Dear UTMB Alumni,

On behalf of the John Sealy School of Medicine Alumni Association, I would like to invite you to attend our POM 3 and 4 Combined Alumni Dinner on Wednesday, January 21, 2023, from 5:30 PM – 8:30 PM at Moody Gardens Hotel.

The main purpose of the POM 3 and 4 Courses is to provide Longitudinal Mentoring and Career Advice. Students meet monthly with their faculty facilitator. This session is a special one where we invite our SOM Alumni to attend and co-facilitate a discussion on Career Advice. This year, you will sit a specialty-specific table.

The outline for the Event is below:

5:30 PM   Arrival (Sign-in) and Alumni Reception (cash bar open)
6:00 PM   Program Begins (Welcome and Introductions)
6:10 PM   Roundtable Icebreakers
6:15 PM   Salad (continue discussions)
6:30 PM   Dinner (continue discussions)
7:05 PM   Wrap up Table Discussions
7:10 PM   Table Spotlight
7:25 PM   Large Group Q&A
7:55 PM   Closing Remarks
8:00 PM   Alumni Mixer with Door Prizes / Trivia Contest (cash bar still open)
8:15 PM   Alumni Photo (foyer)

Discussion Points for Alumni:
- Describe your career path
- Hear the student’s plan for their future
- Answer questions they may have about their plans
- What are some common pitfalls of practice
- How do you find work life balance
- Reminisce on your time at UTMB if time permits
- How has medicine changed during your practice

POM 3 (Year 3) Goals for This Session: Students often choose specialties based on exposure and role modeling. One of the goals of this session is to expose them to additional specialties they may not have considered. They will also likely come to a better understanding of the process of training. By now, they all will have met fellows and should understand the difference between a resident and a fellow, but you can enlighten them if they remain confused. They should also reflect upon what is truly important to them as they choose a career path, and tie that to the reasons they originally sought a career in medicine. This time of year, they begin looking ahead to residency applications, and start getting nervous if they haven’t settled on a specialty, despite the fact they have only completed half of the required clerkships. They run the risk of losing themselves in this process, making decisions based on what others think is best rather than what satisfies their core values and desires.
Common Questions from Third Year Students:
• What if I am split between 2 specialties?
• What is one thing you wish you were told when choosing your field?
• What is one thing that you do not like about your chosen field?
• How many away rotations should I do?
• How many programs should I apply to?

POM 4 (Year 4) Goals for This Session: Year 4 students have just completed their residency interviews and are beginning to think about Residency Training and Life after Residency. Questions posed to year 4 students for this session include: Have you completed your rank list for Residency Match yet? Have you thought about life after residency? What concerns you the most? What type of practice do you envision and why? What are your long-term career goals? Students often are confused and do not understand different practice settings such as private practice and group practice.

Common Questions from Fourth Year Students:
• How did you narrow down your residency programs during the application cycle?
• How did you decide where to go for your residency training?
• Did your residency training setting impact your future practice location?
• What about your field do you dislike the most and what do you like the most?
• What is something you wish you knew before heading into residency?

Since this session is a Combined Session with 3rd and 4th year students, we will be discussing “Types of Practice,” senior medical students can provide some great insight for junior medical students including making recommendations on planning for senior year (i.e. electives, interviews, etc...) if time permits during wrap up.

Reference: https://www.aamc.org/cim/specialty/exploreoptions/list/

We hope that you can join us for this exciting event and provide some great career advice to our 3rd and 4th year medical students.

Sincerely,

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UTMB SOM Alumni Association Board Member
UTMB Professor of Medicine
Director Practice of Medicine Year 3 and 4 Course
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Please note that you will sit at a specialty specific table so that you will be matched with students who are interested in your field of expertise.

Specialty-Specific Table Assignments.