



ADVISING STUDENTS COMMITTEE in EM

## EMERGENCY MEDICINE ARMY 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. 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	Fall	Winter	Spring
<b>Academics</b>	Basic Sciences – aim to be in top ½ 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>	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 <a href="#">CORD ASCEM resources</a>
<b>Misc.^</b>	1. <b>Direct Commissioning Course (DCC)</b> 2. Keep track of experiences for CV	ACEP, FIX conferences	1. <b>Basic Officer Leadership Course App</b> 2. AAEM conference	SAEM Conference
Year 2	Summer	Fall	Winter	Spring
<b>Academics</b>	Basic Sciences – aim to be in top ½ of class	Start studying for USMLE Step 1 exam	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			Meet with EM advisor to discuss early strategies for success
<b>Misc.^</b>	1. <b>Basic Officer Leadership Course (BOLC; June-July)</b> 2. <b>Complete DCC if you have not</b> 3. Keep track of experiences for CV	ACEP, FIX conferences	AAEM conference	SAEM conference
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 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 experiences for CV	ACEP, FIX conferences EMRA medical student symposium	<ol style="list-style-type: none"> <li>1. <b>Schedule ADT aways (December)</b></li> <li>2. AAEM- Medical Student Session</li> <li>3. Review again <a href="#">CORD ASCEM website and resources</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>
<b>Year 4</b>	<b>Summer</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
<b>Academics</b>	<ol style="list-style-type: none"> <li>1. Study and take Step 2 CK <i>*(EM ntl average 245)</i></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 rotations at home (if offered) and outside institution(s).</li> <li>2. <b>Military Interviews begin, Military Programs complete rank list by early November</b></li> <li>3. Meet with EM advisor to discuss ERAS application strategy</li> <li>4. Visit <a href="#">EMRA match</a></li> </ol>	<ol style="list-style-type: none"> <li>1. EM rotation(s) at outside institution if not done in summer; 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. <b>No military match? Civilian Interviews. Consider taking January off/Scheduling Civilian Interviews in January.</b></li> <li>2. Create ERAS Rank list</li> </ol>	<ol style="list-style-type: none"> <li>3. Civilian EM match day</li> <li>4. Do something fun!</li> </ol>
<b>Misc.^</b>	<ol style="list-style-type: none"> <li>1. <b>Submit initial MODS (July)</b></li> <li>2. Update CV for ERAS Application</li> <li>3. Start writing personal statement for ERAS Application</li> <li>4. Standardized Video Interview</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Submit MODS Application and Rank List Due (Oct)</b></li> <li>2. Submit ERAS Application on opening day (Sept)</li> <li>3. Residency Fairs- National and Regional</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Military Match (December)</b></li> <li>2. AAEM Conference</li> </ol>	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.