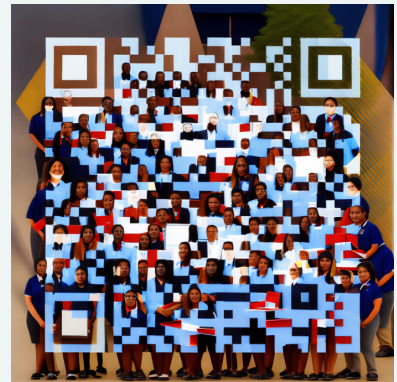




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# CAREER ADVISING

DALHOUSIE MEDICINE



**DALHOUSIE**  
UNIVERSITY

FACULTY OF MEDICINE

# OBJECTIVES



- Discuss an approach to career planning
- Ways to explore interests & self-reflection questions
- Review online resources

## TOP TIPS

- Don't be in a rush to decide
- Keep all doors open
- Parallel Plan
- Keep a journal of experiences: take notes of situations or stories around programs
- Complete the AAMC Careers in Medicine survey in M1 & each year following



## EXPLORE & REFLECT...

*on core, elective and even case-based learning. These opportunities will allow learners to react to clinical reasoning and settings.*

## QUESTIONS TO CONSIDER

*As you proceed through Med 1 curriculum & programming:*

1. What are my goals and values in pursuing Medicine as a career?

*(The two main tasks of a physician are to relieve suffering and provide hope. Your personal values may change over time but always know your 'why'! Examples: knowledge; serving society; healing; respect; job security; flexibility; financial security)*

2. What excites you most?

**Patient:** young, middle-aged, old, all?

**Clinical problems:** complex comorbidity, diagnostic dilemmas, single-problem encounters?

**Ways of working:** interview and exam based? Procedure-based?

**Collaboration:** Teamwork vs. solo work

**Location:** Mixed settings; hospital/inpatient; clinic/outpatient

**Pace:** turbo (trauma/inpatient MH/ER MH); fast (ER; Surgery; Fam Med); slow (outpatient MH)

**Length of encounter:** short (anesthesia); medium (Family Medicine; Internal Medicine); long (Psychiatry; Neurology)

**Longitudinal relationships:** life-long (Fam Med); medium (Peds; Psychiatry; Internal Med) short (Anesthesia/Medical Genetics/ER)

**Teaching:** didactic; clinical supervision; curriculum development

**Research:** clinical; education; humanities

**Policy/Administration:** clinical; academic; regional health authorities; DoctorsNS; DoHW



# QUESTIONS CONTINUED

*As you proceed through Med 1 curriculum & programming:*

*3. What kind of lifestyle in medicine are you seeking?*

***Location:*** rural/urban

***Predictable workday hours***

***Call hours***

***Vacation and sick day coverage***

***Number of work sites***

***Pay scale/Type of remuneration***

## CAREER RESOURCES

- [AAMC Careers in Medicine \(CiM\)](#)
- [Canadian Residency Matching Services \(CaRMS\)](#)
- [Canadian Medical Association \(CMA\) & Canadian Physician Specialty Profiles](#)
- [CMA: Becoming a Physician](#)
- [Canadian Federation of Medical Schools \(CFMS\)](#)
- [Maritime Resident Doctors](#)
- [Dalhousie Medical Alumni Association Mentorship Program](#)

