

CMSRU Career Advising System: Career Counseling Roadmap

A comprehensive guide to career planning throughout your medical education journey, from M1 through M4.



M1: Building Your Foundation

1

Self-Assessment

Begin exploring your interests, values, and strengths to understand potential specialty fits.

2

Career Exploration

Attend specialty panels and interest group meetings to learn about different medical fields.

3

Mentorship

Connect with faculty advisors and upper-class students for guidance and perspective.

M1: Key Activities

Schedule initial career advising appointment

Complete self-assessment tools

Join student interest groups

Attend specialty exploration events

Focus on academic excellence

M2: Deepening Your Exploration



Focused Exploration

Narrow down specialty interests based on preclinical experiences and self-reflection.



Board Preparation

Balance USMLE Step 1 preparation with continued career exploration.



Clinical Planning

Begin planning for clinical rotations with career goals in mind.

M3: Clinical Immersion

Core Rotations

Evaluate specialty fit through hands-on clinical experiences in core disciplines.

Specialty Decision

Begin finalizing specialty choice based on clinical experiences and mentorship.

Residency Research

Research residency programs and begin preparing application materials.

M3: Strategic Planning

1

Early M3

Maximize learning in each rotation while identifying potential specialty fits.

2

Mid M3

Meet with specialty advisors to discuss competitiveness and application strategy.

3

Late M3

Plan M4 schedule with away rotations and sub-internships aligned to career goals.

4

Summer

Begin drafting personal statement and CV for residency applications.

M4: Application & Interview Season

Application Submission

Submit ERAS application with personal statement, letters of recommendation, and program selections.

Interview Season

Prepare for and attend residency interviews while evaluating program fit.

Rank List

Create and submit rank order list reflecting your preferences and career goals.

Match Day

Celebrate your residency match and prepare for the next phase of training.

Your Career Counseling Resources



Career Advisors

Schedule appointments with specialty-specific and general career advisors throughout your journey.



Workshops & Events

Attend specialty exploration panels, residency application workshops, and interview preparation sessions.



Online Resources

Access specialty guides, application timelines, and self-assessment tools through the career center portal.