



EMERGENCY MEDICINE MEDICAL STUDENT PLANNER

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This planner will need to be adapted depending on your unique circumstance. Academic and EM rotation performance are key. We recommend accomplishing a number of meaningful extracurricular experiences in some, but not necessarily all, of the non-academic categories. The suggested timelines for research and volunteer experiences are not rigid but are proposed to best help you create meaningful longitudinal experiences.

Year 1	Summer	Fall	Winter	Spring
Academics	Basic Sciences – aim to be in top ½ of class			
Research	Complete your institutional review board (IRB) registration process. <i>*(Ntl. Avg = 2 research & 3 publication experiences)</i>	Mentor and Project Selection	Literature Search	Submit IRB Application
Volunteer	Aim for consistent, longitudinal experiences (at least 3): national societies, student run clinics, advising/mentoring opportunities, community organizations, international projects, etc. <i>*(Ntl avg = 6-7 volunteer experiences)</i>			
EM Career Experience	1. Join your school's EMIG (Emergency Medicine Interest Group) 2. Join EMRA (Emergency Medicine Resident Association)			1. EM based continuity clinic or shadowing 2. Find an EM advisor and explore CORD ASCEM resources
Misc.^	Keep track of experiences for CV	ACEP, FIX conferences	AAEM conference	SAEM conference
Year 2	Summer	Fall	Winter	Spring
Academics	Basic Sciences – aim to be in top ½ of class		Start studying for USMLE Step 1 exam	Begin planning and coordinating clerkships
Research	Await IRB determination (likely resubmit with changes)	Data Collection		
Volunteer	Take leadership positions in volunteer organizations and complete a volunteer project			
EM Career Experience	Take a leadership position in EMIG			Meet with EM advisor to discuss early strategies for success
Misc.^	Keep track of experiences for CV	ACEP, FIX conferences	AAEM conference	SAEM conference

Year 3	Summer	Fall	Winter	Spring
Academics	Clinical Clerkships – focus on consistent performance across all clerkships, balance shelf exam with clinical performance			Start studying USMLE Step 2 CK
Research	Data Analysis. Write abstract and submit for presentation at national or regional EM meeting (ACEP, SAEM, CORD, Critical Care, Wilderness, Ultrasound, EMS)		Consider writing up a case report or small quality-improvement project with a resident or attending from one of your rotations.	
Volunteer	Complete another volunteer project (if possible)			
EM Career Experience	Take a leadership position in EMRA or another organization	Research elective rotations- EMRA match	EM or critical care based continuity clinic or shadowing	<ol style="list-style-type: none"> 1. Meet with EM advisor to gauge competitiveness and discuss electives and 4th year schedule 2. Apply for visiting EM rotations--programs accept applications as early as March
Misc.^	Keep track of experiences for CV	ACEP, FIX conferences EMRA medical student symposium	<ol style="list-style-type: none"> 1. AAEM- Medical Student Session 2. Review again CORD ASCEM website and resources 	<ol style="list-style-type: none"> 1. Update CV for VSAS 2. Residency Fairs at SAEM, ACEP national/regional conferences
Year 4	Summer	Fall	Winter	Spring
Academics	<ol style="list-style-type: none"> 1. Study and take Step 2 CK *(EM ntl average 245) 2. Electives – front load EM rotation, EM electives- goal for at least 1 SLOE before ERAS opens! 	<ol style="list-style-type: none"> 1. Consider rotations to expand your knowledge-base and skill set: critical care, anesthesia, pediatric emergency medicine, radiology, ophthalmology, orthopedics 2. Take USMLE Step 2 CS 		
Research	Write abstract and submit for presentation at national or regional EM meeting (ACEP, SAEM, CORD, Critical Care, Wilderness, Ultrasound, EMS), or if already accepted, present at EM Meeting			<ol style="list-style-type: none"> 1. Present at EM meeting 2. Compose manuscript and submit for publication
Volunteer	Complete another volunteer project (if possible)			
EM Career Experience	<ol style="list-style-type: none"> 1. EM rotation at home (if offered) and outside institution. 2. Meet with EM advisor to discuss ERAS application strategy 3. Visit EMRA match 	<ol style="list-style-type: none"> 1. EM rotation(s) at outside institution if not done in summer; 3rd academic EM rotation not ubiquitously required, please consult advisor 2. Consider an EM elective rotation (pediatrics, ultrasound, toxicology, international, sports med, EMS, etc.) 	<ol style="list-style-type: none"> 1. Interview - consider taking a month off 2. Create Rank list 	<ol style="list-style-type: none"> 1. MATCH DAY! 2. Do something fun
Misc.^	<ol style="list-style-type: none"> 1. Update CV for ERAS Application 2. Start writing personal statement for ERAS Application 3. Standardized Video Interview 	<ol style="list-style-type: none"> 1. Submit ERAS Application on opening day (Sept) 2. Residency Fairs- National and Regional 	AAEM Conference	SAEM conference

*All National Averages (ntl avg) are based on the 2016-2017 first year EM resident. Available at <https://www.aamc.org/data/484714/report-on-residents-2017-b1table.html>. There is a large standard deviation, with some applicants having no research experience or publications. Numbers indicate all experiences over a 4 year medical school career.

^Conferences may offer a numerous opportunities for students considering a career in EM; attendance is not required or considered a factor that influences a student's potential to match in EM.

