



Advising Students Committee in EM (ASC-EM)

EMERGENCY MEDICINE MEDICAL STUDENT PLANNER for the OSTEOPATHIC STUDENT

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This planner will need to be adapted depending on your unique circumstance. As a osteopathic applicant you must get with an academic EM advisor as soon as you begin considering a career in emergency medicine. Review our [Osteopathic Emergency Medicine Applying Guide](#) for additional advice.

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. Document experiences on COSGP Touch website. <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) and/or ACOEP RSO	1. Find an ADVISOR! It is critical that EM-bound osteopathic students find an advisor from an academic EM program as early as possible 2. Explore CORD ASCEM resources 3. Begin shadowing in local emergency rooms		1. EM based continuity clinic or shadowing 2. (if you haven't yet) Find an ADVISOR! 3. (if you haven't yet) Explore CORD ASCEM resources
Misc.⁵	Keep track of experiences for CV	ACEP, ACOEP, FIX conferences	AAEM conference	SAEM, ACOEP conferences
Year 2	Summer	Fall	Winter	Spring
Academics	Basic Sciences – aim to be in top ½ of class	Start studying for USMLE and COMLEX exams.	1. Take USMLE and COMLEX practice tests. 2. Begin planning and coordinating clerkships	Take Step 1 USMLE <i>*(EM ntl average 232)</i> and COMLEX Level 1 <i>*(EM matched ntl average 593)</i>
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	1. Take a leadership position in EMIG. 2. (if you haven't yet) Find an ADVISOR!		EM or critical care based continuity clinic or shadowing	Meet with EM advisor to discuss early strategies for success
Misc.⁵	Keep track of experiences for CV	ACEP, ACOEP, FIX conferences	AAEM conference	SAEM, ACOEP conferences
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, COMLEX Level 2
Research	Data Analysis. 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		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	<ol style="list-style-type: none">Research elective rotations friendly for osteopathic students (utilize the “percent osteopathic filter” on EMRA match)Use EMRA match: clerkship tab to look for EM electives	EM or critical care based continuity clinic or shadowing	<ol style="list-style-type: none">Meet with EM advisor to gauge competitiveness and discuss electives and 4th year scheduleApply for visiting EM rotations: programs accept applications as early as March
Misc. ⁵	Keep track of experiences for CV	ACEP, ACOEP, FIX conferences EMRA medical student symposium	<ol style="list-style-type: none">AAEM- Medical Student SessionReview again CORD ASCEM website and resources	<ol style="list-style-type: none">Update CV for VSASResidency Fairs at SAEM, ACOEP, ACEP national/regional conferences
Year 4	Summer	Fall	Winter	Spring
Academics	<ol style="list-style-type: none">Study and take USMLE Step 2 <i>*(EM ntl average 245) & COMLEX Level 2 *(EM matched ntl average 610)</i>Electives – front load EM rotations, EM electives-goal for 2 SLOEs, at least one before ERAS opens!		<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, toxicology, trauma, ultrasoundTake COMLEX PE	
Research	Write abstract and submit for presentation at national or regional EM meeting (ACEP, SAEM, CORD, Critical Care, Wilderness, Ultrasound, EMS)			Present at EM meeting, write manuscript and publish!
Volunteer	Complete another volunteer project (if possible)			
EM Career Experience	<ol style="list-style-type: none">EM rotation at home (if offered) or first away EM rotation if not.Meet with EM mentor to discuss ERAS application strategyVisit EMRA match	<ol style="list-style-type: none">EM rotation(s) at outside institution;3rd academic EM rotation not ubiquitously required, please consult advisorConsider an EM elective rotation (pediatrics, ultrasound, toxicology, international, sports med, EMS, etc.)	<ol style="list-style-type: none">InterviewPlan to take a month off for interviewsCreate Match list	Do something fun!
Misc. ⁵	<ol style="list-style-type: none">Update CV for ERAS ApplicationStart writing personal statement for ERAS ApplicationStandardized Video Interview	<ol style="list-style-type: none">Submit complete ERAS Application on opening dayResidency Fairs – National and Regional	AAEM Conference	SAEM/ACOEP 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.

^ALL COMLEX National Averages are based on the 2016 data on EM-matched osteopathic students [Charting Outcomes in the Match for US Osteopathic Medical Students and Graduates](#)

§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:

