This planner will need to be adapted depending on your unique circumstance. Academic and EM rotation performance are key. As a military applicant it is important you meet with an academic advisor with experience advising military-bound students. The timeline for military applicants is unique and may vary depending on your individual needs.

### Year 1

#### Summer
- **Academics**: Basic Sciences – aim to be in top ½ of class
- **Research**: Complete your institutional review board (IRB) registration process.
  - *(Ntl. Avg = 2-3 research/publication experiences)*
- **Volunteer**: Aim for consistent, longitudinal experiences (at least 3): national societies, student run clinics, advising/mentoring opportunities, community organizations, international projects, etc.
  - *(Ntl. Avg = 6-7 volunteer experiences)*
- **EM Career Experience**
  1. Join your school’s EMIG (Emergency Medicine Interest Group)
  2. Join EMRA (Emergency Medicine Resident Association)
- **Misc.**: Keep track of experiences for CV
  - 1. Register for COT (early November)
  - 2. ACEP, FIX conferences

#### Fall
- **Academics**: Start studying for USMLE Step 1 exam
- **Research**: Await IRB determination (likely resubmit with changes)
- **Volunteer**: Take leadership positions in volunteer organizations and complete a volunteer project
- **EM Career Experience**
  1. Take a leadership position in EMIG
  2. Meet with EM advisor to discuss early strategies for success
- **Misc.**
  1. COT/AMP
  2. File vouchers
  3. Keep track of experiences for CV

#### Winter
- **Academics**: Begin planning and coordinating clerkships
- **Research**: Data Collection
- **Volunteer**: Take leadership positions in volunteer organizations and complete a volunteer project
- **EM Career Experience**
  1. Meet with EM advisor to discuss early strategies for success
- **Misc.**
  1. COT/AMP
  2. File vouchers
  3. Keep track of experiences for CV

#### Spring
- **Academics**: Take Step 1 *(EM ntl average 232)*
- **Research**: AAEM conference
- **Volunteer**: Keep track of experiences for CV
- **EM Career Experience**
  1. SAEM conference
- **Misc.**
  1. COT/AMP
  2. File vouchers
  3. Keep track of experiences for CV

### Year 2

#### Summer
- **Academics**: Clinical Clerkships – focus on consistent performance across all clerkships, balance shelf exam with clinical performance
- **Research**: Data Analysis. Write abstract and submit for presentation at national or regional EM meeting (ACEP, SAEM, CORD, Critical Care, Wilderness, Ultrasound, EMS)
- **Volunteer**: Take leadership positions in volunteer organizations and complete a volunteer project
- **EM Career Experience**
  1. Meet with EM advisor to discuss early strategies for success
- **Misc.**
  1. COT/AMP
  2. File vouchers
  3. Keep track of experiences for CV

#### Fall
- **Academics**: Start studying USMLE Step 2 CK
- **Research**: ACEP, FIX conferences
- **Volunteer**: Take leadership positions in volunteer organizations and complete a volunteer project
- **EM Career Experience**
  1. Meet with EM advisor to discuss early strategies for success
- **Misc.**
  1. COT/AMP
  2. File vouchers
  3. Keep track of experiences for CV

#### Winter
- **Academics**: Start studying USMLE Step 2 CK
- **Research**: AAEM conference
- **Volunteer**: Keep track of experiences for CV
- **EM Career Experience**
  1. SAEM conference
- **Misc.**
  1. COT/AMP
  2. File vouchers
  3. Keep track of experiences for CV

#### Spring
- **Academics**: Start studying USMLE Step 2 CK
- **Research**: Consider writing up a case report or small quality-improvement project with a resident or attending from one of your rotations.
<table>
<thead>
<tr>
<th>Year 4</th>
<th>Summer</th>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
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<tbody>
<tr>
<td><strong>Academics</strong></td>
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<tr>
<td>1.</td>
<td>Study and take Step 2 CK <em>(EM ntl average 245)</em></td>
<td>1.</td>
<td>Consider rotations to expand your knowledge-base and skill set: critical care, anesthesia, pediatric emergency medicine, radiology, ophthalmology, orthopedics</td>
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<tr>
<td>2.</td>
<td>Electives – front load EM rotation, EM electives- goal for at least 1 SLOE before ERAS opens!</td>
<td>2.</td>
<td>Take USMLE Step 2 CS</td>
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<tr>
<td><strong>Research</strong></td>
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<tr>
<td></td>
<td>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</td>
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<tr>
<td><strong>Volunteer</strong></td>
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<tr>
<td>Complete another volunteer project (if possible)</td>
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<table>
<thead>
<tr>
<th>EM Career Experience</th>
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<tbody>
<tr>
<td>1.</td>
<td>EM rotations at home (if offered) and outside institution(s).</td>
<td>1.</td>
<td>EM rotation(s) at outside institution if not done in summer; 3rd academic EM rotation not ubiquitously required, please consult advisor</td>
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<tr>
<td>2.</td>
<td>Military interviews begin, Military Programs complete rank list by early November</td>
<td>2.</td>
<td>Consider an EM elective rotation (pediatrics, ultrasound, toxicology, international, sports med, EMS, etc.)</td>
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<tr>
<td>3.</td>
<td>Meet with EM advisor to discuss ERAS application strategy</td>
<td>3.</td>
<td>Create ERAS Rank list</td>
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<table>
<thead>
<tr>
<th>Misc.</th>
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<tbody>
<tr>
<td>1.</td>
<td>Submit initial MODS (July)</td>
<td>1.</td>
<td>Submit MODS Application and Rank List Due (Oct)</td>
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<tr>
<td>2.</td>
<td>Update CV for ERAS Application</td>
<td>2.</td>
<td>Submit ERAS Application on opening day (Sept)</td>
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<tr>
<td>3.</td>
<td>Start writing personal statement for ERAS Application</td>
<td>3.</td>
<td>Residency Fairs- National and Regional</td>
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<td>4.</td>
<td>Standardized Video Interview</td>
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<tbody>
<tr>
<td>2.</td>
<td>Create ERAS Rank list</td>
<td>2.</td>
<td>AAEM Conference</td>
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<td><strong>Misc.</strong></td>
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<tr>
<td>1.</td>
<td>Scholarships completion application to HPSP</td>
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<td>Scholarship completion application to HPSP</td>
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<td>2.</td>
<td>Update CV for VSAS</td>
<td>2.</td>
<td>Update CV for VSAS</td>
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<tr>
<td>3.</td>
<td>Residency Fairs at SAEM, ACEP national/regional conferences</td>
<td>3.</td>
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*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](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.

Endorsed by: