Inspiring a new generation of physicians in a great American city.

A SMART, Goal-Oriented, Achievement-Focused Student Support Tool

Clinton L. Whitson, Assistant Dean of Student Affairs
Sarah Zahl, PhD, Assistant Dean of Accreditation
Michael Koluch, Graduate Learning Support Specialist
Donald Sefcik, DO, Dean
SMART Goals

- COM Ready
- COMLEX 1 Ready
- Clerkship Ready
- COMLEX CE & PE Ready
- MATCH Ready
- EPA Ready
- Doctor Ready

Inspiring a new generation of physicians in a great American city.

www.marian.edu/medicalschool
Inspiring a new generation of physicians in a great American city.
What should I be doing right now in my medical school career?
How do I know if I am on track?
I want to go into ortho, what do I need to do right now?
I need help, who can assist me?
I am overwhelmed by what’s online, I don’t know what to do!
What do successful students do?
Creating the ROADMAP

Inspiring a new generation of physicians in a great American city.

www.marian.edu/medicalschool
OVERVIEW
NAVIGATING FOUR YEARS OF MEDICAL SCHOOL

ROADMAP
MU-COM

LAP ONE
Exploration
- Establish a daily wellness routine
- Establish a daily study routine
- Gain familiarity with support services
- Achieve coursework target scores
- Engage meaningfully in 1:1 activities (Organizations, research, service...)
- Explore skills, interests, abilities
- Recognize burnout and self-regulate
- Explore medical specialties of interest

LAP TWO
Integration
- Establish a disciplined wellness lifestyle
- Refine effective study strategy
- Regularly utilize support services
- Achieve coursework target scores
- Engage meaningfully in 1:1 activities (Organizations, research, service...)
- Explore medical specialties of interest
- Recognize burnout and self-regulate
- Achieve COMLEX Level 1 target score

LAP THREE
Formation
- Narrow interest to two specialties
- Achieve COMLEX Level 2 target score
- Achieve rotation/COMAT target scores
- Mastery knowledge of “The MATCH”
- Maintain integrating wellness habits
- Stay engaged in external opportunities (Conferences, research, service...)
- Recognize burnout and self-regulate

LAP FOUR
Transition
- Achieve rotation/COMAT target scores
- Recognize burnout and self-regulate
- Maintain integrating wellness habits
- Develop and execute a MATCH strategy
- Achieve a desired GME match result
- Identify as healer in patient-physician relationship
- Possess competency and confidence in transitioning to next phase of training
**Resources**

- Graduate Learning Support Specialist
- Faculty Mentor
- Student Support Services (Counselling, Health Center, Police...)
- Medical Librarian
- Specialty Area Mentor
- OMS-2 Peer Mentor
- OMS-2 Peer Tutor
- Director of GME Advising & Applications

**Goals**

- Establish a daily wellness routine
- Establish a daily study routine
- Gain familiarity with support services
- Achieve coursework target scores
- Engage meaningfully in 1-2 activities (Organizations, research, service...)
- Explore skills, interests, abilities
- Recognize burnout and self-regulate
- Explore medical specialties of interest
Resources
- Director of GME Advising & Applications (GME Advising Canvas Course)
- Graduate Learning Support Specialist
- Medical Librarian
- Specialty Area Mentors
- Clinical Chairs
- Student Support Services (Counseling, Health Center, Police...)
- Fourth Year Students

Goals
- Narrow interest to two specialties
- Achieve COMLEX Level 2 target score
- Achieve rotation/COMAT target scores
- Mastery knowledge of “The MATCH”
- Maintain integrating wellness habits
- Stay engaged in external opportunities (Conferences, research, service...)
- Recognize burnout and self-regulate
**Resources**

- Director of GME Advising & Applications
  (GME Advising Canvas Course)
- Graduate Learning Support Specialist
- Specialty Area Mentors
- Clinical Chairs
- Medical Librarian
- Student Support Services (Counseling, Health Center, Police...)

**Goals**

- Submit strong, timely ERAS Apps (30-40)
- Pass COMLEX Level 2PE (1st attempt)
- Connect with residents well on auditions
- Ace your interviews (National avg 12)
- Maintain wellness during travel
- Submit Rank Order Lists (10-12)
- Match and Graduate!
- Address matched residency specific prep
Monitoring Progress

- COM Ready
- COMLEX 1 Ready
- Clerkship Ready
- COMLEX CE & PE Ready
- MATCH Ready
- EPA Ready
- Doctor Ready

Inspiring a new generation of physicians in a great American city.
Monitoring Progress

- Leadership Team Status Reports
- Orientation Surveys
- Clerkship Group Leader Meetings
- Dean's Hour
- Student Inquiries
Conclusion

• Thank you!

• Comments or questions?