



Advising Students Committee in EM (ASC-EM)

EMERGENCY MEDICINE ORPHAN APPLICANT MEDICAL STUDENT PLANNER

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Note: This is a list of suggested/recommended steps to help you get a sense of how you might structure your time in medical school to become a competitive applicant in EM. You are not required to do any or all of these to apply in Emergency Medicine. Very few applicants have done all of these.

Year 1	Summer (Start of classes)	Fall	Winter	Spring
Academics	Basic Sciences: Aim to be in top half of class.			
Research	Learn about your school's institutional review board (IRB). Complete your IRB registration process and training (if required). <i>*(National average = 2-3 research/publication experiences over 4 years)</i>	Find a research mentor; develop project ideas.	Conduct literature search.	Submit IRB application.
Volunteer	Aim for at least three consistent, longitudinal experiences: national societies, student-run clinics, advising/mentoring opportunities, community organizations, international projects, etc. <i>*(National average = 6-7 volunteer experiences over 4 years)</i> Go for quality, not quantity. Choose things where you can become a leader or get deeply involved.			
EM Career Experience	1. Join your school's Emergency Medicine Interest Group (EMIG) 2. Join the Emergency Medicine Resident Association (EMRA)	If your school doesn't have an EMIG, consider starting one! Do some shadowing within emergency medicine. Explore advising resources . FIND AN ADVISOR! We strongly recommend finding a residency-affiliated EM advisor.		
Misc.^	Keep track of experiences for CV	^Consider attending a regional or national EM meeting (ACEP , AAEM , SAEM).		
Year 2	Summer	Fall	Winter	Spring
Academics	Basic Sciences: Aim to be in top half of class.	Start studying for USMLE Step 1 exam.	Begin planning and coordinating clerkships.	TAKE STEP 1 exam. <i>*(EM national average: 232)</i>
Research	Await IRB determination (likely resubmit with changes).	Conduct data collection.	Write introduction and methods for your paper.	Conduct data analysis. Write abstract and submit for presentation at national or regional EM meeting or as a publication.
Volunteer	Take leadership positions in volunteer organizations and complete a volunteer project.			
EM Career Experience	Contribute meaningfully in your EMIG. If your school doesn't have an EMIG, consider starting one!	Do some shadowing within emergency medicine. Explore advising resources . FIND AN ADVISOR! We strongly recommend finding a residency-affiliated EM advisor.		
Misc.^	Keep track of experiences for CV. ^Consider attending a regional or national EM meeting (ACEP , AAEM , SAEM).			

Year 3	Summer	Fall	Winter	Spring
Academics	Clinical Clerkships: Focus on consistent performance across all clerkships; balance shelf exam with clinical performance.			Start studying for USMLE Step 2 CK.
Research	Revise, resubmit manuscript (PRN). 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). Try to stay active in at least one of your volunteer activities. Demonstrate commitment.			
EM Career Experience	Take a leadership position in EMRA or another organization	Research elective rotations (EMRA match).	<ol style="list-style-type: none"> Meet with EM advisor to gauge competitiveness and discuss electives and 4th year schedule (see "Academics" below for considerations as you plan your year). Apply for visiting EM rotations in March. 	
Misc.^	Keep track of experiences for CV.	^EMRA medical student symposium	<ol style="list-style-type: none"> ^AAEM- Medical Student Session Review advising resources. 	^SAEM conference – Residency Fair ^ACEP regional conference
Year 4	Summer	Fall	Winter	Spring
Academics	<ol style="list-style-type: none"> STUDY FOR AND TAKE STEP2 CK. <i>*(EM national average: 245)</i> Electives: Frontload EM rotations. Aim for at least 1 SLOE before ERAS opens, ideally two SLOEs by early October. 	<ol style="list-style-type: none"> Consider rotations to expand your knowledge base and skill set: critical care, anesthesia, pediatric emergency medicine, radiology, ophthalmology, orthopedics. Consider a visiting EM "elective" – Toxicology, Ultrasound, EMS, etc. TAKE USMLE STEP2 CS. <i>(This is not required to submit your application, but it must be completed before you start residency.)</i> 		
Research	<ol style="list-style-type: none"> Write abstract and submit for presentation at a national or regional EM meeting, or if already accepted, present at EM meeting. If you submitted a manuscript, revise and resubmit PRN. 			<ol style="list-style-type: none"> Present at EM meeting. If you haven't already, compose manuscript and submit for publication.
Volunteer	Complete another volunteer project (if possible).			
EM Career Experience	<ol style="list-style-type: none"> EM rotation(s). Make sure an SLOE is uploaded to ERAS. Discuss ERAS application strategy with your residency-affiliated EM advisor. Visit EMRA match. 	<ol style="list-style-type: none"> EM rotation(s) at second institution if not done in summer Potential EM elective rotation (pediatrics, ultrasound, toxicology, international, sports med, EMS, etc.) 	<ol style="list-style-type: none"> Interview, and consider taking a month off (usually Nov. or Dec.). Create rank list. Adjust as needed, based on your interview experiences. Submit your rank list. 	<ol style="list-style-type: none"> MATCH DAY! Do something fun!
Misc.^	<ol style="list-style-type: none"> Update CV for ERAS Application. Start writing personal statement for ERAS Application. Conduct standardized video interview. 	<ol style="list-style-type: none"> Submit ERAS Application on opening day (September). Attend national and regional residency fairs. 	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>

^Conferences offer numerous opportunities for students considering a career in EM and are a great place to locate an adviser. Attendance is not required or considered a factor that influences a student's potential to match in EM

Endorsed by:

