

Reflections on Year 1 Goals

Here is an example of an action plan. It includes measurable, ambitious, realistic and time-bound goals, that is, they consider that you have the time. This planning suggests specific tasks that can guide the career path of undergraduate medical education. Goals and tasks can be tailored to your needs and reality.

PART 1

Review the goals and tasks and determine your commitment to date: 1-I can do better; 2-I feel satisfaction from what I have, and I have not done.

Objectives	Specific Tasks	Commitment
Focus on your health.	<ul style="list-style-type: none"> Review The WELL Office for more information. Engage in activities that you enjoy that promote your health. 	
Learn about yourself, your interests, and your values.	<ul style="list-style-type: none"> Complete the Career in Medicine (CiM) self-assessment before a meeting with the Career Advisor, especially the MSPI and the PVIPS quizzes. Think about the answers you gave while answering the questionnaires by looking at the results. Discuss your preferences to better define your profile of interests, values, personality traits and skills. The results obtained from the questionnaires are therefore at the service of the discussion and the development of your profile. 	
Broaden your career horizons.	<ul style="list-style-type: none"> Attend career panels offered in the curriculum of the medical program. Learn about specialties and career paths. Formulate two or three questions that you would particularly like to ask physicians during career panels. Attend student activities from one of the interest groups. 	
Meet the Career Advisor.	<ul style="list-style-type: none"> Take an appointment. To prepare for this meeting, please complete the Career in Medicine questionnaires and then save the results to discuss and build your profile. 	
Try new things.	<ul style="list-style-type: none"> Join clubs, socialize with peers, sit on committees, exercise leadership, volunteer or take part in research projects, for example. 	
Review Career Planning Website.	<ul style="list-style-type: none"> Look at the main pages of the site to plan your priority actions. 	
Have a summer plan .	<ul style="list-style-type: none"> Take French lessons, if needed. When possible and safe, go on trips, participate in an exchange program, internships locally or internationally. Volunteer or take paid employment. Rest and spend time with your family and take care of your friendships. 	

PART 2

Reflect on your commitment by answering these questions.

When I answered 1, why, do I think I can do better?

If necessary, what actions can I take now to increase my satisfaction?

What goals do I want to set for next year?

What are the specific tasks to achieve these goals for next year?