



# Professional Enrichment Course

University of Pittsburgh School of Medicine  
Office of Medical Education

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## Strategizing Medical School

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| <b>Enrollment Period:</b>  | Spring 2023  |
| <b>Course Dates:</b>       | 1/3, 1/10, 1/31, 2/7, 2/21 (5-5:45PM)  |
| <b>Student Max:</b>        | 30   |
| <b>Class Year:</b>         | MS1, MS2   |
| <b>Course Director:</b>    | Francesco Egro, MD Email: <a href="mailto:egrofm@upmc.edu">egrofm@upmc.edu</a>   |
| <b>Course Contact:</b>     | Francesco Egro, MD Email: <a href="mailto:egrofm@upmc.edu">egrofm@upmc.edu</a><br>Meeti Mehta, BS Email: <a href="mailto:mem451@pitt.edu">mem451@pitt.edu</a>  |
| <b>Location:</b>           | Zoom   |
| <b>Registration:</b>       | Via Amp Up – You will receive an email with enrollment info  |
| <b>Course Description:</b> | From academic responsibilities to research involvement, extracurricular activities to personal endeavors, and community service to specialty interests, medical school is a period of personal and professional growth and development. This professional enrichment course is designed to equip Pitt medical students with the tools to successfully navigate their medical school journey. During this five-week course, students will learn to excel in key areas of medical school (research, extracurriculars/leadership, networking/mentorship), developing a framework for successfully matching into their specialty of choice. Course sessions will be short, 45-minute Zoom meetings covering key topics and providing opportunity for questions and personalized interaction. |
| <b>Objectives:</b>         | At the end of the course, students will be able to <ul style="list-style-type: none"> <li>• Understand how to balance academics, extracurriculars, research, and personal endeavors.</li> <li>• Appreciate the research timeline for maximizing productivity.</li> <li>• Develop meaningful and unique extracurricular involvement.</li> <li>• Learn to network effectively and develop strong mentoring relationships.</li> </ul>   |
| <b>Pre-Requisites:</b>     | None   |
| <b>Requirements:</b>       | Attend first four sessions (optional session 5); participate in an active and engaged manner.  |

## **COURSE OUTLINE**

### **Session 1: Introduction to Strategizing Medical School – Finding Balance**

January 3, 2023 5:00-5:45pm

Description: This session will introduce students to strategizing their medical school experience, offering a framework for the rest of the course. We will share advice from recent graduates to provide perspective on matching into residency and balancing academic/research/extracurricular involvement so students are prepared to start their medical school journey on the right foot.

### **Session 2: Maximizing Your Research Involvement**

January 10, 2023 5:00-5:45pm

Description: This session will provide an introduction to a realistic research timeline to ensure preparation for residency applications. Topics including: getting started in research, finding the right research mentor, identifying the optimal number of publications, and increasing research productivity will be discussed.

### **Session 3: Making Your Extracurricular Activities Stand Out**

January 31, 2023 5:00-5:45pm

Description: This session will provide guidance on approaching extracurricular activities as a medical student. We will be discussing quality vs quantity of activities, tailoring your involvement to your interests, and examples of leadership from past successful candidates.

### **Session 4: Networking and Mentorship 101**

February 7, 2023 5:00-5:45pm

Description: This session will focus on a key skill in medical school: networking and finding mentors. We will discuss the benefits of networking, tips and tricks for developing professional connections, qualities of a good mentor, and how to find a supportive mentor.

### **Optional Session 5: Final Thoughts and Q&A**

February 21, 2023 5:00-5:45pm

Description: This optional session will offer final advice from past/current students and faculty members for students to successfully navigate the challenges of medical school and be prepared for the residency match. A question-and-answer session will provide clarity for many frequently asked topics.