All About Health Career Related Summer Activities

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Today we will...

- Talk about experiences you may want to get as a pre-med student
- Think about how to determine what to do
- Learn about available tools
- See some examples of opportunities
- Take your questions
What brings you here today?

• You want to do something interesting with your summer
• You need to make money
• You know that medical schools will be interested in what you’ve done besides academics
• You want to learn more about the field
• You want to take required or recommended courses in the summer
Three Elements of a Strong Candidacy

- **Academic Achievements**
  - grades
  - research

- **Doing**
  - extracurriculars
  - clinical
  - service

- **Being**
  - personal competencies and qualities
Readiness Factors:
Core Competencies for Entering Medical Students

aamc.org/initiatives/admissionsinitiative/competencies
Readiness Factors:
Interpersonal Competencies

- Service Orientation
- Social Skills
- Cultural Competence
- Teamwork
- Oral Communication
Readiness Factors: Intrapersonal Competencies

- Ethical Responsibility to Self and Others
- Reliability and Dependability
- Resilience and Adaptability
- Capacity for Improvement
Readiness Factors: Thinking and Reasoning Competencies

- Critical Thinking
- Quantitative Reasoning
- Scientific Inquiry
- Written Communication
Readiness Factors: Science Competencies

• Living Systems
• Human Behavior
Where Do You Need to Develop?

- Focus on what will help you become a stronger (readier) candidate
- Refrain from too much emphasis on “what will look good to medical schools?”
Career-Development Model

Understand Yourself
- Interests
- Values
- Strengths
- Goals

Take Action
- Applications
- Letters
- Resumes
- Interviews

Explore Options
- Resources
- Networking
- Activities
- Internships
Important Resources

- Publications
- Web Resources
- Structured Programs
- Career Services Staff
  - For assistance with resumes, cover letters, interviewing, general strategy
Important Publication
Web Resources

• Career Services Websites
• CCNet
• Optimal Resume (including Interview tool)
Structured Programs

- DYO Program
- New York City Public Service Corps
- Research Programs
  - Summer Undergraduate Research Program
People

• Network!
• Network!
• Network!
Questions?