

# Career Advising Portfolio



Name	<input type="text"/>	Phone	<input type="text"/>	
Address	<input type="text"/>		E-mail	<input type="text"/>
City	<input type="text"/>	State	<input type="text"/>	
		Zip Code	<input type="text"/>	
		Grad Date	<input type="text"/>	

This Adobe form has been designed with the intention to facilitate communication between the UTRGV medical student and their clinical advisor. Feedback from previous students has enhanced the form in its utility and both clinical advisors and specialty advisors appreciate it when you can hand them a file with all of your information presented in a coherent and organized manner. The form is organized according to the design of the AAMC's [Careers in Medicine](#) website, a resource that is highly recommended for every student to use.

## Find Your Fit (AKA *Understanding Yourself*)

Specialty Indecision Scale Completed?

What did I learn about myself?

Medical Specialty Preference Inventory Completed?

What did I learn about myself?

Physician Values in Practice Scale Completed?

What did I learn about myself?

Meyers-Briggs Completed?

What did I learn about myself?

Physician Skills Inventory Completed?

What did I learn about myself?

Additional Comments:

## Career Advising Portfolio

### Medical Specialties/Skills & Experience *(Exploring Options)*

#### Career Development Books/Resources that I have read/reviewed

UTRGV SOM Library has gathered an excellent collection of resources to help you research opportunities available to you in your career development. Click [here](#) to go to the website. List what books/resources you have used and what you have learned from them below.

Date Reviewed	Book/Resource	Notes/Comments

# Career Advising Portfolio

## My Clinical Experiences

Students should be reviewing the Careers in Medicine [Choose Your Specialty](#) to help in this section of the portfolio. Fill in your required courses below and any additional courses below that.

Specialty	Grade	Pros	Cons
Internal Medicine			
Surgery			
Pediatrics			
Obstetrics/Gynecology			
Family Medicine			
Psychiatry			
Neuro			
Emergency Medicine			
Acting Internship			
Elective			

# Career Advising Portfolio

## Specialty Interest Meetings

Date	Specialty/Location	Notes

## USMLE Scores

Post **all** attempted test scores below.

Type of Test: USMLE Step I/II CK/CS	Date	Score

## Career Advising Portfolio

### My Review of the NRMP Data

Every student should be aware that there is annually updated data available for you at [www.nrmp.org](http://www.nrmp.org). In the section below, please review the following sources of information for each specialty you choose and fill in the various indicators of your probability for matching.

#### [Charting Outcomes](#)

Specialty Desired	Contiguous Ranks for 100% Match	Mean Step I	Mean Step II	Match Probability Step I	Mean Research Experiences	Mean Work/Volunteer Experiences

# Career Advising Portfolio

Please review the latest NRMP [Program Director Survey](#); after thorough review, please list desired specialties below and discuss with your advisors.

% Programs rating the following factors as important to SELECT applicants for INTERVIEW (0-100%)

Specialty Desired	Letters of Rec	Grades in Required Clerkships	Grades in Desired Specialty	MSPE	Gaps in Education	Step I	Step II	PS	Research

## Career Advising Portfolio

### Making the Decision (AKA *Choosing a Specialty*)

Careers In Medicine - Residency Preference Exercise Completed?

Did the exercise help confirm you in your decision/ranking?

How would you rank your Specialty Desires at this time?

Rank	Specialty	% Split (Should add up to 100%)	Reasoning/Comments
1			
2			
3			

# Career Advising Portfolio

## Fourth Year Schedule

The following table is to be used to communicate with your clinical advisor what you are thinking about as far as how your fourth year will look. You should have it sketched out before your MSPE meeting. This is a worksheet of your schedule. If you have several options for the same block, put them in as options with your preferred option on top. Please be aware of the [Visiting Student Learning Opportunities \(VSLO\)](#). Schedule when scheduling AWAY (extramural) electives.

**Remember you are responsible for soliciting your grade from your attending on the AWAY elective.**

Block	Start Date	End Date	Name of Course	Location/VSLO Notes



## Career Advising Portfolio

### Preparing for the [Electronic Residency Application Service \(ERAS\)](#)

**The match for the vast majority of residency programs will be coordinated through various services of the AAMC. Some residency programs, like [Urology](#), [Ophthalmology](#) and the military match operate under their own independent timeline/system. Please be aware of the timeline differences for these variants.**

ERAS Registration Date (Tokens by mid June - Start July 1st)	<input type="text"/>
ERAS Upload Date (Rec: September 1st)	<input type="text"/>
Curriculum Vitae completed (June 1st)	<input type="text"/>
Personal Statement completed (June 1st)	<input type="text"/>
Letter of Rec Requests completed (August 1st)	<input type="text"/>

### Physicians Identified for Letters of Recommendation

Letter writers will upload Letters of Recommendation directly in ERAS.

Date Requested	Specialty of Letter Writer	Notes – Reason for asking this person

## Career Advising Portfolio

Appointments with Clinical Advisor, Specialty Advisor, Clerkship Director or Specialty Department Head

Meeting Date	Meeting with...	Notes



## Parallel Plan (Required)

### Plan A

Date to Implement

Circumstances

### Plan B

Date to Implement

Circumstances

## Getting Into Residency

NRMP Registration Date (Rec: September 1st. Deadline often November 30th) Check [NRMP](#) to verify dates.

### Interview Preparation

Review the list of typical Interview Questions found on our website and the Residency Planning Workbook. More questions are also available through the [UTRGV SOM CiM Interview Guide](#). Formulate your answers before going on your interview.

Below list three personal strengths ("selling points") with which you want to leave in the residency director's/interviewer's mind before you leave the interview site and the raw data about your qualification that you will use to convince him/her.

Personal Strength	The Data that you have to show the RD/Interviewer that you have the Personal Strength (ie. a CV item, a CoursEval or LOR comment, a transcript item)

## Interview Schedule

List the various programs to which you have applied. Indicate whether you consider the program a "Reach" (R), a "competitive" (C), or a "safety" (S) program based on your conversations with your specialty advisors. For further organization please consider downloading the **PRISM** app.



The MATCH [Program Rating and Interview Scheduling Manager \(PRISM\)](#) is a **free** downloadable application for I-phone/Android that can be used a way to keep organized during interview season.

**Contact your clinical advisor if the ratio of (Interviews Granted/Applied Programs) is less than 50% , or if you have less than ten interviews by October 20th.**