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# TIPS FOR CAREER PLANNING

DALHOUSIE MEDICINE

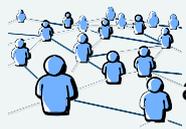


# VOICES FROM THE FIELD



*The best advice often comes from those who've just lived through the experience themselves. To that end, we reached out to senior residents and new physicians and curated their top 20 tips for navigating the job-finding landscape and the transition to practice.*

## From Senior Residents:



1. Informal networking is key. Talk to your program directors and supervisors to find opinions, advice, and opportunities.

2. Talk to chiefs of staff at local hospitals to find out about job availability, and what they might be looking for in future staff.



3. Practice your 2-minute “elevator pitch”. This allows you to speak concisely and spontaneously about who you are, your interests, and where you want to be.

4. If needed, prepare and plan for future academic work or certifications (Fellowships, Masters, or PhDs) to secure a job in your desired field.



5. Ask your program and staff to provide education about billings and practice management, ideally in both formal and informal settings, to assist with your transition to practice.

6. Get involved whenever you can – keep your eyes and ears open for new opportunities, particularly those in your field. Paying attention can lead to future opportunities.



7. Keep in touch with near-peers to hear about challenges they are facing and successes they have had in the job search.

8. If you're having difficulties with informal mentoring, ask your program to provide a formal mentor match.



9. When on service, approach staff with similar interests and ask how they got to where they are.

10. Don't burn bridges. Word spreads quickly among programs and you will always want the ability to go back for a reference.

# VOICES FROM THE FIELD



## From New-in-Practice Physicians:

1. Stay in touch with the programs, mentors, and clinics you've rotated through. You never know where a job opportunity will come from.

2. Do not be afraid to make your interests known. If you want a job somewhere, talk to physicians in that location.

3. Structure your training to be marketable. Talk to division chiefs where you'd like to work and ask them honestly about who they are looking to hire, and what skills you could develop to help you get a job.

4. Seek mentorship when possible – formal or informal. Remember that one mentor will not have all the answers so strive for balance from various perspectives.

5. Ask for honest feedback from someone you trust and use that constructive criticism to improve yourself.

6. Locum in a variety of settings to find the style of practice you enjoy.

7. Speak with a representative from the Health Authority Marketing and Recruitment Agency and physician recruiters to find out about opportunities.

8. Decide if you want to work in a community or academic setting, as each can require different skills and goals.

9. Ask your program for advice and formal education around billing and practice management.

10. Work hard and set a good example on your rotations – word of mouth is important, especially in small communities and specialties. Ultimately, your career is in your hands, and you have to find your own way. But you know what? You've got this!





## RESOURCES

### Health Authority Recruitment Offices

[\*Nova Scotia Health\*](#)

[\*Horizon Health Network\*](#)

[\*Vitalite Health Network\*](#)

[\*PEI Physician Careers\*](#)

### Canadian Medical Association

[\*Leadership and Professional Development\*](#)

### Royal College of Physicians and Surgeons

[\*Entering Professional Practice\*](#)

### College of Family Physicians of Canada

[\*Supports for Residents\*](#)

[\*\*\\*\\* Adapted from PARO's Career Counselling Handbook\\*\\*\*\*](#)



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