


How to Think Through 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

→ ↻ 🏠 aamc.org/cim/

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Home Understand Yourself Explore Options Choose Your Specialty Prepare for Residency Quick Links

Careers in Medicine

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

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- **1. Understand Yourself**
Self-exploration is essential to a satisfying specialty choice
- **2. Explore Options**
Knowing about all career options that exist ensures well-informed decisions
- **3. Choose Your Specialty**
Making a career choice that makes you happy is harder than you think
- **4. Prepare for Residency**
Much is involved in a the transition from applying to arriving at residency

Assessment 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
- [Compare Specialties](#): 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

