

Choosing Specialties

REFLECTING ON YOUR VALUES

Taking the time to reflect on your core values is essential to ensure that the career path you pursue aligns with what matters most to you, guiding you toward a fulfilling and sustainable career path. The questions below are starting points to support your reflection.

Interest



- Which organs or diseases do you love learning about?
- What skills seem most natural and easiest to learn?
- Can you image yourself doing this when you are 50 years old?

Note that the scope of specialties is constantly changing and technology is getting integrated into different areas, so consider what your interests might look like in 50 years.

Patients



- Who are the patients that you want to serve?
 - children vs. adults
 - stable vs life-threatening conditions
- What type of interactions do you want to have with your patients?
 - no patient contact vs brief vs. long-term relationships

Practice



- How many procedures do you want to do?
 - Surgical vs. mixed vs. diagnostic
- Are you comfortable with constant exposure to bodily fluids?

Schedule



- How long would you want to be in training for?
- What kind of hours do you want to work as an attending?
- Would you prefer shift work or to have weekends off?
- How many emergency calls are you willing to take?

Earning



- How much do you want to be compensated?
- What type of lifestyle do you want to live?

With the changing healthcare business models (private and academic clinics/hospital), compensations may look different in the long-term.