



ADVISING STUDENTS COMMITTEE in EM

## EMERGENCY MEDICINE MEDICAL STUDENT PLANNER for the COUPLES MATCH APPLICANT

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This planner will need to be adapted depending on when a couple decides that they are planning on matching together. Many couples do not make this decision until 3<sup>rd</sup> year of medical school. This is absolutely fine, they key is to talk about goals as early as possible and look at the [Couples Match Emergency Medicine Applying Guide](#) for additional advice.

Year 1	Summer	Fall	Winter	Spring
<b>Academics</b>	Basic Sciences – aim to be in top 1/2 of class			
<b>Research</b>	Complete your institutional review board (IRB) registration process.  <i>*(Ntl. Avg = 2-3 research/publication experiences)</i>	Mentor and Project Selection	Literature Search	Submit IRB Application
<b>Volunteer</b>	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>			
<b>EM Career Experience</b>	Join your school's EMIG (Emergency Medicine Interest Group)  Join EMRA (Emergency Medicine Resident Association)			<ol style="list-style-type: none"> <li>EM based continuity clinic or shadowing</li> <li>Find an EM advisor and explore <a href="#">CORD ASCEM resources</a></li> </ol>
<b>Misc.^</b>	Keep track of experiences for CV	ACEP, FIX conferences	AAEM conference	<ol style="list-style-type: none"> <li>SAEM conference</li> <li>Talk with your partner about goals and ensure they are also working on the above in their specialty</li> <li>Check out the <a href="#">NRMP site</a></li> </ol>
Year 2	Summer	Fall	Winter	Spring
<b>Academics</b>	Basic Sciences – aim to be in top 1/3 of class	Start studying for USMLE Step 1	Begin planning and coordinating clerkships	Take Step 1 <i>*(EM ntl average 232)</i>
<b>Research</b>	Await IRB determination (likely resubmit with changes)	Data Collection		
<b>Volunteer</b>	Take leadership positions in volunteer organizations and complete a volunteer project			
<b>EM Career Experience</b>	Take a leadership position in EMIG		EM or Peds EM Based Continuity Clinic	Meet with EM advisor to discuss early strategies for success
<b>Misc.^</b>	Keep track of experiences for CV	ACEP, FIX conferences	AAEM conference	<ol style="list-style-type: none"> <li>SAEM conference</li> <li>Partner should meet with his/her advisor</li> <li>Identify and discuss goals and challenges of matching as a couple</li> </ol>

Year 3	Summer	Fall	Winter	Spring
<b>Academics</b>	Clinical Clerkships – focus on consistent performance across all clerkships, balance shelf exam with clinical performance			Start studying for USMLE Step 2 CK
<b>Research</b>	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.	
<b>Volunteer</b>	Complete another volunteer project (if possible)			
<b>EM Career Experience</b>	Take a leadership position in EMRA or another organization	Research elective rotations- <a href="#">EMRA match</a>	EM or critical care based continuity clinic or shadowing	<ol style="list-style-type: none"> <li>1. Meet with EM advisor to gauge competitiveness and discuss electives and 4th year schedule</li> <li>2. Apply for visiting EM rotations--programs accept applications as early as March</li> </ol>
<b>Misc.^</b>	Keep track of volunteer experiences and honors for CV	ACEP, FIX conferences EMRA medical student symposium	<ol style="list-style-type: none"> <li>1. AAEM- Medical Student Session</li> <li>2. Discuss with your partner: Those things in the <a href="#">CORD ASCEM Couples Match Applying Guide</a></li> </ol>	<ol style="list-style-type: none"> <li>1. Update CV for VSAS</li> <li>2. Residency Fairs at SAEM, ACEP national/regional conferences</li> </ol>
Year 4	Summer	Fall	Winter	Spring
<b>Academics</b>	<ol style="list-style-type: none"> <li>1. Study and take Step 2 *(EM ntl average 245)</li> <li>2. Electives – front load EM rotation, EM electives- goal for at least 1 SLOE before ERAS opens!</li> </ol>	<ol style="list-style-type: none"> <li>1. Consider rotations to expand your knowledge-base and skill set: critical care, anesthesia, pediatric emergency medicine, radiology, ophthalmology, orthopedics</li> <li>2. Take USMLE Step 2 CS</li> </ol>		
<b>Research</b>	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"> <li>1. Present at EM meeting</li> <li>2. Compose manuscript and submit for publication</li> </ol>
<b>Volunteer</b>	Complete another volunteer project (if possible)			
<b>EM Career Experience</b>	<ol style="list-style-type: none"> <li>1. EM rotation at home</li> <li>2. Meet with EM advisor to discuss ERAS application strategy</li> <li>3. Visit <a href="#">EMRA match</a></li> </ol>	<ol style="list-style-type: none"> <li>1. EM rotation(s) at outside institution; 3<sup>rd</sup> academic EM rotation not ubiquitously required, please consult advisor</li> <li>2. Consider an EM elective rotation (pediatrics, ultrasound, toxicology, international, sports med, EMS, etc.)</li> </ol>	<ol style="list-style-type: none"> <li>1. Interview - consider taking a month off</li> <li>2. Create Match list using the Couples Match process to “link” the lists (allow plenty of time as there can be 500+ combinations)</li> </ol>	Do something fun!
<b>Misc.^</b>	<ol style="list-style-type: none"> <li>1. Update CV for ERAS Application</li> <li>2. Start writing personal statement for ERAS Application</li> <li>3. Standardized video interview</li> <li>4. Discuss with your partner: Where you will apply and how far apart you are willing to live from each other.</li> </ol>	<ol style="list-style-type: none"> <li>1. Submit ERAS Application (think about applying in cities with multiple programs)</li> <li>2. Residency Fairs- National and Regional</li> </ol>	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.

Endorsed by:

