

University of California, Irvine, School of Medicine

Starting the first day of first year, students at UC Irvine are prompted to begin thinking about their futures by taking the Myers-Brigg Test during orientation. Each student is automatically assigned an advisor with whom the student can go to for advice throughout his or her entire student career. The advisors are faculty who lead discussions as part of the four year "Clinical Foundations" course. All advisors are introduced to the [Careers in Medicine web site](#). In this way, they are able to provide help for student issues and career advice, since they are required to not only be practicing physicians, but also have a familiarity with the inner workings of the school of medicine. As a result, the students benefit from the physician perspective and from the advisors' familiarity with the procedures and requirements that apply to students.

The communication between students and advisors is facilitated by the school administration by setting aside time where students are given time off from clinical duties or classes specifically for advisor meetings. As a result, every student is guaranteed at least one visit with his or her clinical advisor once a year. If the student needs or wants more advice, the clinical advisor can be reached by email or extra appointments can be arranged as needed. The Deans are also available to the student for different types of discussions, but many are about career development. If a student is still having difficulty identifying an area of interest, UCI offers a CiM advisor who is familiar with the CiM web site and its tools. Students are also routinely reminded via email about resources available on the CiM web site.

Once a student has decided on a specialty in which they might be interested, there multiple options for further career exploration. Along with student interest groups for almost every specialty, clinical faculty advisors in the field of interest can be approached who could serve as mentors. Students are also encouraged to focus on choosing a specialty through Real Deal talks, which are offered throughout the year. Real Deal talks invite physicians from the community to come and speak to students about what an average day in their life is like. Students can request specific physicians or a specialty; attendance at the majority of the noon lectures results in credit and a notation in the student's file. All of these services are provided equally to the dual degree students in the MD/PhD and MD/MBA programs.

Finally, before a student begins to apply to residency programs during the fourth year, every student meets with the Associate Dean of Student Affairs to discuss career plans as well as planning a strategy for residency applications. As a result, each student has a strong basis to build from as they consider his or her career options. FRIEDA is also used, when appropriate, to aid in career advising.

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Best thing about the program?

"Our students really give great feedback about what they feel that they need." – Student Affairs Office

"Our faculty, during every rotation, has always been receptive to students and willing to provide connections when needed." – OSR representative