

## Career Advising – MED 1 Self-Reflection Tool

- In **Part 1 (Looking Back at my Year)**, you are asked to rate your satisfaction with the choices you've made regarding some suggested goals for Med1 Career Planning.
  - 1 = could have done better. 2 = I'm ok with my choices.
- In **Part 2 (My Action Plan)**, you are asked to reflect on your answers from Part 1, and to build a productive action plan for yourself where you deem necessary.

### PART 1 (Looking Back at my Year):

Suggested goal	Specific tasks	How did I do? 1 or 2 (see above)
Focus on your health	<ul style="list-style-type: none"> <li>Review <a href="#">OMLA website</a> for more information.</li> <li>Engage in activities that you enjoy that promote your health</li> </ul>	
Learn about yourself, your interests, and your values.	<ul style="list-style-type: none"> <li><a href="#">Complete the Career in Medicine</a> (CiM) self-assessment before a meeting with the Career Advisor, especially the MSPI and the PVIPS quizzes.</li> <li>After identifying your <a href="#">interests</a>, <a href="#">values</a>, <a href="#">personality</a>, and <a href="#">skills</a>, as well as preferences (e.g., practice setting, patient type, etc.), consider each of these elements and prioritize them.</li> </ul>	
Broaden your career horizons	<ul style="list-style-type: none"> <li>Attend career panels offered in the curriculum of the medical program.</li> <li>Learn about <a href="#">specialties and career paths</a>.</li> <li>Attend activities, such as those organized by MSS interest groups.</li> </ul>	
Meet the Career Advisor	<ul style="list-style-type: none"> <li>Take an <a href="#">appointment</a>.</li> <li>To prepare for this meeting, please complete the Career in Medicine questionnaires and then save the results to discuss and build your profile.</li> <li>At this meeting, I asked the questions I wanted to ask</li> <li>At this meeting, we created an action plan, short- or longer-term, that aligned with my priorities</li> </ul>	
Try new things	<ul style="list-style-type: none"> <li>Join clubs, socialize with peers, sit on committees, exercise leadership, volunteer, or take part in research projects, for example.</li> </ul>	
Review the <a href="#">Career Planning Website</a>	<ul style="list-style-type: none"> <li>Take a look at the main pages of this site to get a sense of the career planning timeline, and to make plans.</li> </ul>	
Have a <a href="#">summer plan</a>	<ul style="list-style-type: none"> <li>Take French lessons, if needed.</li> <li>When possible and safe, travel, participate in an exchange program, internships locally or internationally.</li> <li>Volunteer or take paid employment.</li> <li>Rest and spend time with your family and take care of your friendships.</li> </ul>	



## PART 2: My Action Plan

Where I gave myself a score of 1, why do I think I could have done better?

What concrete steps will I take to move that up to a 2? Or, am I content to leave it as is (this is ok also 😊)

What Individual Goals do I want to set for myself for the coming year?

What concrete steps will I take to achieve these goals for next year?