Welcome! Our office works with medical students at every stage of their career development including: self assessment, career exploration, residency and job search and professional skill development.

Where to begin? Determine what stage you're in:

1. **Self Assessment** [1]: Explore your critical factors: values, interests, skills and preferences.
2. **Career Exploration & Decision Making** [2]: Find out how to identify and research career options available to someone with your skills and interests, and learn effective decision making strategies.
3. **Residency Search and Application** [3]: Learn how to organize your residency search, see sample resumes/CVs, and personal statements, and review interview questions.
4. **Professional Skills Development** [4]: Develop communication, interpersonal and leadership skills to help you succeed in every position.