



November Newsletter

PRE-CLINICAL CAREER ADVISING

~ SHOW YOUR BEST SELF ~

EPORTFOLIO EDITION

MORE INFORMATION CAN BE FOUND
ON THE TEAMS CARRER ADVISING PAGE
OR BY CONTACTING CAREER TEAM
MEMBERS

HOW-TO GUIDE

ON TEAMS



"RVU COM
CAREER

ADVISING"



"TOOLKITS"

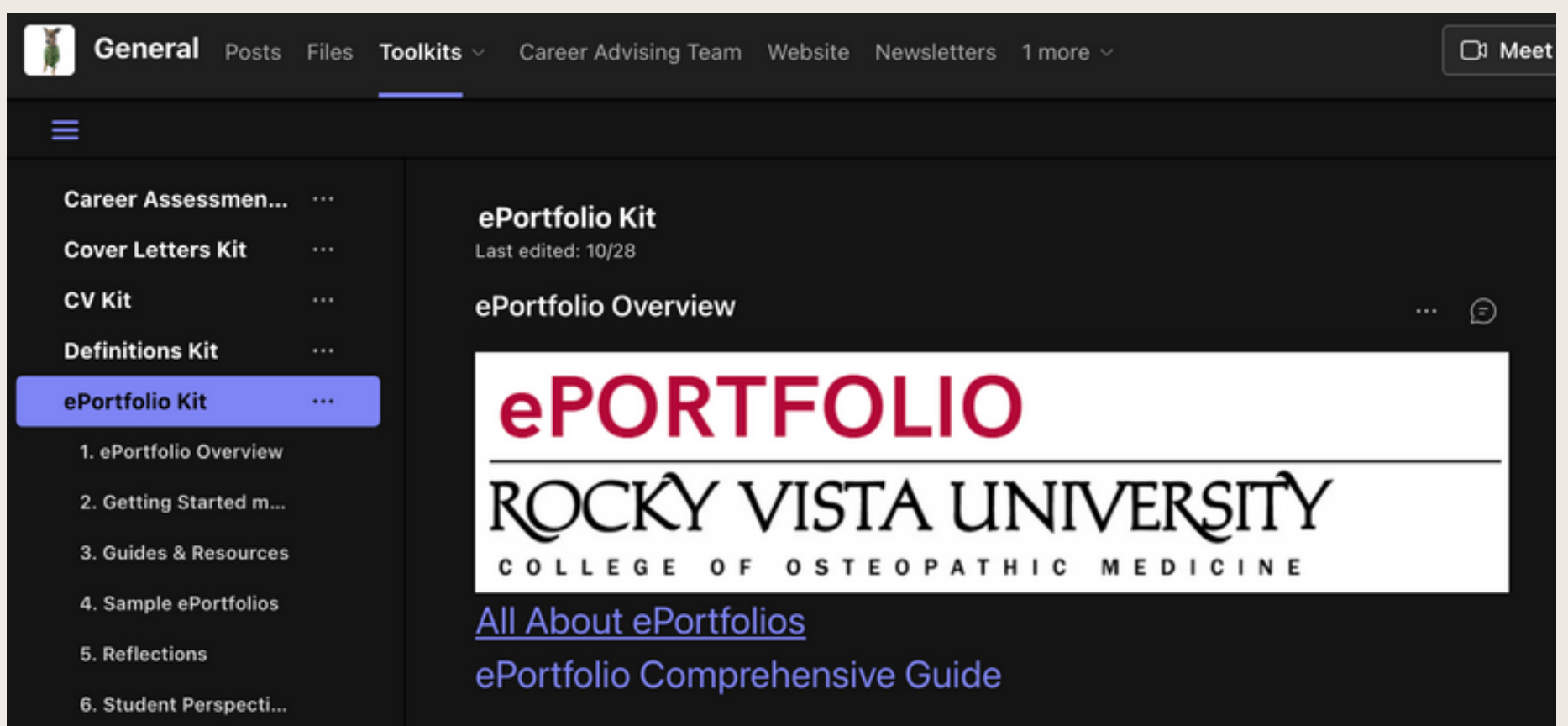


"EPORTFOLIO
KIT"

why?

*to network and have
professionals be able to see
the "full picture of you!"*

1. pick an interface website
(ex:Google Site or Wix)
2. find a suitable template
3. assess your networking
goals
4. use questions from the
"Reflection Question Bank" to
guide sections
5. include extracurriculars,
volunteering, research, etc .
you're passionate about



Examples:

Ricky Jimenez, OMS I

Alex Fishburn, OMS II

Elizabeth Kuge, OMS IV



Get Started!

- start with finding templates you like
- keep taking pictures of academic and social endeavors (keep them professional)
- take some career development quizzes during the upcoming breaks

- interactive form of CV applicable in networking environments
- attach poster presentations
- include links to papers & presentations
- attach volunteer work and pictures of interests/hobbies
- include board memberships
- create reflections throughout medical school semesters or years to demonstrate development & growth
- adding questionnaires from professional development sites and reflect on results to show personality
 - examples to use -
 - Do I feel my results are accurate? Why or Why not?
 - How have these assessments challenged my assumptions about myself?
 - How will this experience change the way I act or think in the future? For example, how I approach challenges, working with a group, my specialty exploration plan.
 - How can I apply this knowledge to other parts of my life?

EPORTFOLIO

VERSUS

curriculum vitae

- successfully demonstrate skillset pertaining to specific workforce goals to potential employers/peers
- include educations, skills, and pertinent experiences
- can often be supplemented with cover letter submission alongside CV
- includes highlighted forms for professional and academic history
- once you include what you think is important, reflect with...
 - Does your CV provide a cohesive narrative that shows how your experiences are related, or does it present random experiences and involvement that have no clear connection?
 - Is your CV a thorough and comprehensive document, detailing not only your education, relevant competencies, and work history, but also achievements, awards, honors, professional development, and all your research and volunteer work?

NEXT WEEK: 11/14-11/18 CAREER & PROFESSIONAL DEVELOPMENT WEEK

NATIONAL CAREER DEVELOPMENT WEEK

HAVE YOU...

☐

MET WITH CAREER ADVISOR

☐

UPDATED YOUR CV

☐

COMPLETED CIM ASSESSMENT

☐

ENGAGED IN PROFESSIONAL DEVELOPMENT

☐

DRAFTED NOTEWORTHY
CHARACTERISTICS (2ND YEARS)

☐

PLANNED FOR LEADERSHIP POSITIONS IN
THE SPRING (1ST YEARS)

Your Career and
Professional
Development Team
will be handing out
popcorn between
exams on Monday,
November 14th! Be
sure to grab a
snack before or
after!

*vote BELOW for
your favorite
career vision door
around campus*



upcoming

CAREER WORKSHOPS

