

Med 1 – Career Advising

Dal Med Student Affairs

(UPDATED OCT 2026)

Objectives

1. Discuss an approach to career planning
2. Ways to explore interests & self-reflection questions
3. 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 note of situations or stories around Programs
- Explore and reflect on:
 - Core, elective, and even case-based learning. These opportunities will allow learners to react to clinical reasoning and settings
- Complete the AAMC Careers in Medicine Survey in M1 & each year following

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](#)

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

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2. What excites you the 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 (Anaesthesia) Medium (Family Medicine, Internal Medicine) Long (Psychiatry, Neurology)
Longitudinal Relationship	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, Doctors NS, DoHW

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

- Location
- Predictable Workday Hours
- Call Hours
- Vacation and Sick Day Coverage
- Number of Work Sites
- Pay Scale/ Type of Renumeration