

New York Medical College

New York Medical College (NYMC) offers continuous contact and comprehensive support for career planning, academic progress, specialty and residency program choice and the residency application, Match, and post-Match processes. This contact begins at medical school orientation and is incorporated within the curriculum of all four years of medical school. Additionally, the College recently instituted third year "Selectives" which gives students a choice of two week mini-elective type opportunity in Radiology, Dermatology, Neurosurgery, Pathology, Plastic Surgery, Preventive Medicine, or Radiation Oncology.

In Year 1, students are introduced to the [Careers in Medicine \(CiM\)](#) web site and guided to begin the self-assessment and career exploration processes. Self-assessments utilized include a medical specialty aptitude test, the Myers-Briggs personality type indicator assessment, the CiM Skills Assessment Form, and the CiM Medical Specialty Preference Inventory. Exploration of career options is encouraged through shadowing clinicians and participating in specialty interest clubs and a summer clinical/research experience. Also during the first year, faculty mentors are assigned to small groups of students to aid students in integrating into medical school. There are also career planning workshops focusing on issues such as residency program options, requirements and competitiveness, residency applications, Board exams, and options for how to utilize the summer break after the first year.

The Dean of Students and Associate Deans participate in 18 sessions with smaller groups of medical students to foster discussion on career exploration, self-assessment, NYMC residency Match trends, and Board preparation starting in the second year. By the beginning of third year, students are encouraged to verbalize their medical specialty choice, are assigned to tentative specialty career advisors who are all physicians, and are encouraged to develop a network of advisors in their chosen field(s) that includes their Dean assignment for the MSPE (Medical Student Performance Evaluation). Undecided students are given extra contact time with both an Associate Dean and potential career specialty advisors to aid them in narrowing their choice of specialty. Throughout the four years of medical education, contacts for specialty and career advisors are available through the Student Affairs Office.

For all students, three career advising meetings are scheduled in the curriculum by the Dean of Students in the third year. The meeting goals are to assign the tentative specialty advisor, identify undecided students, and go over the fourth year schedule, application process, letters of recommendation, ERAS, NRMP, residency interviews, and personal statements. Within the third year, students are also given the opportunity to participate in one two week mini-rotation in an elective field of their choice to aid them in solidifying their specialty choice. During fourth year, students meet with advisors and their assigned Dean for the MSPE multiple times to prepare for residency applications, the personal statement, the Match, interviews and other fourth year logistics. Furthermore, NYMC's curriculum allows for electives to be taken early in the fourth year to ensure that students can finalize their specialty choice.

NYMC offers a comprehensive network of close-knit faculty advisors and career mentors who volunteer to serve as advisors to students, without specialized financial compensation. Associate Deans also provide continuous availability throughout the four years of medical school and connections to specialty and career advisors in many diverse fields. Currently, only two full-time faculty members in the Student Affairs Office direct much of the advising program with the voluntary aid of several specialty oriented faculty. Future plans include increasing the number of clinical opportunities (both logistically and practically) for students in the first two years of medical school. Food is not provided at any career planning sessions, which reduces the financial burden of the career advising program, and all are scheduled within the class schedule, nearly 100% of the students attend the meetings.

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Best thing about the program?

"The best thing about our program is that it is fully integrated into the medical school curriculum throughout all four years of medical school." – Student Affairs Office