Connecting Students with Alumni Enhances Career Development

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The Proposal

Background

- One of the most important tasks of medical student is choosing a specialty
- Students often assume choosing one specialty = commitment to **ONE** job

Current FSM Offerings

- Specialty Panels
- Career Fair
- Advising Meetings

What Students Say...

- Inhibited to ask personal questions
- Exposure primarily to academic circles

Our Solution

The alumni:
- Diverse career paths
- Accepting of all questions

Alumni Physicians of Feinberg
Development of APF

Mid- to Late-Career FSM Alumni

Informal Dinners

Participating Medical Students

Careers in:
- Global Health
- Medical Education
- Community Engagement
- Hospital Administration
- Private Practice
- Entrepreneurship
- Basic or Clinical Research
- Industry

Discuss Physician’s:
- Career Path Choices
- Professional Responsibilities
- Life Outside Medicine

Inform all Medical Students:
- M1
- M2
- M3
- M4

Methods:
- Voluntary Anonymous Surveys
- 5 Point Likert Scale
Student Demographics

• 11 APF sessions
• The survey response rate was 49% (60/122)
• 16.8% (122/728) of FSM students have participated in at least one session.

<table>
<thead>
<tr>
<th>Number of Students</th>
<th>M1</th>
<th>M2</th>
<th>M3</th>
<th>M4</th>
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<tbody>
<tr>
<td>122</td>
<td>64%</td>
<td>31%</td>
<td>3%</td>
<td>2%</td>
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Survey Results

Q1: APF was useful in career planning

Q2: APF reduced my anxiety about picking a specialty

Q3: APF helped me understand that all physicians must develop their own plan for work-life balance
"APF is a great platform for candid conversations with attending physicians. We’re able to ask any questions we have on our minds and get real, unfiltered answers that help us learn what being a physician is like."

"Amazing! I really enjoyed listening to Dr. A. It was the best talk I’ve been to in medical school. He was very honest and made me optimistic about going into the medical profession."
Student comments

“APF has shown me the influence a physician can have in many different arenas including the surrounding community, medical education, policy, and research. With these discussions, I am confident I can choose a specialty that allows me to reach my maximum potential as a physician with diverse interests.”

“I really enjoyed hearing about the daily life of Dr. B! She makes me think I think I can actually do this.”
Conclusions

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- Promotes Work-Life Balance
- Reduces Student Anxiety
- Useful for Career Planning
- APF
Future Directions

- Increase sample size
- Attract more M3s
- Assess longitudinal utility

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Questions?
Thank You