

Welcome Back!

Starting Second Year



Boston University School of Medicine



Boston University School of Medicine
Office of Student Affairs

Second year is about transitions...

- Student to Doctor
- Normal to abnormal
- Classroom to clinic
- Increased responsibilities with patient information, individual choices
- Time management - preparing for DRX and Step 1



What should you be doing?



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What should you be doing?

- Student activities, leadership roles
- Career Exploration – But what does that mean??
- Hanging out with friends and family
- Learning how you learn the best
- Having bad days, but...
- Having more good days than bad
- Aware of what you do when you are stressed
- Creating habits that will sustain you moving forward



Making your career selection

Exploration

Starting in the your 1st year, through 2nd year, gain exposure to different careers options and specialties

Decision

During your clinical rotations in your 3rd year, start narrowing down your career options and start thinking about the residency application process

Application

Once you have identified your preferred specialty, apply for residency

1st and 2nd Year

Career Exploration Fair
Career Interest Group Activities
Shadowing Opportunities
Faculty Advisors
OSA Dean Advisors
Careers in Medicine (CiM)

3rd year

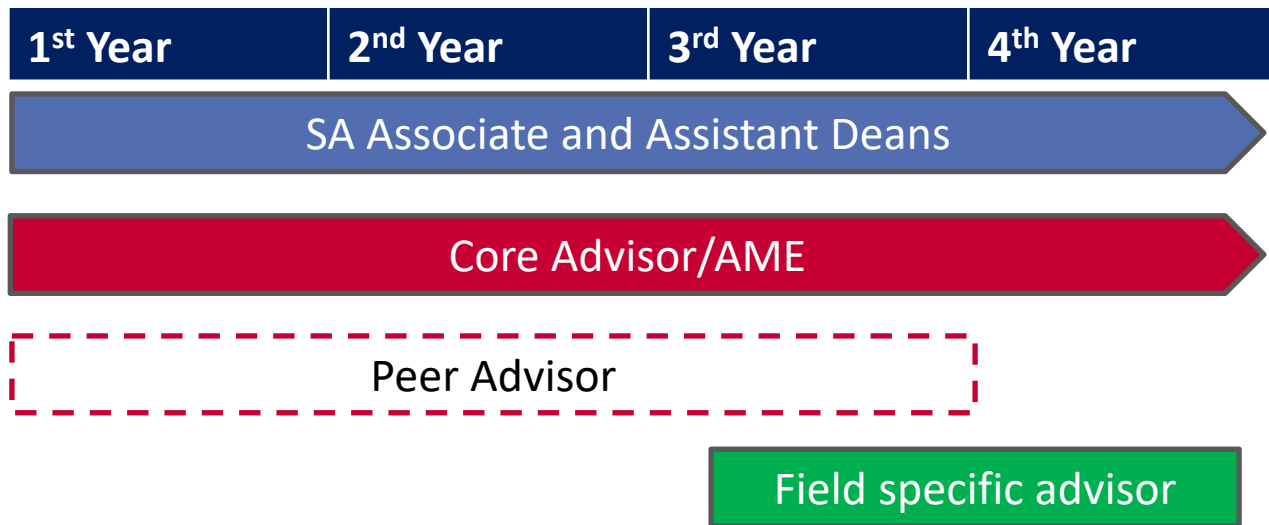
Career Fair - Speed Dating
Meeting with 4th year students and Program Directors
Class Meetings
CiM

4th Year

Field Specific Advisors
OSA Dean meetings
ERAS updates and timelines
Workshops - Personal Statement development, Interviewing Skills
CiM



Advising Network:



Advising Network

- Advisors roles will change as you progress through medical school and beyond.
- The Advising Network allows you to develop a variety of mentoring relationships with individuals, tailored to specific career development needs.



PATH Components	Milestones	
	First Year	Second Year
P – Professional Identity Formation	<ul style="list-style-type: none"> (a) report unprofessional behavior but not engage in gossip (b) receive feedback appropriately (c) communicate verbally and electronically with a professional tone (d) adhere to institutional timelines (e) dress appropriately (f) demonstrate good listening skills (g) effectively manage interpersonal conflicts (h) participate meaningfully in student activities (i) Begin process of understanding yourself, moving towards career selection 	<ul style="list-style-type: none"> (a) maintain confidentiality in all roles, e.g. tutors, peer mentors (b) demonstrate effective team building in student activities (c) demonstrate initiative in projects and activities (d) participate in advising, tutoring and peer mentoring (e) continue process of understanding yourself, moving towards career selection

PATH Components	Milestones	
	First Year	Second Year
A - Advancing to Residency through Mentoring and Advising	(a) aware and effectively uses available resources for professional growth and personal wellbeing (b) explore career interests by seeking advisors and interest groups (c) seeks support as needed from resources, including the Office of Academic Enhancement (d) identify areas to improvement and grow and (e) engage in self-reflection	(a) engage in research, shadow opportunities or service learning in field of consideration (b) able to self-assess and problem solve (c) effectively use your advisor and develop new mentoring relationships (learn the questions you need to ask)
T – Technique Acquisition in Lifelong Learning, Resiliency and Wellness	(a) able to identify sources of stress (b) develop ways to adapt to medical school and reach out for help in anticipation of challenges (d) identify and participate in activities to decrease stress (e) maintain healthy relationships (f) manage curricular and extra-curricular activities	(a) work on balancing life and curriculum and to demonstrate resilience when faced with setbacks (b) demonstrate flexibility when preferences not always met (c) time management skills (d) continues to maintain exercise and extra-curricular activities while balancing demands of 2nd year

PATH Components	Milestones	
	First Year	Second Year
H - Humanism and Advocacy	(a) show care and concern for classmates (b) treat patients, peers, faculty, and staff with respect	(a) mentor 1st year students through tutoring and extra-curricular activities (b) critically reflect on personal values, limitations and develops strategies that promote compassion (c) Show care and concern for patients

Questions?



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