

# How to Think Though Your Career Indecision (in 10 Easy Steps)

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### Goal

Provide you with the steps for how to navigate through your career indecision. . .

#### **Step 1: Reflect on Why You Came to Medical School**

❖What was your journey to medical school?

What were the aspects of medicine that interested you and inspired

you?



But remember its okay to get off the train you started on

### **Step 2: What Aspects of Patient Care Interest You**

- Inpatient/outpatient/both?
- Episodic care (hours vs days)/longitudinal care (months/years)/both?
- High illness acuity/lower illness acuity/chronic disease management?
- Procedural/cognitive/both?
- Focus on diagnosis/treatment/both?
- Children/ adults/ both?

### **Step 2: What Aspects of Patient Care Interest You**

- What types of patients did you enjoy?
- What were the days that went fast?
- What did you like reading about?
- ❖ Did you find your people?

### **Step 3: What Else Interests You?**

- \*Research (basic science, translational, patient oriented)
- Quality and safety
- Advocacy
- Community based work
- Diversity, equity and inclusion
- Medical education
- Hospital administration and business

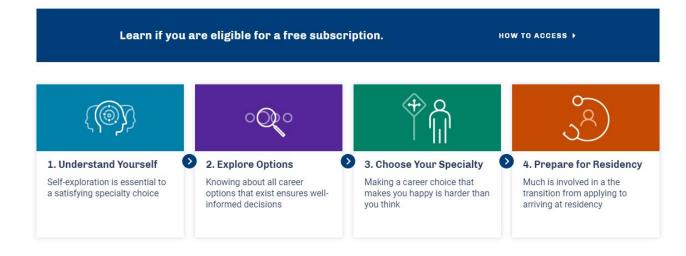
# Step 4: What Specialties Have You Ruled Out? What's Still on the Table?



### **Step 5: Use Careers in Medicine AAMC Site**



Choosing a medical specialty is one of the most significant decisions you'll make. We can help.



## <u>Assessment</u> Dashboard

- Medical Specialty Preference Inventory (MSPI)
- Physician Values in Practice Scale (PVIPS)
- Physician Skills Inventory (PSI)
- Personality Type (MBTI & KTS)
- Specialty Indecision Scale (SIS)
- Residency Preference Exercise (RPE)



# Step 6a:What Does Your Perfect Day or Week Look Like?



### Step 6b: What are your pros/cons/concerns for each?

	Pros	Cons/Concerns
Specialty #1		
Specialty # 2		
Specialty # 3		

Review in the context of your interests and values

### **Step 7: What Information Do You Still Need?**

	Pros	Cons/Concerns	Information Needed
Specialty #1			
Specialty # 2			
Specialty # 3			

### **Additional CIM Tools**

- Specialty Profiles: Browse the profiles of the more than 160 specialties in the United States and nearly 40 specialties in Canada
- <u>Compare Specialties</u>: Compare key data from specialties side by side



### **Step 8: Finding the Needed Information**

- What experiences would help?
  - Consider 2 week electives
  - Consider procedural specialty if like procedures but don't want to do surgery
  - Consider same elective in IM/Peds if trying to make peds/medicine decision
  - Embrace general medicine if you like everything
- Who could you talk to?
  - Advisory Deans
  - Student Peer Mentors
  - Specialty Career Advisors
- Consider AAMC Careers in Medicine website

### **Step 9: Ask Someone to Reflect Back**

- Share what makes a perfect week with mentors/advisors
- Talk about pros/cons with others
- Ask them reflect back asking these questions
  - When I talk, do you hear a preference?
  - How does my interests align with the choices?
  - Are the concerns that I have about a field valid?



### **Step 10: Take a Break from Deciding**



### Questions

