



Noteworthy Characteristics Development Workshop

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AGENDA

Section 1 – MSPE and Noteworthy Characteristics

Section 2 – Brainstorm

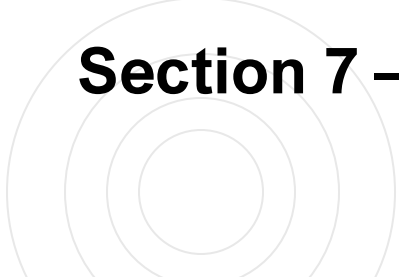
Section 3 – Noteworthy Characteristic Writing Formula

Section 4 – Practice Writing: Sample Story

Section 5 – Workshopping your Characteristics

Section 6 – Next Steps

Section 7 – Questions or Comments



Section 1 – MSPE & Noteworthy Characteristics



MSPE: Medical Student Performance Evaluation

"The MSPE is a summary letter of evaluation, not a letter of recommendation. Information presented in the MSPE must be standardized, clear, and concise and presented in such a way that allows information to be easily located within the document." (AACOM)

Content: The MSPE should contain six sections: Identifying Information, Noteworthy Characteristics, Academic History, Academic Progress, Summary, and Medical School Information



**Medical Student Performance Evaluation
for
Typical Student
October 1, 2017**

EXAMPLE MSPE

Identifying Information

Typical Student is a fourth-year student at Northwestern University Feinberg School of Medicine in Chicago, Illinois.

Noteworthy Characteristics

- Typical was awarded a summer stipend from the National Institute of Diabetes and Kidney Disease to study at UCLA/Cedars Sinai. He has since presented projects in obstetrics/gynecology and otolaryngology.
- Typical has been dedicated to service as a medical student by volunteering at the Student Outreach Clinic, a student-run clinic providing basic medical care to the underserved community.
- Typical has developed his interest in medical education as a supplemental instructor for the cardiopulmonary block and volunteer instructor at anatomy lab review sessions.

Academic History

Date of Initial Matriculation in Medical School:	August 2014
Date of Expected Graduation from Medical School:	May 2018
Please explain any extensions, leave(s) of absence, gap(s), or break(s) in the student's educational program.	Not applicable
<i>For transfer students:</i>	
Date of Initial Matriculation in Prior Medical School:	Not applicable
Date of Transfer from Prior Medical School:	Not applicable
<i>For dual/joint/combined degree students:</i>	
Date of Initial Matriculation in other degree program:	Not applicable
Date of Expected graduation from other degree program:	Not applicable
Type of other degree program:	Not Applicable
Was this student required to repeat or otherwise remediate any coursework during his/her medical education?	No

— Your NC's set the tone of the MSPE. Many times this document is the first one they review before they look at anything else on your application



Noteworthy Characteristics

- . **3** characteristics
- . **2** sentences long
- . **1** MSPE document




THE MATCH[®]
NATIONAL RESIDENT MATCHING PROGRAM[®]



START WITH YOUR CV

- Review each section of your CV such as Leadership, Awards, Community Service, Research, Professional Experience, Mentoring
- Choose 3 experiences or activities that you are proud of that represent the scope of your experiences across 2-3 sections of your CV.
- Draft your bullet points accordingly





**What are examples of
characteristics you
could highlight?**

Sample Characteristics

- Leadership
- Resiliency
- Curious
- Responsible
- Collaborative
- Adaptable
- Compassionate
- Creative
- Dependable
- Perceptive
- Reflective

- Compassionate
- Considerate
- Independent
- Confident
- Mindful
- Empathic
- Conscientious
- Precise
- Sympathetic
- Tolerant
- Trustworthy

- Optimistic
- Honest
- Thoughtfulness
- Enthusiastic
- Perceptive
- Respectful
- Courageous
- Self-Disciplined
- Inventive
- Integrity
- Driven

Support Your Characteristics

- Prior work experience that has influenced your career
- Challenges Overcome
- Leadership and Mentoring Roles
- Institutional Leadership
- Research Achievements
- Personal Experiences and background
- Family Responsibilities
- International Experiences



DOs

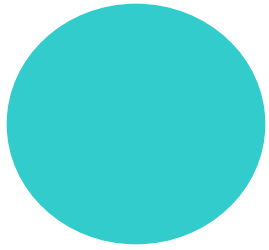
- ❑ Write in 3rd person format
- ❑ 1-2 sentences per bullet point, roughly no more than 300 characters
- ❑ Write about factually information
- ❑ Include experiences prior to medical school if you have unique things to share (e.g. Peace Corps)
- ❑ Connect pre-medical school experiences if they've been continued (e.g. Volunteering)

DOnts

- ❑ Mention specific specialties; "you may not get into the specialty you want or may change specialties later. Instead, include activities related to specialties you are interested in without announcing your plans to apply within that specialty."
- ❑ Include anything you would not want to be brought up in a residency interview
- ❑ Focus on the future—include things that are currently happening or have happened

Section 3 – The Drafting Stages: Needs Revising, Revisions, & Improvements





NEEDS REVISING

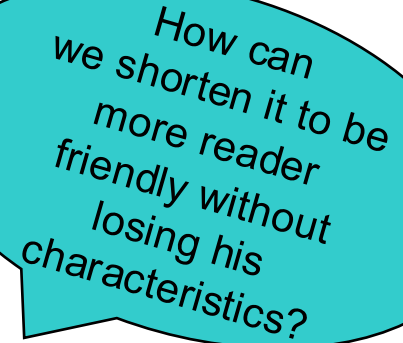
"Student Doctor Forbes' dedication to being a catalyst for change through advocacy and action is highlighted by his participation in RVU's Global Health Honors Track, where he gained an all-encompassing global perspective of medicine that improved his cultural sensitivity, communication skills, and knowledge of various international healthcare delivery systems.

His involvement in the track resulted in more transformative experiences during his medical outreach trip to Kenya, the OB/GYN and Surgery rotations in Somaliland—that he organized for himself and his peers, and his surgical oncology rotation at the American University of Beirut in Lebanon."





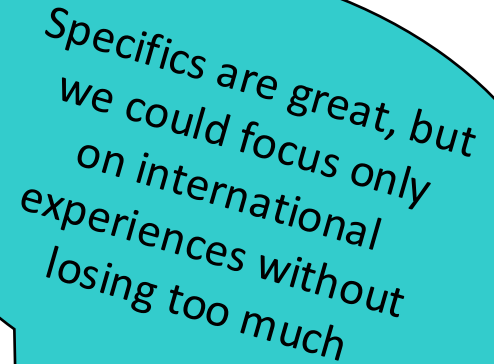
REVISIONS




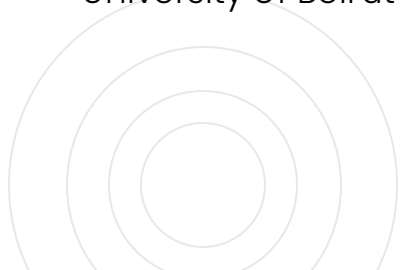
How can we shorten it to be more reader friendly without losing his characteristics?

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His involvement in the track resulted in more transformative experiences including a medical outreach trip to Kenya, the OB/GYN and Surgery rotations he organized for himself and his peers, and his surgical oncology rotation at the University of Beirut in Lebanon."



Specifics are great, but we could focus only on international experiences without losing too much

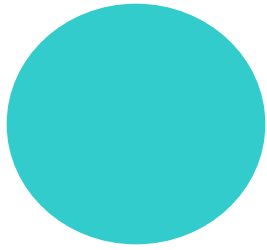


IMPROVED

"Student Doctor Forbes' participated in RVU's Global Health Honors Track, where he gained an all-encompassing global perspective of medicine that improved his cultural sensitivity, communication skills, and knowledge of various international healthcare delivery systems.

His involvement in the track resulted in medical outreach trips and rotations in Kenya, Somaliland, and Lebanon."



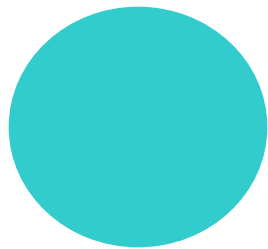


NEEDS REVISING

“Student Doctor Grey’s commitment to excellence in her medical education is reflected by her academic performance during her preclinical courses while balancing the responsibilities of being a wife, mother, and student.

She was able to successfully complete the most challenging course of the first-year curriculum, Neuroanatomy, when she gave birth to her second child.”





"Student Doctor Gre
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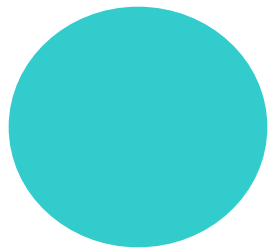


IMPROVED

"Student Doctor Grey successfully balanced being an active member of the Student Government Association Executive board while parenting her young children.

Through the Student Government Association, Student Doctor Grey advocated for parenting students', earning her an institutional award for her service to the school and her peers.





NEEDS REVISING

"Student Doctor Iglesias' ability to identify gaps in the curriculum led him to fill those gaps by providing opportunities for his peers to explore PM&R and refine their musculoskeletal exam skills, as he organized guest lectures and interactive workshops to discuss common sport injuries scenarios developed by sports medicine physicians through his role as Vice President of the PM&R Club.

His commitment to helping patients as a Neurologist is evidenced by his volunteer experience with Littleton's Retirement home, where he read to patients suffering from Alzheimer's disease during the Covid19 pandemic, and through his investment in professional development opportunities such as, attending the American Academy of Neurology's 73rd Conference and RVU's Neurology Residency Panel."



Too negative

REVISIONS

What other characteristics could this student focus on

"Student Doctor Iglesias' ability to identify gaps in the curriculum led to those gaps by providing opportunities for his peers to explore PM&R, their musculoskeletal exam skills, as he organized guest lectures and workshops to discuss common sport injuries scenarios developed by medicine physicians through his role as Vice President of the PM&R Club."

Do not specifically mention specialty interests

His commitment to helping patients as a Neurologist is evidenced by his volunteer experience with Littleton's Retirement home, where he read to patients suffering from Alzheimer's disease during the Covid19 pandemic, and through his investment in professional development opportunities such as, attending the American Academy of Neurology's 73rd Conference and RVU's Neurology Residency Panel."

What other characteristics could this student focus on

IMPROVED

“Student Doctor Iglesias developed outstanding leadership abilities through his role as Vice President of the PM&R Club by providing supplemental instruction through guest lectures and interactive workshops after identifying gaps in the curriculum, resulting in opportunities for his peers to explore PM&R and refine their musculoskeletal exam skills.

His leadership is augmented by his commitment to helping patients as a Neurologist, evidenced by his volunteer experience with Littleton’s Retirement home, where he read to patients suffering from Alzheimer’s disease during the Covid19 pandemic, and through his investment in professional development opportunities such as attending the American Academy of Neurology’s 73rd Conference and RVU’s Neurology Residency Panel.



Section 4 – **Practice Writing Noteworthy Characteristics**



OSOSE OBOH

A daughter of immigrants, Ms. Oboh witnessed the complexities of navigating the healthcare system from an early age and felt called to pursue a career in medicine.

Ms. Oboh had a variety of experiences with physicians early in life as a daughter of immigrants. Her father came to the US from Nigeria to go to school, and later returned to Nigeria, married her mother and moved back to the US to give his future kids a better life. Navigating the healthcare system of the US with and without health insurance allowed Ms. Oboh to have a unique appreciation for empathetic and compassionate physicians. Ms. Oboh's grandparents didn't have insurance and sometimes, she would spend a whole day with them in the emergency room or urgent care clinics waiting to be seen. She saw the great care physicians gave to her mother when she was battling breast cancer; and she also saw the lack of quality care that was provided to her by a physician who was unaware of his own biases. From these experiences, and her love for the art that is the human body, Ms. Oboh felt called to pursue a career in medicine.

Additionally, she started as a volunteer in a student run organization at UCLA called the Black Hypertension Project. The group would go to barbershops around the greater Los Angeles area and do blood pressure screenings and healthy heart workshops. Talking to the community members and serving them made Ms. Oboh aware of the desire she had to be their bridge to better health outcomes. Ms. Oboh wanted to be acutely aware of their illnesses and know how to treat them. Over time, she learned that she needed to be hands-on. Ms. Oboh got her MPH and while the knowledge was great, and the interventions that could be done have the potential to change lives, she still wanted to be at the forefront of patient care.

AAMC, Breaking Through the Barriers, "Osose Oboh"

OSOSE OBOH

Family
Responsibilities

Overcoming
obstacles

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AAMC, Breaking Through the Barriers, "Osose Oboh"

Self-Discipline,
Passionate



OSOSE OBOH

1. Self-Discipline
2. Community Service
3. Overcoming Obstacles



OSOSE OBOH

1. _____

2. _____

3. _____



OSOSE OBOH

1. Student Doctor Oboh's success can be credited to her ability to maintain self-discipline through the completion of her Master's degree.
2. Her passion for changing lives gave her the motivation to remain focused in school while also balancing her work at the Black Hypertension Project.



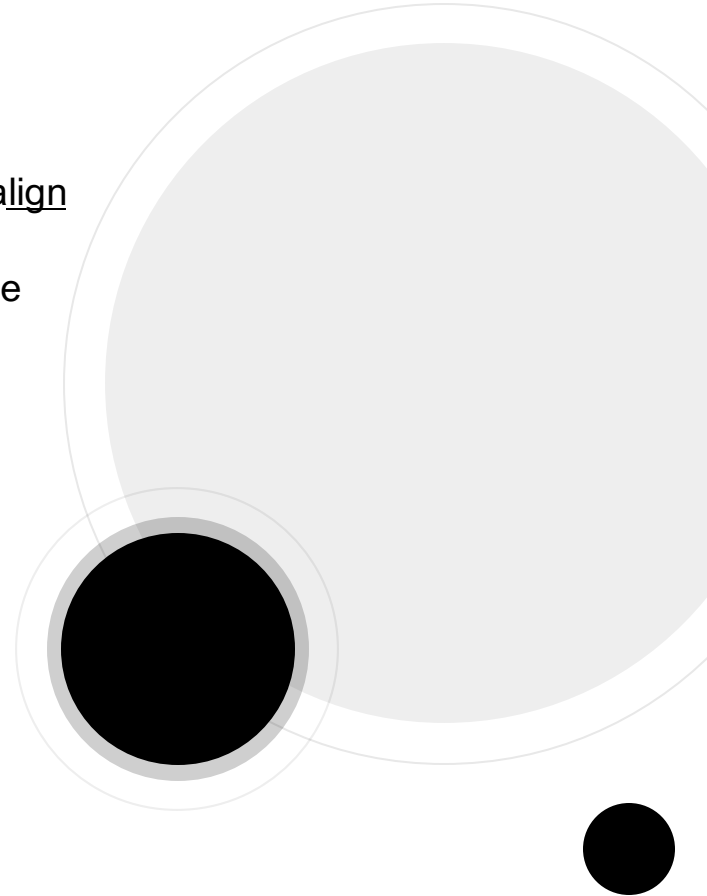
Section 6- Next Steps

Go to the PD Survey for your top specialties

Review your worksheet and determine what traits you've written align with what Program Directors are looking for.

Write 3 NC's for yourself – remember you may go through multiple drafts and its okay to completely restart

Keep working at these, plan on having them completed spring semester of your 3rd year.



Questions or
Comments

