Skills Inventory (PSI)

Find this checklist on the CiM website at <https://www.aamc.org/cim/advisors-liaisons/advising-checklists>