

MEDICAL CAREER REFLECTION INVENTORY



DALHOUSIE
UNIVERSITY

Last Updated: Sep 2026

Student Affairs

Faculty of Medicine
Dalhousie University
CRC Building, Room C-115
5849 University Avenue
Halifax, Nova Scotia

Student & Resident Affairs

Faculty of Medicine
Dalhousie Medicine New
Brunswick
410 Campus Ring Road
Saint John, New Brunswick

Student & Resident Affairs

Faculty of Medicine
Dalhousie University
Cape Breton Medical Campus
1240 Grand Lake Road
Sydney, Nova Scotia

Your Career, Your Questions, Your Next Steps

A guided reflection worksheet for Dalhousie medical students

Purpose

This inventory is designed to help you reflect on specialty choice, professional identity formation, career values, clinical interests, perceived strengths, lifestyle considerations, social accountability, and readiness for career decision-making.

There are no “right” answers. Your responses are a snapshot of your current thinking and can change as your experiences, priorities, and understanding evolve.

HOW TO USE THIS WORKSHEET

RESPOND

Mark the number that best reflects your current thinking

REFLECT

Use the brief prompt at the end of each section to note what stands out.

REVIEW

Look across our responses for themes, questions, tensions, or gaps you want to explore.

DISCUSS

Bring the worksheet to Student Affairs or a career advising conversation if you might find this helpful.

RESPONSE SCALE

1	2	3	4	5
Strongly disagree	Disagree	Unsure / developing	Agree	Strongly agree

Name

Date

1

CLINICAL INTERESTS AND SOURCES OF MEANING

Mark one response for each statement.

#	STATEMENT	1	2	3	4	5
1	I have a growing sense of which clinical problems or patient presentations energize me.	☒	☐	☐	☐	☐
2	I am drawn to a career where diagnostic reasoning and uncertainty are central parts of the work.	☐	☐	☐	☐	☐
3	I am drawn to a career where procedures, technical skills, or hands-on interventions are central parts of the work.	☐	☐	☐	☐	☐
4	I am drawn to a career where longitudinal relationships with patients and families are central parts of the work.	☐	☐	☐	☐	☐
5	I am drawn to a career where acute decision-making, urgency, or crisis management are central parts of the work.	☐	☐	☐	☐	☐
6	I can describe the kinds of patient populations I most hope to serve in my future practice.	☐	☐	☐	☐	☐

PAUSE & REFLECT

Which clinical experiences have felt most meaningful so far, and what made them meaningful?

2

VALUES, IDENTITY, AND PROFESSIONAL PURPOSE

Mark one response for each statement.

#	STATEMENT	1	2	3	4	5
7	My emerging career preferences align with the kind of physician I hope to become.	☐	☐	☐	☐	☐
8	I have reflected on how my personal values influence my specialty interests.	☐	☐	☐	☐	☐
9	I want my future career to include meaningful service to underserved, marginalized, rural, or otherwise under-resourced communities.	☐	☐	☐	☐	☐
10	I have considered how my career choice could contribute to the health needs of communities in New Brunswick, Nova Scotia, Atlantic Canada, or Canada more broadly.	☐	☐	☐	☐	☐
11	I can identify values that I am not willing to compromise in my future career.	☐	☐	☐	☐	☐
12	I have considered how my identity, background, family context, or lived experience may shape my career decision-making	☐	☐	☐	☐	☐

PAUSE & REFLECT

What do you want your work as a physician to stand for?

3

WORK ENVIRONMENT AND PRACTICE PREFERENCES

Mark one response for each statement.

#	STATEMENT	1	2	3	4	5
13	I have a sense of whether I prefer broad, varied practice or more focused expertise.	☐	☐	☐	☐	☐
14	I have a sense of whether I prefer hospital-based, community-based, outpatient, inpatient, or mixed practice environments.	☐	☐	☐	☐	☐
15	I have considered how much continuity, follow-up, and long-term responsibility I want in my future practice.	☐	☐	☐	☐	☐
16	I have considered how much unpredictability, call, shift work, or after-hours responsibility I would find sustainable.	☐	☐	☐	☐	☐
17	I have considered whether I prefer highly team-based work, more independent work, or a balance of both.	☐	☐	☐	☐	☐
18	I have considered whether I would prefer a career with substantial teaching, leadership, research, advocacy, quality improvement, or administrative opportunities.	☐	☐	☐	☐	☐

PAUSE & REFLECT

What practice environments seem to help you feel most effective, engaged, and well?

4

PERCEIVED STRENGTHS, GROWTH AREAS, AND FIT

Mark one response for each statement.

#	STATEMENT	1	2	3	4	5
19	I can identify clinical or professional strengths that may be relevant to my career choice.	☐	☐	☐	☐	☐
20	I can identify areas for growth that may affect my speciality exploration or career planning.	☐	☐	☐	☐	☐
21	I have sought feedback from supervisors, residents, faculty, peers, or advisors about my strengths and career fit.	☐	☐	☐	☐	☐
22	I can distinguish between "I enjoy this specialty" and "I have enough evidence to know this specialty fits me."	☐	☐	☐	☐	☐
23	I am aware of how confidence, imposter feelings, comparison with peers, or fear of failure may influence my career thinking.	☐	☐	☐	☐	☐
24	I am open to revising my career interests as I gain more experience and feedback.	☐	☐	☐	☐	☐

PAUSE & REFLECT

What evidence do you currently have about your strengths, and what evidence do you still need?

Career Reflection Inventory

5

EXPOSURE, MENTORSHIP, AND INFORMATION QUALITY

Mark one response for each statement.

#	STATEMENT	1	2	3	4	5
25	I have had enough exposure to my current career interest to make an informed next step.	☐	☐	☐	☐	☐
26	I have actively explored components of my career choice that are less visible in the curriculum or less familiar to me.	☐	☐	☐	☐	☐
27	I have spoken with physicians or residents whose careers resemble the kind of life and practice I am considering.	☐	☐	☐	☐	☐
28	I have considered how role models, positive experiences, negative experiences, or hidden curriculum messages may be shaping my preferences.	☐	☐	☐	☐	☐
29	I know where to find reliable Canadian information about residency pathways, specialty requirements, program expectations, and CaRMS processes.	☐	☐	☐	☐	☐
30	I have considered how elective choices can help me test hypotheses rather than simply confirm an early preference.	☐	☐	☐	☐	☐

PAUSE & REFLECT

Which specialty assumptions are you making that still need to be tested?

6

DECISION READINESS AND CAREER-PLANNING SELF-EFFICACY

Mark one response for each statement.

#	STATEMENT	1	2	3	4	5
31	I feel confident in my ability to gather the information I need to make a thoughtful career decision.	☐	☐	☐	☐	☐
32	I feel confident in my ability to compare career options using my own values, interests, strengths, and constraints.	☐	☐	☐	☐	☐
33	I can identify my current future career options and explain why they are on the list.	☐	☐	☐	☐	☐
34	I have a realistic plan for next steps in career exploration, electives, mentorship, or CaRMS preparation.	☐	☐	☐	☐	☐
35	For non-Family Medicine streams, I have considered a parallel plan or alternative pathway if my first-choice specialty becomes less feasible or less appealing.	☐	☐	☐	☐	☐
36	I know when and how to seek help from Student Affairs, career advisors, faculty mentors, residents, or peers.	☐	☐	☐	☐	☐

PAUSE & REFLECT

What is the next best experiment, conversation, or decision point in your career planning?

Career Reflection Inventory

Career Reflection Summary & Next Steps

Use this page to pull together what you noticed. You do not need to have a final answer – the goal is to identify useful next steps.

My current career opportunities of interest are:

Future career opportunities I am curious about but have not explored enough are:

My current level of decision confidence is: ☐ Low ☐ Moderate ☐ High ☐ Very High

The biggest influence on my current thinking has been:

The biggest uncertainty in my current thinking is:

The next step I plan to take is:

I WOULD LIKE ADVISING SUPPORT WITH

☐ understanding myself

☐ understanding specialties

☐ elective planning

☐ competitiveness / CaRMS strategy

☐ mentorship

☐ parallel planning/sibling specialties

☐ wellness and sustainability

☐ changing direction

☐ uncertainty or anxiety about the decision

☐ other: _____